

Identify your competencies

Do you have experience in a profession and would like to know how you can use your professional experience in Sweden?

You do the self-assessment by filling in a form that is associated with the requirements on the profession in the Swedish labour market. You can use this information in dialogue with the Employment Service to continue your career planning.

The answers can make it easier for the Employment Service and for you to choose which of the Employment Service's measures is right for you. You may need support in finding out about how you can utilise your competencies in Sweden, or information about how to move on, book a meeting with a study and career guidance counsellor to understand how you can use your competencies, acquire additional education or carry out a validation.

All your knowledge and experience count.

The professions covered in this self-assessment are: teachers, preschool teachers, special needs teachers, and other professions in primary and secondary education

Please answer the questions below. If you need help and want to discuss the questions, arrange a meeting with the Employment Service.

1. Personal information

Personal information
Personal identity number:
Coordination number:
First name:
Surname:
c/o:
Address:



Personal information			
Post code:			
City:	City:		
Telephone number:			
E-mail address:			
Language			
Native language – your first lan	guage:		
Do you have skills in other languages? Note any other languages that you can speak and write:	l can speak	l can write	
2. Upper secondary school education			
Information about your upper	secondary school education		
In which country did you receive this education:			
What was the primary field of study:			
In which year did you complete your upper secondary school education:			



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How long was your upper secondary school education (in years):

3. Academic education – indicate your level of previous academic training

Tick the box for all applicable alternatives.

Job title	l am trained
Teacher	
Preschool teacher	
Vocational teacher	
Special needs teacher	
Study and career guidance counsellor	
School head/preschool administrator	
School administrator	
Other:	

Information about your academic education
In which country did you receive the education described above?
What is the name of the institution?
What is the title of your degree?
In what year did you begin your studies?



Information about your academic education
In what year did you receive your degree?
How long is the official training (in years)?
Primary subject/major:

Tick the box for the age groups covered in your education (tick all applicable alternatives):

Age	Yes
Pupils 1-6 yrs (preschool)	
Pupils 7-12 yrs (compulsory school)	
Pupils 13-15 yrs (compulsory school)	
Pupils 16-19 yrs (upper secondary school)	
Adults	

My education also included studies in (tick all applicable alternatives):

Subject	Yes, it was included
Methods/didactics	
Special needs pedagogy	
School leadership	
School administration	
Practice training in school	
Study and career guidance counsellor	



Diploma	True
I can confirm my education with a diploma/ certificate/course transcript	
I cannot confirm my education with a diploma/ certificate/course transcript	

What is lacking? Try to obtain all the necessary papers – perhaps someone can send them to you?

I have another type of academic education

Another type of academic education
In which country did you receive this education?
What is the name of the institution?
What is the title of your degree?
In what year did you begin your studies?
In what year did you receive your degree?
How long is the official training (in years)?

Diploma	True
I can confirm my education with a diploma/ certificate/course transcript	
I cannot confirm my education with a diploma/ certificate/course transcript	



What is lacking? Try to obtain all the necessary papers – perhaps someone can send them to you?

Swedish language studies

I have/have not studied Swedish	True
I have started my studies in Swedish and am currently at the level of:	
I have not started studies in Swedish	

4. Work experience

Using the following questions, fill in answers for each place of employment.

Include information about:

- a. schools/preschools where you worked
- b. number of years worked at each school
- c. subjects you taught
- d. any other tasks you had in the job
- e. any certificates or documentation of your work experience

School/preschool

1



School/preschool
2
3
4
Your work experience in a school/preschool
Information about your work experience in a school/preschool
How many pupils attended the school?
How many pupils did you have in your classes?
How old were the pupils you taught?
Did you have the opportunity to work with smaller groups?
Did you work in a team of teachers or on your own?



Information about your work experience in a school/preschool
Have you taught languages other than your native language? If so, which ones?
Did you give you students marks/grades based on their knowledge? Describe the rules and principles that you used to assign marks/grades.
Can you describe the grading system you worked with and scale you used?
Describe how you worked: independently with classroom planning
Were you able to choose the teaching materials for your classes? If so, what did you choose?
Did you have other, non-teaching tasks in the school, such as team leader, school head/ preschool manager, or school administrator? Any other non-teaching tasks?
If you wish to provide details about experience or knowledge not mentioned in the questions above, please add them here: