

Discover your potential with SAM

[A screen appears starting the film. On a white background from the top: logo of the Educational Research Institute - National Research Institute, below the logo of the Integrated Qualifications System. The screen disappears. The film begins.]

[A screen appears with the text: "Discover your potential with Skills Audit Method". The screen disappears]

[The presenter appears on screen, in a standing position. In the background a room, neutral.]

Presenter (speaking)

1

00:00:05,900 --> 00:00:08,066

discover your potential with Skills Audit Method

2

00:00:08,066 --> 00:00:09,533

thanks to the Skills Audit Method

3

00:00:09,800 --> 00:00:10,700

you can get to know your

4

00:00:11,033 --> 00:00:13,100

strengths and plan further professional development

5

00:00:13,466 --> 00:00:15,000

taking into account both your needs

6

00:00:15,433 --> 00:00:16,766

as well as labor market requirements

7

00:00:18,300 --> 00:00:19,100

working with an experienced

8

00:00:19,300 --> 00:00:22,300

career counselor will allow you to organize

9

00:00:22,400 --> 00:00:22,933

knowledge about yourself

10

00:00:22,933 --> 00:00:24,300

about your possibilities

11

00:00:24,300 --> 00:00:25,700

strengths

12

00:00:27,066 --> 00:00:28,533

define your main goals

13

00:00:29,866 --> 00:00:30,633

recognize skills

14

00:00:30,633 --> 00:00:32,833

competencies and knowledge and plan

15

00:00:32,900 --> 00:00:34,133

how to use them for your chosen goal

16

00:00:35,466 --> 00:00:36,700

during sessions with the counselor

17

00:00:36,966 --> 00:00:39,666

together you will establish a preliminary educational or professional goal

18

00:00:40,733 --> 00:00:43,300

you will identify and organize competencies

19

00:00:43,500 --> 00:00:44,466

acquired at school

20

00:00:44,600 --> 00:00:46,200

at work or in everyday life

21

00:00:47,033 --> 00:00:48,533

you will create a portfolio

22

00:00:48,533 --> 00:00:50,366

which can become a base for further actions

23

00:00:50,700 --> 00:00:53,166

for example to create a CV for specific job offers

24

00:00:53,833 --> 00:00:54,633

a business card or

25

00:00:55,166 --> 00:00:56,833

a page on social media

26

00:00:57,766 --> 00:00:59,633

together with the counselor you will plan your

27

00:01:00,400 --> 00:01:03,166

development plan adapted to your goals

28

00:01:03,166 --> 00:01:04,000

needs and predispositions

29

00:01:04,833 --> 00:01:05,633

why it's worth it

30

00:01:06,000 --> 00:01:07,966

skills audit is an excellent way

31

00:01:08,333 --> 00:01:09,400

to get to know yourself better

32

00:01:09,800 --> 00:01:10,600

your skills

33

00:01:11,033 --> 00:01:12,333

find new opportunities

34

00:01:12,533 --> 00:01:14,333

professional ones and increase your chance of success

35

00:01:15,233 --> 00:01:18,033

the meetings will help you not only strengthen your self-confidence

36

00:01:18,633 --> 00:01:22,000

but also set a specific development path

37

00:01:22,000 --> 00:01:23,633

using the Skills Audit Method

38

00:01:24,233 --> 00:01:25,466

you will find your own direction

39

00:01:25,666 --> 00:01:26,933

and create a development plan

40

00:01:27,366 --> 00:01:28,166

step by step

41

00:01:28,600 --> 00:01:30,066

to achieve future professional goals

00:01:31,166 --> 00:01:33,833

learn more and consult with a career counselor

[A final screen appears on screen, from the top: logo of the Educational Research Institute - National Research Institute, text: "Anna Martyniuk-Białecka, Agata Jasińska Application of the Skills Audit Method in working with hard of hearing and d/Deaf students" and the logo of the ZSK project along with information about co-financing the expert opinion and recording from European Funds: project name "Supporting further development of the Integrated Qualifications System in Poland (ZSK6)" Project number: FERS.01.08-IP.05-001/23. Below the text, the logo of European Funds for Social Development is visible, the flag of Poland with the text on the right side "Republic of Poland", the flag of the European Union with the text on the left side "Co-financed by the European Union" and the logo of the Educational Research Institute - National Research Institute. The screen disappears, the film ends.]