

# Getting the most benefit out of a traineeship abroad – A set of qualitative performance indicators

**LEO-NET Annual Barcelona Seminar**

Universitat Pompeu Fabra – Ciutadella Campus  
April 13th, 2018, 12.30

# Outline

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1. The Trigger
2. THINK Differently
3. SEE Differently
4. EXPERIENCE Differently
5. SHARE Differently
6. Final thoughts

# The Trigger – My friend's story

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# THINK Differently – Overcoming frustration

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Photo credit: [elevezvotrevie.fr](http://elevezvotrevie.fr)

# SEE Differently – Sharpening our perception

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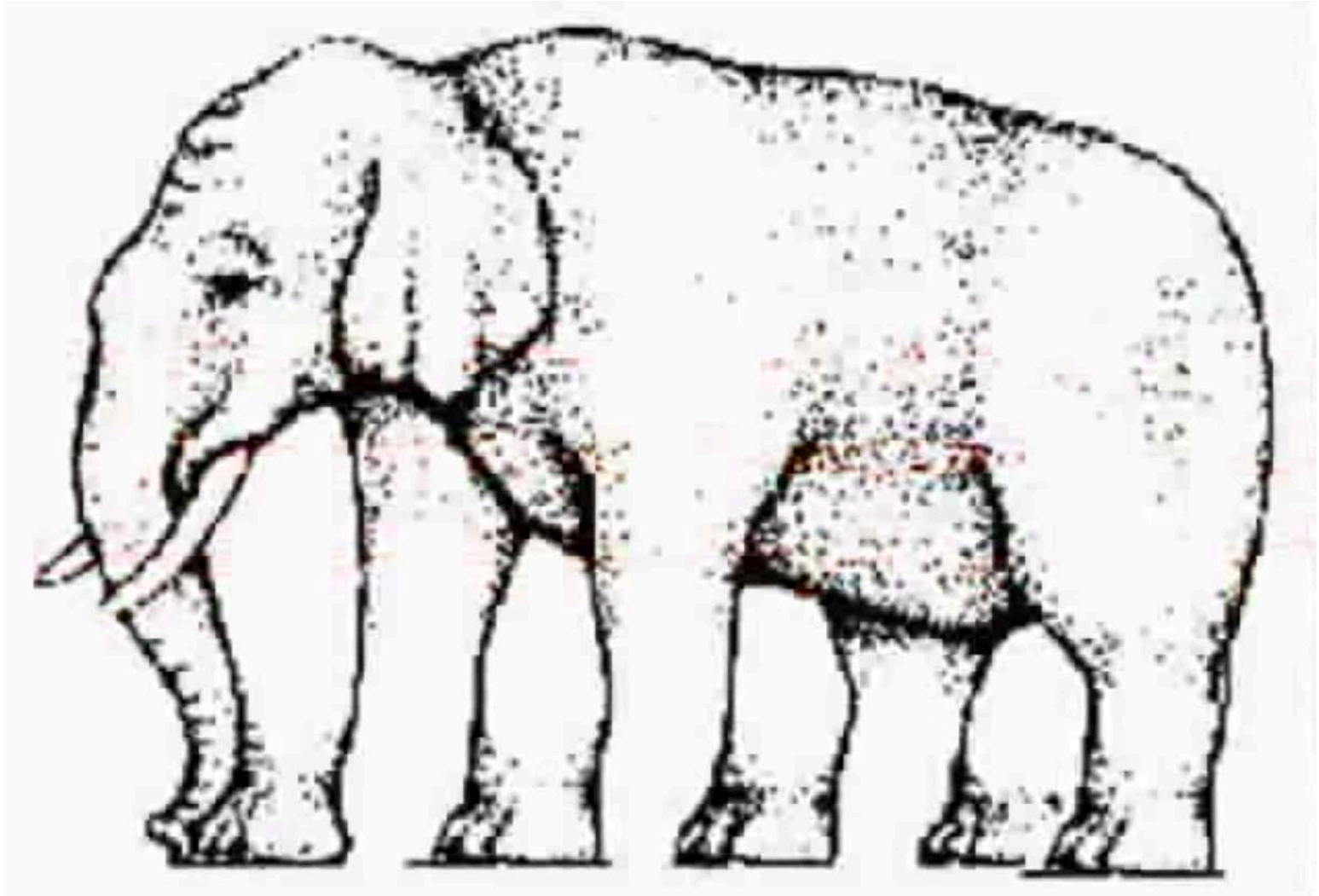
# SEE Differently – Sharpening our perception

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# SEE Differently – Sharpening our perception

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# SEE Differently – Selective attention test

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<https://www.youtube.com/watch?v=vJG698U2Mvo>



# **Selective Attention Test**

**from Simons & Chabris (1999)**

# SEE Differently – A matter of perspective

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Photo credit: [realitymatters.eu](http://realitymatters.eu)

# SEE Differently – The dispersive prism

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Photo credit: [supramagnets.com](http://supramagnets.com)

# SEE Differently – Seeking deeper to find the pearl

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# EXPERIENCE Differently – Seizing the day

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## CARPE Diem

By Sam Thiara

- Curiosity
- Appreciation
- Reflection
- Perspectives
- Experience



# EXPERIENCE Differently – Life is made up of stories

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Photo credit: [transitionalsupport.com.au](http://transitionalsupport.com.au)

# Top Soft Skills Employers want in 2018

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- Willingness to learn – Empathy – Adaptability to change
- Strong interpersonal & communication skills – Organization skills



# SHARE Differently – Building our stories

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- **S – Situation:** describe a specific situation
- **H – Hindrances :** outline the challenges, constraints or hindrances you faced.
- **A – Action:** describe the action(s) and steps you took to resolve the hindrances.
- **R – Result:** outline the result or positive outcome that came out due to your action(s)
- **E – Evaluate:** evaluate what you gained from the experience and how it can be applied to another situation.



# Making the traineeship a worth sharing adventure!

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