

Measuring soft skills

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This grid helps to measure student's soft skills progresses. It can be used as self-assessment, assessment from the teacher and peer assessments. It eases the identification of targets with students.



	Beginner	Good	Very good
<p>Empathy being able understand someone else's situation</p> <p>Empathy is important in order to establish friendships and close relationships with others, and will also act as a counterweight to, for example, bullying and violence. Empathy is situational and can therefore be developed and changed. If students are to develop empathy, they should meet empathetic teachers.</p>	<ul style="list-style-type: none"> Shows empathy in certain situations. Can get into someone else's perspective in some situations. See from time to time other people's perspective Establish some friendships Is receptive and accommodating when others contact Report if one discovers bullying and harassment (Violence) 	<ul style="list-style-type: none"> Shows empathy in most situations. Can get into the perspective of others in most situations Sees other people's perspective in several situations Establishes and preserves friendships Connects with others to create a relationship Countering bullying and harassment (violence) 	<ul style="list-style-type: none"> Shows empathy in all situations. Inserts himself into the perspective of others in all situations Sees many different perspectives and can get into most people's situation Establishes, develops and preserves different friendships Develops and preserves relationships Actively opposes bullying and harassment (violence)
<p>Collaboration being able to work together to solve a task or achieve a common goal</p> <p>An important aspect of collaboration is to follow rules and messages. Cooperation involves sharing, helping others and being interdependent. Cooperation should be practiced in realistic contexts, and it must be valued and actively exercised.</p>	<ul style="list-style-type: none"> Working together in certain situations Sharing equipment/tasks with some Help others in certain situations Follows rules and messages in certain situations Is interdependent on certain persons? Open to individual opinions in some situations 	<ul style="list-style-type: none"> Working together in most situations Sharing equipment/tasks with most Open to the opinions of others 	<ul style="list-style-type: none"> Cooperates in all situations Share tips, ideas and learning mats with everyone Ask about the opinions of others and respect them

<p>Self-assertion to openly stand for their opinions, attitudes, or feelings</p> <p>The capacity for self-assertion is often essential to be able to participate actively in social communities. In this, too, lies the ability to say no to what you should not be a part of, for example. Self-assertion includes asking others for help, being able to stand for something for themselves, and to respond to the actions of others.</p>	<ul style="list-style-type: none"> • Asserting himself over others by setting boundaries • Can stand for own opinions in some situations • May ask someone for help • Responding to the actions of others... 	<ul style="list-style-type: none"> • Dare to stand for your own opinions • Can stand up for own opinions in several situations • Can ask most people for help • Responds to other people's actions in a good way 	<ul style="list-style-type: none"> • Have their own opinions and promote these in a good way. • Promotes its own opinions when it is natural and desired. • Asking for help when needed. • Manages in a very good way to set limits for themselves and others.
<p>Self-control the ability to control your own feelings, behaviors, and desires</p> <p>Self-control is about adapting to the community and paying attention to others. It involves being able to wait for a ride, be compromise-oriented and to react to teasing and comments from others without catching up, getting angry or fighting. Awareness of one's own feelings and ability to understand oneself is here essential.</p>	<ul style="list-style-type: none"> • May pay attention to others in some situations • Adapts to some others in some situations • Adapts to the community by waiting for a ride, compromise in some situations • Reacts to teasing and comments without catching up in any situations • Have self-awareness of their own feelings in some situations • Solves to some extent tasks and challenges that arise. 	<ul style="list-style-type: none"> • Can pay attention to others in most situations • Adapts to others in most situations • Mostly solves tasks and challenges when they appear. 	<ul style="list-style-type: none"> • Taking into account others in all situations • Adapts to the community in all situations. • Do what it takes when needed.

<p>Accountability taking responsibility for tasks and conduct and letting you know if you do not master tasks or situations</p> <p>Accountability is about performing tasks and showing respect for your own and others' assets and work. The development of accountability will be related to gaining responsibility through co-determination and taking the consequences of the responsibility. Accountability is also about the ability to communicate with adults.</p>	<ul style="list-style-type: none"> • Perform some tasks • Shows respect for own and others' assets and work • Takes some responsibility through co-determination (and take consequences of responsibility) • Can communicate with some adults in a good way • Takes little responsibility for their own actions, mostly just the good 	<ul style="list-style-type: none"> • Performs most tasks • Shows respect for most people's assets and work • As a rule, take responsibility through co-determination and generally accept the consequences thereof • Can communicate with multiple adults in a good way • Takes some responsibility for their own actions, but mostly when they are good 	<ul style="list-style-type: none"> • Performs all tasks • Shows respect for everyone's assets and work • Takes responsibility through co-determination and takes the consequences of the responsibility • • Can communicate with all adults in a good way • • Takes responsibility for their own actions - both when they are good and less good •
<p>Communication is "todo common", create common understanding.</p> <p>Communication allows us to share thoughts, feelings and opinions with each other. Communication binds people the same. Communication takes place in both spoken language, font and body language. We should show others respect when communicating regardless of the form of communication.</p>	<ul style="list-style-type: none"> • Can communicate with someone in some situations • Is proven own communication in some situations • Shows respect through their communication in certain/some situations 	<ul style="list-style-type: none"> • Communicates with several people in different situations • Is proven own communication in most situations • Shows respect through his communication in most situations 	<ul style="list-style-type: none"> • Communicates with most people in different situations • • Is proven own communication in all situations • Shows respect through his communication in all situations

<p>Self-awareness is the understanding of oneself, one's own motives and own character.</p> <p>Self-awareness is the ability to see themselves in relation to their surroundings, how to relate to partners and tasks. Self-awareness is about understanding how one influences others through manner and communication. Self-awareness is also about the ability to recognize and understand one's own feelings.</p>	<ul style="list-style-type: none"> • Sees himself and own actions in some situations 	<ul style="list-style-type: none"> • Sees himself and his own actions in several situations 	<ul style="list-style-type: none"> • Sees himself and own actions in most situations
<p>Inclusion being included is to be and feel as a part of the community.</p> <p>Being included means participating in the school's social community and learning community. This means that the individual pupil experiences social belonging and social cohesion with peers, while the training is adapted to the abilities and needs of the pupil so that the pupil learns and develops both humanly and academically. Including others is essential to a sense of belonging.</p>	<ul style="list-style-type: none"> • Includes some in some situations 	<ul style="list-style-type: none"> • Includes others in different situations 	<ul style="list-style-type: none"> • Includes others in most situations

This table is based on [Schochler 2014] *Soft Skills Assessment for Secondary Students*, adapted to the needs of the SchoolTransformationLab project and to the Norwegian soft skills curriculum.