

## 【APU キャリア チェックシート APU Career Check Sheet】

企業/組織名称 Name of Host Institution:		学籍番号 Student ID:		名前 Name:			
<p><b>&lt;APUキャリアチェックシートとは？&gt;</b> このキャリアチェックシートは、「APU学生であるあなたにとって、身につけていると就職活動に必ず役立つ力」を記載しています。これからインターンシップを始めるあなたが、インターンシップ開始時点で自分の力を可視化するために使うものです。インターンシップ実施後も再度チェックをし、自分のどの部分が成長したかを実感しましょう。また、その成長を実感した出来事を自分の言葉で表現してみてください。</p> <p><b>&lt;What is the APU Career Check Sheet?&gt;</b> The APU Career Check Sheet describes the abilities you acquire as an APU student that will definitely help in your job hunting. This sheet is used to help students visualize their current ability level before the internship and reflect back on it after the internship to gauge how much they have grown. It will also be a useful tool in putting into words your experiences and skills.</p> <p><b>&lt;APUキャリアチェックシートの使い方&gt;</b> 1～8の「役立つ力」に目を通してください。それぞれの項目について、今のあなたは1～5のどの位置にいますか？【1(能力がない)&lt;5(能力がある)】今のあなたに一番近いものに○をつけてみましょう。ひとつでも○が右につくように、一度チェックしたあとでも継続して自分の力を可視化していきましょう。</p> <p><b>&lt;How to use the APU Career Check Sheet&gt;</b> Please look over the "Useful Abilities" 1 through 8. Circle the number which most closely describes your current skill level. Afterwards, think about what your strengths and weaknesses are and how you may grow and improve moving forward.</p>							
		点数【1(能力がない)<5(能力がある)】 Score 【1 (low level)<5 (high level)】		目安となる指標の説明 skill level descriptions			
	役立つ力 Useful Abilities	インターンシップ前 before the internship	インターンシップ後 after the internship	能力や態度が良くなったと感じた出来事や理由 What made you realize your skill/ability has improved and why	1 ~ 2	3	4 ~ 5
1	異文化理解能力 Capacity for intercultural understanding	1・2・3・4・5	1・2・3・4・5		Able to interact with others who have different customs and values and be aware of those differences.	Generally pay attention to the customs and ways of other people and behave in a way which tries to understand the differences in views as well as their backgrounds.	Understand the underlying values of customs and behaviors of other people and the differences from your own views, then present new compromises that respect those differences and that everyone can agree to in discussions or other situations.
2	コミュニケーション能力 Communication ability	1・2・3・4・5	1・2・3・4・5		Able to organize facts and reasons and communicate your own thoughts based on them. You listen to and accept what others have to say.	Able to organize facts and reasons and communicate your own thoughts based on them. You are able to communicate with others in an easy to understand way that is respectful to their values and situation.	Able to organize facts and reasons, build your own thoughts objectively based on them, and communicate in a logical manner. You are able to converse, negotiate, and persuade others while accommodating to their views and situation.
3	語学力 (英語/日本語 いずれかの反対言語、 その他の言語) Language ability English/Japanese (the opposite language in either case) other languages	1・2・3・4・5	1・2・3・4・5		Achieved the fundamentals of reading, writing, speaking, and listening in the opposite language. You are able to communicate at the level of daily conversation in the opposite language. You have achieved standard for Course Completion in classes.	Able to understand the opposite language at the business level and have experience using it. You have studied other languages in addition to English, Japanese, and your native language. You have achieved standard for Course Completion in classes.	Able to apply the languages in business situations. You are able to use languages other than English, Japanese, and your native language. You are taking non-required courses for the other languages.
4	チャレンジ精神 Challenging spirit	1・2・3・4・5	1・2・3・4・5		Able to undertake new endeavors with interest.	Able to be aware of the organization's goals and undertake new endeavors while considering the risks.	While keeping in mind of the organization's goals, can accurately ascertain the risks before undertaking new endeavors. After reflecting and evaluating the results, you are able to build upon it to create next steps for future endeavors.
5	主体性 Independence	1・2・3・4・5	1・2・3・4・5		Able to work only while receiving advice and instructions from someone.	By acting independently, able to increase the individual independence of those around you.	Able to think ahead based on past experiences and act independently without help. This also helps build the individual independence of those around you.
6	課題発見力 Ability to discover issues	1・2・3・4・5	1・2・3・4・5		Able to gather and organize information to discover issues after receiving advice.	Able to organize information without adding bias or conjecture, indicate issues and solutions, and make proposals.	Able to objectively analyze complex problems or information, indicate issues and propose solutions, evaluate the results, and transition them to next steps to work on.
7	チームワーク Teamwork	1・2・3・4・5	1・2・3・4・5		Willing to work as a team within the group. Able to encourage the people around you to work while seeing how people are cooperating and with each other.	Recognize your own role within a team. Able to voluntarily state your opinion and act as a team to make progress towards a goal.	Able to present new courses of action that are accepted by all while being aware of the overall situation. You can work with others as a team to achieve a goal.
8	自己理解力 Ability to understand yourself	1・2・3・4・5	1・2・3・4・5		Pretty much understand your strengths and weaknesses. You are able to listen to and accept external, objective evaluations.	Recognize your strengths and weaknesses to a certain degree, but you have yet to understand the external, objective evaluations, the position where you currently stand, and the abilities that you need to improve going forward.	Able to recognize your strengths and weaknesses. You understand your worth from external, objective evaluations, the position where you currently stand, the abilities that you need to improve going forward, and are able to move into action.
		Total:	Total:				

\*【注意】必ず黒ペンで直筆のこと。パソコンでの入力、鉛筆での記入不可。  
 【Note】Must be written in black ink. Must not be typed, or written in pencil.  
 キャリア・オフィス宛  
 Must be submitted to the Career Office before the deadline.  
 ※1社につき1枚提出すること。Please submit one copy for each company.

提出期限：2019年10月4日(金)10:30キャリア・オフィス宛/  
 Deadline: October 4, 2019 (Fri.) by 10:30 to the Career Office

Office Seal  
 受付印