



04

## How am I? Can I identify myself in something?

### Competence covered

Self-awareness, self-efficacy and creativity

### Aim of the tool

Supporting participants in building a profile of themselves and better understand themselves.

### Timing

10 minutes for introduction

30 minutes to realize the collage

3 – 4 minutes for each participant to present their collage

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### Description / How does it work?

The trainer provides participants some magazines, newspaper containing pictures of potential situations of ordinary life.

Participants will select pictures that best fit with their life, what they like, how they are, current or past experiences, future wishes and so on.

Once pictures are selected, they will cut them and create a collage (they can also add written sentences in case).

When the collage is ready, each participant will explain it to the group and will stick it in the wall.

**Source:** This is a new version of the tool Working with picture cards, implemented under the project “FORWARD, Competence portfolio and pedagogical tools to identify, recognise, validate and improve the competences acquired by migrant women in formal, non-formal and informal learning contexts”, (n° 517538-LLP-1-2011-1-ES-GRUNDTVIG-GMP) co-funded by the European Commission.

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## Evaluation grid for the trainer

Please answer the questions below about the performance of the participant with the following grade-scale:

- 1: not at all
- 2: a few (barley)
- 3: consistently
- 4: very consistently

-how much the participant was able to recreate (reconstruct) aspects of her life?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

-how much the participant was able to give an order to the events of her life?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

-how much the participant was able to give significance (even new significance) to the events of her life?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

## How am i? how can i identify myself in something?

-how much the participant was able to give (new) value to the events of her life?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

-how much the participant was able to discover new aspects about herself (something new coming up from the reflection process)?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

-how much the participant was able to tell about herself to others?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

-how much the participant was able to take into consideration new opportunities/ possibilities/ objectives to be reached?

|   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
|---|---|---|---|

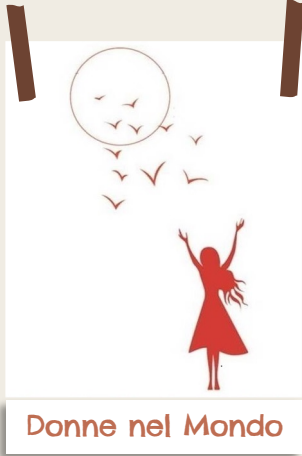
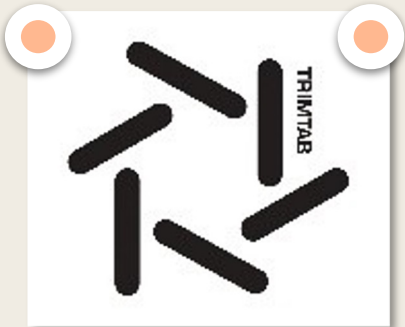


**CONGRATULATIONS,  
YOU MADE IT!**



# EMPOWER

## The partners



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