

MYSKILLS

IDENTIFYING PROFESSIONAL COMPETENCIES



Bundesagentur für Arbeit
bringt weiter.



MYSKILLS
BERUFLICHE KOMPETENZEN
ERKENNEN

MYSKILLS

In professional life, specialized knowledge, skills, and experience play an important role. The test **"MYSKILLS—IDENTIFYING PROFESSIONAL COMPETENCIES"** can help you to make your professional competencies visible.

The test results provide your advisor, potential employers, and you with an evaluation of your strengths in a profession.

How is the MYSKILLS test carried out?

- If you are interested in taking part, your advisor will schedule a suitable appointment with you. You will receive an invitation with the date and location of the test.
- The test will be accompanied by experts from the psychology service and will take around four hours.
- You will take the test on a computer. The questions are available in German, English, Standard Arabic, New Persian, Russian, and Turkish and are supported by pictures and film clips from the profession. You do not need computer skills.
- The test questions vary in difficulty and are meant to provide a realistic picture of your competencies in a profession. It is okay if you are unable to answer some of the test questions.

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What happens after the test?

The results are sent to your advisor. You will discuss your results and the next steps together in a second meeting and will receive a printout of the results for your personal use.

Please note:

- Participation in the test is voluntary and free of charge. If you do not want to participate, there will be no negative consequences for you.
- All information gathered about you as part of the test will be treated in accordance with the appropriate data protection laws.

How do I benefit from participating in MYSKILLS?

- Your competencies in a profession will be visible even if you cannot produce any formal proof in the profession (diplomas, certificates, etc.).
- The results will help your advisor to give you advice, find a suitable job for you, and support you with further education.
- You can use the results yourself to give potential employers an overview of your professional competencies.

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