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**Fact sheet 3.1.2ef**

**REFLECTIVE FORM 3.1**

**INSTRUCTIONS**

Complete the following 3 tasks in written form and hand in them to the instructor for feedback. This is also an exercise in self-assessment. You can use it to reflect on your own knowledge and abilities. You can also talk about your reflections with a peer, personal tutor or supervisor.

1. What are the main similarities in the definition of career development offered by the CCT and the STF? Write down your considerations in 5-6 sentences.
2. Focusing on the role of the counsellor in the CCT and in the STF, what do you think are the main competencies needed in order to facilitate the career counselling process? Please write down your considerations in 5-6 sentences.
3. Think about your choice to attend this course. Try to explain it considering the point of view of the actor, the agent and the author (CCT). If it is too personal, imagine a possible explanation one of your fellow student could give. Please write down your thoughts in as many sentences as you need.

Hand in your work to the course teacher for feedback.