

EXERCISES OF THE MOOC “SOFT SKILLS FOR EFFECTIVE PARTICIPATION”

BLOCK 1: INTRODUCTION

1. Learning with entertainment

In each of the blocks we include a selection of movies and series related to the skills you wish to acquire or improve, because we want you to learn new things while enjoying the process. Below you will find our recommendations for the 10 skills mentioned in Unit 3:

Empathy	Inside Out
Critical thinking	Captain Fantastic
Negotiation	12 Angry Men
Creativity and innovation	Cruella
Planning and organization	Money Heist
Assertiveness	Yes Man
Ability to learn	Good Will Hunting
Commitment	Schindler's List
Resilience	Slumdog Millionaire
Initiative and proactivity	The Pursuit of Happyness

2. Skills as seen from the outside

A good starting point for improving your skills is, in addition to having a self-assessment of your initial situation, to get an external source of information to help you evaluate your strengths and weaknesses in terms of soft skills. You can use different methods to do this:

- Collect information on social networks, through dynamic formats with open-ended questions, surveys and stories in general.
- In a group context, you can use hanging signs, cards, sheets of paper or any other support, so that the rest of the group members can write, anonymously, the skills in which each person stands out the most. This also helps to unite and motivate the group.