

Engelska

Sida: 1 av 4

Identify your competencies

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

By doing a self-assessment, you can obtain an overview of what is required for the profession.

You do the self-assessment by filling in a form that is associated with a profession in the Swedish labour market. The answers are intended to support you, and you can use the self-assessment questionnaire in your meetings with an employment officer. 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, complete your education, acquire job experience or carry out a validation.

The self-assessment questions are based on the requirements of various professions in Sweden. The answers are based on your knowledge and experience in the profession.

All your knowledge and experience count. You assess your own competencies.

This self-assessment covers qualifications for a construction/building worker.

Use the levels described below to assess your experience and competencies. Doing this will ensure that you receive the best possible assistance from the Employment Service.

You can identify your competencies based on the following levels:

1: No experience

- Here, you might have theoretical knowledge, but no practical experience

2: Some experience

- You have had a trial opportunity while in training

3: A fair amount of experience

- You have references and employer's certificates relating to one year's work

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4: Good experience

- You have several years of practical experience, and can relatively fast start working independently

5: Substantial experience

- You should be able to be assessed straight away at a workplace as a supervisor, manager or expert
- You have experience of organising and developing operations, and of administration and management
- You have experience of communicating how work in the area is to be carried out, and can engage and motivate colleagues
- You have experience of allocating resources to different projects/groups/operational areas/colleagues

Use the space at the bottom of the form if you want to provide more details about your experiences. It may be that you have experience in the sector, but that there are no questions about that particular topic in the self-assessment questionnaire.

Can you prove your knowledge and experiences in any way, with education or employment certificates, for instance?

The Employment Service can help you to translate and validate them.

Self-assessment form

Construction/building worker

Personal characteristics that are important for the profession	1-5 (No experience – Substantial experience)				
1. I am good at interacting with customers	1	2	3	4	5
2. I can remain calm in a difficult situation	1	2	3	4	5
3. I can work under stress	1	2	3	4	5
4. I know and understand the implications of being in a workplace environment	1	2	3	4	5
5. I can conduct myself according to the rules of a workplace	1	2	3	4	5
6. I keep my workplace clean and tidy	1	2	3	4	5
7. I am used to making decisions independently	1	2	3	4	5
Experience and competencies that are important for the profession	1-5 (No experience – Substantial experience)				
1. I have experience of groundworks for laying water and sanitation pipes	Yes	No			
2. I have experience of groundworks for road construction	Yes	No			
3. I have experience of asphalt surfacing for e.g. roads	Yes	No			
4. I have experience of groundworks for railroad construction	Yes	No			
5. I have experience of groundworks for landscaping	Yes	No			
6. I have experience of laying stone or slabs for pathways	Yes	No			
7. Number of years of experience as a construction/building worker:	_____ years				

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If you wish to provide details about experience or knowledge not mentioned in the questions above, please add them here: