

# H-YOU

## PEER REFLECTION

In this exercise, you will exchange your skill profile with a peer and do some comparison and feedback exercises to understand your profile's meaning better. The goal is to deepen your understanding of your own skill profile and inspire and motivate each other to move forward on your career journey.

**Duration:** 20 minutes

**Goal:** Deepen your understanding of your humanities skill profile

**Who:** Pairs

### Step 1

Make sure you have conducted the humanities profile explorer and have a recent version of your downloaded report at hand. If you do not have one yet or if it needs updates, please create a (new) profile report first in the skill explorer.

Team up with someone who also has their profile.

Show each other your profiles and collaboratively answer the following questions (3 minutes):

- What are the similarities in your profiles?
- What are the differences?

### Step 2

Individually: Write down at least 1 point for each of the following questions for yourself (1 minute):

- Do you recognize yourself in these questions?
- Do these results make you confident or insecure, and why?
- What makes you curious?
- Were there any questions that were hard to answer?

### Step 3

1. Person A presents the answers to Step 2 to person B. As person B, you only listen carefully. (1 minute)
2. Switch! Repeat the above for the other person. Person B presents the answers to Step 2 to person A. As person A, you listen carefully. (1 minute)
3. As person B, you give person A a word of advice. This can, for example, be something to inspire A, change A's perspective, or a more concrete action B could take. (1 minute)
4. Switch! Repeat the above for the other person. As person A, you give person B a word of advice. This can be inspirational, change their perspective, or be a more concrete action for person B. (1 minute)

5. Discuss the following questions (5 minutes):
- After the activities above, do you think you value your skills during your self-assessment in the same ways as before the exercise?
  - Are there any noticeable differences in your confidence level when answering the questions?
  - Based on your answers to the questions in Step 2, are there aspects you would like to develop more?

## Reflection questions

- How did the conversation with the other person change your perspective towards your own skills?
- What tip or inspiration did you receive from your partner?
- What actions will you take to explore this inspiration further or execute the tip you received?

## Tips for facilitators

When working with a group, you can ask each pair to share their most important findings with the entire audience or in subgroups by combining pairs (depending on your preferences and full group size). Group discussion will help gain more insight, as some groups may have diverged into entirely different directions. Some matters will become more apparent if they are formulated differently.

**ASSET-H**  
Identifying Humanities Skills.



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