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Title of tool SELF- MONITORING TOOL	
Aim of the Tool	The tool is used to help the trainee reflect about the experience within the company, about competences acquired, about competences he must improve. The tool also contains questions about soft skills.
Materials necessary to use the tool (ex. Whiteboard, pen and paper, room with chairs in a circle, internet connection, computer or mobile phone etc.)	Grid, Pen
Involvement of other people (for example teacher, company tutor, parents etc)	The self-evaluation is done by the trainee. The tutor/coach can support him/her with understanding the questions or with adding other questions to stimulate self reflection
Link for the tool (online link for example)	NA
Indication on how to use the tool	Use the tool during the period of the internship. It can be used several times to monitor improvements at different times.

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