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PROJECT RESULT NO. 2

PART 5/5



# Tools for validating learning outcomes

TRAINING COURSE ENTITLED

Key competences for people 50+  
**Entrepreneurship**

2021-1-PL01-KA220-ADU-000035200

**PREPARED BY THE  
PROJECT CONSORTIUM**

(MAIN AUTHOR:  
DEINDE SP. Z O.O.)

**VERSION: ENGLISH**

FREE PUBLICATION

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## Project result no. 2

Training course entitled:

# Key competences for people 50+:

## Entrepreneurship

### Part 5/5 - Tools for validation of learning outcomes

Version: English



Prepared by the Project Consortium (main Author: Deinde)

within the project 2021-1-PL01-KA220-ADU-000035200, „Key competences for people 50+”

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# **Tools for validation of learning outcomes**



## Table of contents

<b>MODULE 1</b> .....	2
PRE-TEST, Module 1 .....	2
Trainer's opinion, Module 1 .....	6
Participant self-evaluation survey, Module 1 .....	9
POST-TEST, Module 1 .....	10
<b>MODULE 2</b> .....	15
PRE-TEST, Module 2 .....	15
Trainer's opinion, Module 2 .....	19
Participant self-evaluation survey, Module 2 .....	21
POST-TEST, Module 2 .....	23
<b>MODULE 3</b> .....	26
PRE-TEST, Module 3 .....	26
Trainer's opinion, Module 3 .....	28
Participant self-evaluation survey, Module 3 .....	31
POST-TEST, Module 3 .....	33



## MODULE 1

### PRE-TEST, Module 1

Participant's name: \_\_\_\_\_

Date: \_\_\_\_\_

Number of points obtained:

\_\_\_\_\_

The knowledge test in the course for people 50+ in the field of entrepreneurship (Module 1: Self-Awareness and Creativity in My Life) consists of 17 single-choice questions. The purpose of the test is to measure the initial knowledge of the participants (before the start of the course), therefore it also includes the answer "I don't know" (I'm not sure).

The participants have 25 minutes to complete the test. This period will be extended accordingly if the person, for justified reasons, needs more time to complete it.

The chosen answer (a, b, c or d) should be marked by circling it. In the event of a change of decision, the final answer should be marked with a circle sign and initialed, and the previous marking should be crossed out.

#### 1. List the 5 components of emotional intelligence:

- a) sensitivity, empathy, tolerance, kindness, honesty
- b) self-regulation, empathy, motivation, social skills, self-awareness
- c) eloquence, education, listening skills, emotionality, compliance
- d) I don't know (I'm not sure)

#### 2. Mark the correct answer describing what emotional intelligence is:

- a) our ability to recognize our own and others' feelings, the ability to motivate ourselves and manage our own emotions as well as emotions of those with whom we have a bond
- b) the ability to love yourself and loved ones, giving good advice, solving problems in an intelligent way
- c) the ability to communicate feelings, sociability
- d) I don't know (I'm not sure)



**3. Indicate the definition of self-awareness:**

- a) feeling that we are alive
- b) monitoring our inner and outer world
- c) getting to know your own ego
- d) I don't know (I'm not sure)

**4. Name 2 tools to increase self-awareness:**

- a) climbing, social evenings
- b) 4P method, changing habits
- c) going to fortune tellers, getting rid of any technology in your possession (telephone, TV)
- d) I don't know (I'm not sure)

**5. List the 8 pillars of inner self-confidence:**

- a) pugnaciousness, haughtiness, pride, egoism, intolerance, openness, ambition, courage
- b) conceit, ruthlessness, risk-taking, dynamism, optimism, sincerity, stubbornness, creativity
- c) self-awareness, self-acceptance, self-satisfaction, self-confidence, self-esteem, self-confidence, responsibility for one's own life, positive attitude
- d) I don't know (I'm not sure)

**6. List the beliefs that hinder effective actions:**

- a) "I'm too old for this", "what will people say", "I'm not fit for this"
- b) "I will always manage, no matter what happens", "you can't buy love", "I am attractive enough for women"
- c) "if she loves, she will wait", "I can do everything", "I only have advantages"
- d) I don't know (I'm not sure)

**7. Tick the beliefs that facilitate effective actions:**

- a) "what will be, will be", "why worry about in advance", "I'll make my own anyway"
- b) "everyone is special", "I'll get out of this somehow", "after the storm, the sun always comes out"
- c) "when, if not now", "I can do it", "I deserve the best"
- d) I don't know (I'm not sure)

**8. Provide 1 tool to build and support beliefs that facilitate effective action:**



- a) proactivity
- b) creating your own garden
- c) nordic walking
- d) I don't know (I'm not sure)

**9. Choose the answer showing the basic personality traits:**

- a) agreeableness, conscientiousness, extroversion, neuroticism, openness
- b) honesty, loyalty, openness, adaptability, hypersensitivity
- c) compromise, straightforwardness, punctuality, intellect, communicativeness
- d) I don't know (I'm not sure)

**10. What is personality? Enter the correct answer:**

- a) character traits that we inherit and acquire throughout our lives
- b) a characteristic, relatively constant way of reacting the individual to the social and natural environment, as well as the way of interacting with it
- c) something that comes from the inside of a person and makes them stand out from the society
- d) I don't know (I'm not sure)

**11. The abbreviation "SWOT" means:**

- a) **S** small; **W** words; **O** open; **T** technically
- b) **S** survive; **W** well; **O** objective; **T** treatment
- c) **S** strengths; **W** weaknesses; **O** opportunities; **T** threats
- d) I don't know (I'm not sure)

**12. Give patterns of creative thinking:**

- a) prepare, ask yourself, search/think, incubate, eureka moment, evaluate, implement
- b) planning, listing/scoring, analyzing, editing, acting
- c) development, preparation, preparation, testing
- d) I don't know (I'm not sure)

**13. Choose which answer indicates the limits of creative thinking:**

- a) faith in one's own abilities, willingness to act, self-confidence
- b) overcoming one's own borders, being open to change, keeping a diary
- c) one-sidedness, excessive knowledge, sticking to patterns, impatience





d) I don't know (I'm not sure)

**14. Tick which of the following are creative tools:**

- a) introductory training, conferences, diagnosis
- b) simulations, online training, public speaking
- c) mind map, brainstorming, method 635
- d) I don't know (I'm not sure)

**15. Indicate methods that stimulate creativity:**

- a) sleeping until noon, no hobbies, no physical activity
- b) understanding the stages of creative thinking, walking and walking outdoors, taking frequent breaks from work, diversifying knowledge, reading, keeping a notebook, creating while sleeping
- c) constant rest, fear of being among people, workaholism
- d) I don't know (I'm not sure)

**16. List the rules of an effective idea:**

- a) setting a goal, discussing, appreciating, taking risks
- b) empathy, defining the problem, looking for solutions, prototyping, testing
- c) keeping calm, cooperation, trust, building a social community
- d) I don't know (I'm not sure)

**17. Identify 2 creative problem-solving tools:**

- a) ordering a box diet, coaching
- b) "5x why", "Disney chairs"
- c) taking a dog from a shelter, military training
- d) I don't know (I'm not sure)



**Trainer's opinion, Module 1**  
**Trainer's opinion on the acquisition of competences by participants**

**Course: Entrepreneurship**

**Module 1: "Self-awareness and creativity in my life"**

Below is a list of competences that the participant, according to the assumptions, should acquire during the course, divided into knowledge, skills and attitudes. Please specify the degree of competence acquisition by the participant by marking the box next to a given competence with an "X" symbol: no competence acquisition, medium-level competence acquisition, high-level competence acquisition.

<b>COMPETENCES:</b>	<b>The participant's full name:</b>		
	_____		
<b>SKILLS</b>	<b>No acquisition of competence</b>	<b>Acquisition of competence to an average degree</b>	<b>Acquisition of competence to a high degree</b>
Recognizing your own beliefs that limit or facilitate effective action			
Taking action to consolidate beliefs that facilitate effective action			
Identifying your own habits as hindering or facilitating effective action			
Taking action to eliminate habits that prevent effective action			
Taking actions aimed at creating and consolidating own habits that facilitate effective action			



Preparation of the wheel of life			
Defining life values and goals			
Using the SWOT method			
Using tools of creative work			
Turning criticism into effective evaluation			
Using methods and tools for creative problem solving			
<b>ATTITUDES</b>	<b>No acquisition of competence</b>	<b>Acquisition of competence to an average degree</b>	<b>Acquisition of competence to a high degree</b>
A sense of initiative and agency, proactivity, looking ahead, courage and perseverance in achieving goals			
Empathy and care for people and the world, as well as accepting responsibility, using an ethical approach throughout the process			
Ability to work individually and in a team, mobilize resources (people and things) and maintain activity			
Creativity that includes imagination, strategic thinking and problem solving, and critical and constructive reflection as part of evolving creative and innovation processes			



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**Participant self-evaluation survey, Module 1**

**Course: Entrepreneurship**

**Module 1: "Self-awareness and creativity in my life"**

Below is a list of competences divided into knowledge, skills and attitudes. Please indicate whether you believe that you have acquired a given competence by entering the symbol "X" in the box next to the individual sentences. If you are unsure or believe that you have not acquired a given competence, please leave the field blank.

<b>COMPETENCES:</b>	
<b>KNOWLEDGE</b>	<b>Put an "X" in this box if you believe that you have acquired the competency.</b>
I know what self-awareness is (definition).	
I know how to improve self-awareness.	
I know the pillars of inner self-confidence.	
I have knowledge about the beliefs that hinder and facilitate effective action.	
I know habits that hinder effective action.	
I know habits that facilitate effective action.	
I know the basic personality traits.	
I know what a personality profile is.	
I know what the SWOT method is.	
I am aware of my strengths and weaknesses.	
I know the patterns and limitations of creative thinking.	
I know the tools and principles of creative work.	
I know methods that stimulate creativity.	



<b>SKILLS</b>	
I recognize my own beliefs that limit or facilitate effective action.	
I undertake actions aimed at consolidating beliefs that facilitate effective action.	
I identify my own habits as hindering or facilitating effective action.	
I take action to eliminate habits that prevent effective action.	
I take actions aimed at creating and consolidating my own habits that facilitate effective action.	
I can prepare the wheel of life.	
I define my values and life goals.	
I use the SWOT method.	
I use tools of creative work.	
I transform criticism into effective evaluation.	
I use methods and tools of creative problem solving.	
<b>ATTITUDES</b>	
I have a sense of initiative and agency.	
I have a proactive attitude.	
I am persistent in achieving goals.	
I show empathy and care for people and the world, and I accept responsibility and apply an ethical approach throughout the process.	
I can work independently and in a team.	
I demonstrate creativity that includes imagination, strategic thinking and problem solving, and critical and constructive reflection.	

### POST-TEST, Module 1

**Participant's name:** \_\_\_\_\_

**Date:** \_\_\_\_\_



**Number of points obtained:**

---

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The participants have 25 minutes to complete the test. This period will be extended accordingly if the person, for justified reasons, needs more time to complete it.

The correct answer (a, b, or c) should be marked by circling it. In the event of a change of decision, the final answer should be marked with a circle and initialed, and the previous marking should be crossed out.

**1. List the 5 components of emotional intelligence:**

- a) sensitivity, empathy, tolerance, kindness, honesty
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- b) a characteristic, relatively constant way of reacting the individual to the social and natural environment, as well as the way of interacting with it
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**16. List the rules of an effective idea:**

- a) setting a goal, discussing, appreciating, taking risks
- b) empathy, defining the problem, looking for solutions, prototyping, testing



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c) keeping calm, cooperation, trust, building a social community

**17. Identify 2 creative problem-solving tools:**

a) ordering a box diet, coaching

b) "5x why", "Disney chairs"

c) taking a dog from a shelter, military training



## MODULE 2

### PRE-TEST, Module 2

**Participant's name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Number of points obtained:**

\_\_\_\_\_

The knowledge test in the course for people 50+ in the field of entrepreneurship (Module 2: Ecology and Finance in My Life) consists of 14 single-choice questions. The purpose of the test is to measure the initial knowledge of the participants (before the start of the course), therefore it also includes the answer "I don't know" (I'm not sure).

The participants have 20 minutes to complete the test. This period will be extended accordingly if the person, for justified reasons, needs more time to complete it.

The chosen answer (a, b, c or d) should be marked by circling it. In the event of a change of decision, the final answer should be marked with a circle sign and initialed, and the previous marking should be crossed out.

#### **1. Identify the manifestations of the phenomenon we call "climate change":**

- a) increase in the average temperature, decrease in snow cover, decrease in the average amount of rainfall, increase in torrential rainfall, increase in wind strength
- b) changing the directions of ocean currents, changing the directions of air masses
- c) answers a and b are correct
- d) I don't know (I'm not sure)

#### **2. How many species of plants and animals are threatened with extinction due to the loss of biodiversity:**

- a) approx. 10 thousand species
- b) approx. 300 thousand species
- c) approx. 1 million species
- d) I don't know (I'm not sure)

#### **3. What produces the most oxygen on our planet:**

- a) forests



- b) oceans
- c) air
- d) I don't know (I'm not sure)

**4. Which provides about 80% of the Earth's biodiversity:**

- a) forests
- b) oceans
- c) rural areas
- d) I don't know (I'm not sure)

**5. Intergenerational solidarity consisting in finding such solutions that guarantee further growth, which allow for active inclusion of all social groups in development processes, while giving them the opportunity to benefit from economic growth:**

- a) the principle of green economic development
- b) the principle of corporate social responsibility (CSR)
- c) the principle of sustainable development
- d) I don't know (I'm not sure)

**6. Sustainable development goals include:**

- a) "life under water", "life on land"
- b) "good life on earth", "waste segregation"
- c) "waste segregation", "renewable energy"
- d) I don't know (I'm not sure)

**7. Smog is:**

- a) smoke from chimneys and cars and vans containing C<sub>10</sub>H<sub>14</sub>N<sub>2</sub>
- b) smoke mixed with NO<sub>2</sub> and CO<sub>2</sub>
- c) fog containing atmospheric air pollutants
- d) I don't know (I'm not sure)

**8. What can cause prolonged inhalation of smog:**

- a) respiratory problems, cough, asthma, frequent respiratory infections, eye irritation, lung cancer
- b) Alzheimer's disease, stroke, depression



- c) answers a and b are correct
- d) I don't know (I'm not sure)

**9. How much of the world's water is drinkable:**

- a) less than 3%
- b) about 12%
- c) more than 30%
- d) I don't know (I'm not sure)

**10. Water resources are:**

- a) water in oceans, lakes and rivers
- b) surface and underground waters
- c) groundwater, groundwater and water vapour particles in the air
- d) I don't know (I'm not sure)

**11 . The 6R applies to:**

- a) reducing consumption in the world and reducing waste
- b) economic development that takes into account the 6 main needs of people and the planet
- c) protection of water, air, soils, animals, birds and fish
- d) I don't know (I'm not sure)

**12. Where should I dispose of the Styrofoam that protected the electronic equipment in the box?**

- a) for "mixed" waste
- b) you must deliver it yourself to a selective waste collection point
- c) to the section "metals and plastics"
- d) I don't know (I'm not sure)

**13. Indicate which of the following is Greenwashing :**

- a) a company reduces its costs under the guise of caring for the environment (for example, sends invoices by e-mail or asks for less use of towels)
- b) a company that has not been ecologically involved so far starts using ecological packaging, encourages to choose ecological products and often uses the green colour in its communication strategy



- c) using green elements on the packaging of environmentally safe products, e.g. green leaf, green inscription: eco, symbol of the planet
- d) I don't know (I'm not sure)

**14. Which product is the most economically priced:**

- a) butter at a promotional price of PLN 8 (200 grams)
- b) butter, which is not at a promotional price and costs PLN 9.5 (250 grams) as standard
- c) butter at a promotional price of PLN 14 (300 grams)
- d) I don't know (I'm not sure)



**Trainer's opinion, Module 2**

**Trainer's opinion on the acquisition of competences by participants**

**Course: Entrepreneurship**

**Module 2: "Ecology and Finance in My Life"**

Below is a list of competences that the participant, according to the assumptions, should acquire during the course, divided into knowledge, skills and attitudes. Please specify the degree of competence acquisition by the participant by marking the box next to a given competence with an "X" symbol: no competence acquisition, medium-level competence acquisition, high-level competence acquisition.

<b>COMPETENCES:</b>	<b>The participant's full name:</b>		
	_____		
<b>ATTITUDES</b>	<b>No acquisition of competence</b>	<b>Acquisition of competence to an average degree</b>	<b>Acquisition of competence to a high degree</b>
A sense of initiative and agency, pro-activity			
Being forward-looking, courage and perseverance in achieving objectives			
Empathy and taking care of people and the world			
Accepting responsibility and adopting ethical approaches throughout the process			
Creativity which includes imagination, strategic thinking and problem-solving, and critical and constructive reflection			
The ability to work both as an individual and collaboratively in teams, to mobilize resources (people and things) and to sustain activity			



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**Participant self-evaluation survey, Module 2**

**Course: Entrepreneurship**

**Module 2: "Ecology and Finance in My Life"**

Below is a list of competences divided into knowledge, skills and attitudes. Please indicate whether you believe that you have acquired a given competence by entering the symbol "X" in the box next to the individual sentences. If you are unsure or believe that you have not acquired a given competence, please leave the field blank.

<b>COMPETENCES:</b>	
<b>KNOWLEDGE</b>	<b>Put an "X" in this box if you believe that you have acquired the competency.</b>
I can list some facts, statistics confirming the occurrence of climate change.	
I can list some facts, statistics confirming biodiversity loss.	
I can define sustainable development.	
I can list some objectives of sustainable development.	
I can explain/define what smog is.	
I can list some of the negative effects of smog on life and health.	
I can define the term "water resources".	
I can list negative changes to water resources and their impact on the functioning of the planet.	
I can define and describe the impact of consumption on climate change.	
I can list methods and tools of reducing consumption.	
<b>SKILLS</b>	
I am able to correctly classify ways of waste separation.	
I am able to correctly identify examples of greenwashing.	



I can diagnose how I could benefit from a given environmentally-friendly activity in my home.	
I can compare prices of goods taking into account composition, weight, etc.	
I can compare prices of a service taking into account its scope, materials used, warranty period, deadlines, etc.	
<b>ATTITUDES</b>	
I increased my sense of initiative and agency, pro-activity.	
I increased my sense of being forward-looking, courage and perseverance in achieving objectives.	
I increased my sense of empathy and taking care of people and the world.	
I increased my acceptance of responsibility and adopting ethical approaches throughout the process.	
I increased my creativity which includes imagination, strategic thinking and problem-solving, and critical and constructive reflection.	
I increased my ability to work both as an individual and collaboratively in teams, to mobilize resources (people and things) and to sustain activity.	



## POST-TEST, Module 2

**Participant's name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Number of points obtained:**

\_\_\_\_\_

The knowledge test in the course for people 50+ in the field of entrepreneurship (Module 2: Ecology and Finance in My Life ) consists of 14 single-choice questions. The purpose of the test is to measure the final knowledge of the participants (after the course). Comparing the results of this test with the results of the initial test will determine the percentage increase in a person's knowledge.

The participants have 20 minutes to complete the test. This period will be extended accordingly if the person, for justified reasons, needs more time to complete it.

The correct answer (a, b, or c) should be marked by circling it. In the event of a change of decision, the final answer should be marked with a circle and initialed, and the previous marking should be crossed out.

### 1. Identify the manifestations of the phenomenon we call "climate change":

- a) increase in the average temperature, decrease in snow cover, decrease in the average amount of rainfall, increase in torrential rainfall, increase in wind strength
- b) changing the directions of ocean currents, changing the directions of air masses
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### 2. How many species of plants and animals are threatened with extinction due to the loss of biodiversity:

- a) approx. 10 thousand species
- b) approx. 300 thousand species
- c) approx. 1 million species

### 3. What produces the most oxygen on our planet:

- a) forests



- b) oceans
- c) air

**4. Which provides about 80% of the Earth's biodiversity:**

- a) forests
- b) oceans
- c) rural areas

**5. Intergenerational solidarity consisting in finding such solutions that guarantee further growth, which allow for active inclusion of all social groups in development processes, while giving them the opportunity to benefit from economic growth:**

- a) the principle of green economic development
- b) the principle of corporate social responsibility (CSR)
- c) the principle of sustainable development

**6. Sustainable development goals include:**

- a) "life under water", "life on land"
- b) "good life on earth", "waste segregation"
- c) "waste segregation", "renewable energy"

**7. Smog is:**

- a) smoke from chimneys and cars and vans containing C<sub>10</sub>H<sub>14</sub>N<sub>2</sub>
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**13. Indicate which of the following is Greenwashing :**

- a) a company reduces its costs under the guise of caring for the environment (for example, sends invoices by e-mail or asks for less use of towels)
- b) a company that has not been ecologically involved so far starts using ecological packaging, encourages to choose ecological products and often uses the green colour in its communication strategy
- c) using green elements on the packaging of environmentally safe products, e.g. green leaf, green inscription: eco, symbol of the planet

**14. Which product is the most economically priced:**

- a) butter at a promotional price of PLN 8 (200 grams)
- b) butter, which is not at a promotional price and costs PLN 9.5 (250 grams) as standard
- c) butter at a promotional price of PLN 14 (300 grams)



## MODULE 3

### PRE-TEST, Module 3

Participant's name: \_\_\_\_\_

Date: \_\_\_\_\_

Number of points obtained:

\_\_\_\_\_

The knowledge test in the course for people 50+ in the field of entrepreneurship (Module 3: Projects in My Life) consists of 16 single-choice questions. The purpose of the test is to measure the initial knowledge of the participants (before the start of the course), therefore it also includes the answer "I don't know" (I'm not sure).

The participants have ca. 20 minutes to complete the test. This time will be extended accordingly if the person, for justified reasons, needs more time to complete it.

The chosen answer (a, b, c or d) should be marked by circling it. In the event of a change of decision, the final answer should be marked with a circle sign and initialed, and the previous marking should be crossed out.

**1. In project management, a "project" is:**

- a) A blueprint or plan for how to make a desired change without a specific timeline or budget
- b) A temporary, gradually refined undertaking aimed at achieving a unique result or solving a specific problem
- c) An idea for introducing some action that is not time-bound and has no specific goal
- d) I don't know (I'm not sure)

**2. The letter "S" in the name of the SMART method corresponds to the word:**

- a) Specific
- b) Sensible
- c) Successful
- d) I don't know (I'm not sure)

**3. The letter "M" in the name of the SMART method corresponds to the word:**

- a) Modest
- b) Measurable
- c) Modern
- d) I don't know (I'm not sure)

**4. The letter "A" in the name of the SMART method corresponds to the word:**



- a) Amazing
- b) Achievable
- c) Analytical
- d) I don't know (I'm not sure)

**5. The letter "R" in the name of the SMART method corresponds to the word:**

- a) Rare
- b) Redundant
- c) Relevant
- d) I don't know (I'm not sure)

**6. The letter "T" in the name of the SMART method corresponds to the word:**

- a) Time-bound
- b) True
- c) Trustworthy
- d) I don't know (I'm not sure)

**7. The result of the project may be:**

- a) Conducting workshops
- b) Raising the level of knowledge and competence
- c) Placing advertisements in the press
- d) I don't know (I'm not sure)

**8. The project manager is:**

- a) The person responsible for implementing the idea.
- b) Someone for whom the project is carried out.
- c) The person who will use what will be created as a result of the project activities.
- d) I don't know (I'm not sure)

**9. The design team is:**

- a) Department managers
- b) Customers
- c) Members of the group realizing the goal of the project
- d) I don't know (I'm not sure)

**10. The client in the project is:**

- a) The person responsible for implementing the idea.
- b) Someone for whom the project is carried out.
- c) The person who will use what will be created as a result of the project activities.
- d) I don't know (I'm not sure)

**11. What is NOT included in the Gantt chart?**

- a) Project financial data



- b) Dates and durations of tasks in the project
- c) Milestones
- d) I don't know (I'm not sure)

**12. Indicate an example of correct quantification of a project result:**

- a) Increased knowledge of trainees
- b) Knowledge of trainees increased by 40%
- c) Change in attitudes of trainees
- d) I don't know (I'm not sure)

**13. What is NOT included in the project budget?**

- a) Financial costs
- b) Ineligible costs
- c) Material costs
- d) I don't know (I'm not sure)

**14. Possible response to the project's threat/risk does NOT include:**

- a) Notification of services
- b) Reducing the threat
- c) Transfer of the risk
- d) I don't know (I'm not sure)

**15. The way to increase your intrinsic motivation is NOT:**

- a) positive thinking
- b) forgetting to rest
- c) avoiding routine
- d) I don't know (I'm not sure)

**16. Which of the following is a personal project?**

- a) Extension of provincial road No. 835
- b) Renovating the kitchen in your home
- c) Repairs to the pavement in the neighbourhood
- d) don't know (I'm not sure)

**Trainer's opinion, Module 3**

**Trainer's opinion on the acquisition of competences by participants**

**Course: Entrepreneurship**

**Module 3: "Projects in my life"**





Below is a list of competences that the participant, according to the assumptions, should acquire during the course, divided into knowledge, skills and attitudes. Please specify the degree of competence acquisition by the participant by marking the box next to a given competence with an "X" symbol: no competence acquisition, medium-level competence acquisition, high-level competence acquisition.

<b>COMPETENCES:</b>	<b>The participant's full name:</b>		
	_____		
<b>SKILLS</b>	<b>No acquisition of competence</b>	<b>Acquisition of competence to an average degree</b>	<b>Acquisition of competence to a high degree</b>
Using project planning tools/methods			
Ability to create the problem and solution tree			
Create project elements based on processes and resources			
Using the SMART method			
Create a Gantt chart			
Creating a project budget			
Ability to make financial decisions regarding cost and value			
The ability to create a risk management plan: to determine the risk in the project and its assessment, and to plan the response to risk			
Using self-motivation methods and tools adequate to one's own needs			



Create personal projects taking into account: goals, results, activities, schedule, budget and risk			
<b>ATTITUDES</b>	<b>No acquisition of competence</b>	<b>Acquisition of competence to an average degree</b>	<b>Acquisition of competence to a high degree</b>
A sense of initiative and agency, proactivity, looking ahead, courage and perseverance in achieving goals			
Empathy and care for people and the world, as well as accepting responsibility, using an ethical approach throughout the process			
Ability to work individually and in a team, mobilize resources (people and things) and maintain activity			
Creativity that includes imagination, strategic thinking and problem solving, and critical and constructive reflection as part of evolving creative and innovation processes			

Date and signature of the trainer

.....



**Participant self-evaluation survey, Module 3**

**Course: Entrepreneurship**

**Module 3: "Projects in my life"**

Below is a list of competences divided into knowledge, skills and attitudes. Please indicate whether you believe that you have acquired a given competence by entering the symbol "X" in the box next to the individual sentences. If you are unsure or believe that you have not acquired a given competence, please leave the field blank.

<b>COMPETENCES:</b>	
<b>KNOWLEDGE</b>	<b>Put an "X" in this box if you believe that you have acquired the competency.</b>
I know what a project is (I know the definition).	
I know what the stages of project management are.	
I know the roles and tasks of individual people in the project.	
I know how to set project goals (I know the SMART method).	
I know what the project schedule (Gantt chart) should contain.	
I know what project costs are included in the project budget.	
I know what risk management is and I know how to respond to risk in a project.	
I know what project results are and how they should be quantified.	
I know what a personal project is.	
I know the methods and tools of increasing internal motivation.	
<b>SKILLS</b>	
I can create the problem and solution tree.	
I can use the SMART method.	



I can create a Gantt chart.	
I can create a project budget.	
I can create a risk management plan: determining the risk in the project and its assessment as well as planning a response to risk.	
I use self-motivation methods and tools adequate to my own needs.	
I can create a personal project taking into account: goals, results, activities, schedule, budget and risk.	
<b>ATTITUDES</b>	
I have a sense of initiative and agency.	
I have a proactive attitude.	
I am persistent in achieving goals.	
I show empathy and care for people and the world, and I accept responsibility and apply an ethical approach throughout the process.	
I can work independently and in a team.	
I demonstrate creativity that includes imagination, strategic thinking and problem solving, and critical and constructive reflection.	



### POST-TEST, Module 3

Participant's name: \_\_\_\_\_

Date: \_\_\_\_\_

Number of points obtained:

\_\_\_\_\_

The knowledge test in the course for people 50+ in the field of entrepreneurship (Module 3: Projects in My Life) consists of 16 single-choice questions. The purpose of the test is to measure the final knowledge of the participants (after the course). Comparing the results of this test with the results of the initial test will determine the percentage increase in a person's knowledge. The participants have ca. 20 minutes to complete the test. This period will be extended accordingly if the person, for justified reasons, needs more time to complete it. The correct answer (a, b, or c) should be marked by circling it. In the event of a change of decision, the final answer should be marked with a circle and initialed, and the previous marking should be crossed out.

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- a) Modest
- b) Measurable
- c) Modern

**4. The letter "A" in the name of the SMART method corresponds to the word:**

- a) Amazing
- b) Achievable
- c) Analytical



**5. The letter "R" in the name of the SMART method corresponds to the word:**

- a) Rare
- b) Redundant
- c) Relevant

**6. The letter "T" in the name of the SMART method corresponds to the word:**

- a) Time-bound
- b) True
- c) Trustworthy

**7. The result of the project may be:**

- a) Conducting workshops
- b) Raising the level of knowledge and competence
- c) Placing advertisements in the press

**8. The project manager is:**

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**9. The design team is:**

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- c) Members of the group realizing the goal of the project

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