



Discover your Digital competences

1. Digital competencies...
2. ¿How does the **self-assessment test** works?
 - 2.1 The **results report**
 - 2.2 **Our recommendation** of technological training activities
 - 2.3 How digital skills **transform us**
3. Avatar Collection

1. Digital competencies...

are the sum of **knowledge, skills and attitudes** necessary to be able to use technologies at personal, social and professional levels effectively and safely. They help you communicate, get informed and disseminate information in the digital environment. They are learned, achieved and incorporated through practice.

6 out of 10 people at work lack basic ICT skills or computer experience (OECD).

When we talk about digital skills, we refer to 5 thematic areas and 19 digital skills that compose them and constitute the map of digital skills that we have developed, together and from DigComp (European framework for identification and assessment of digital skills), Barcelona Activa and the Generalitat de Catalunya, in collaboration with the Open University of Catalonia (UOC).

Through a **web application, from your cell phone or computer**, interactive, self-use and free of charge, you can evaluate your digital skills, get a report of your results for each of the 19 digital skills and receive personalized recommendations for activities in order to improve your digital skills.

2. ¿How does the shelf-assessment test works?



The test consists of questions on the 19 digital skills that consider realistic and close scenarios. The aim of the test is to assess the knowledge and attitude towards each of the 19 competencies. You are always asked knowledge questions about the digital competence in question and if you answer the knowledge questions correctly, then you are asked questions about your attitude towards that digital competence.

If you no longer have the knowledge, the attitude questions are no longer asked. The number of questions to answer will depend on the number of correct answers you get. You will have to answer a maximum of 95 questions and at least 57 of them. A progress bar will indicate whether you have reached 30%, 60% or 90% of the total number of questions to answer.

There are 3 suggested options for each question: option A, option B and I don't know.

The practical part is not evaluated in the questions, so you must understand the test results bearing that in mind. What is evaluated is knowledge and attitude. However, the procedure (the practical part of the competition) needs to be worked out in the trainings recommended below.

2.1 The results report



Once you have passed a test, the application will show you your competence level for each of the 5 thematic areas and, in addition, you will be allowed to download a document with the results report.

This report is a pdf document and contains your personal data, the date you took the test and the results for each of the 5 subject areas and for each of the 19 digital competencies, preceded by an explanation of each one of the digital competencies.

2.2 Our **recommendation of technological training activities**



Based on your results, you will be able to access a recommendation of free personalized activities to train the digital skills you consider necessary to improve.

By default, you will be shown those technology training activities that correspond to the thematic areas in which you have the lowest level of digital competence achievement. However, if you consider that these competencies are not the ones you need to train at the moment, you can choose which competency areas you would like to receive activity recommendations for.

You can also select the format, face-to-face and/or online, and you will obtain a specific proposal of technological training activities from the Cibernàrium of Barcelona Activa, with different levels of knowledge: basic, specialized and/or advanced (IT Academy).

The recommended activities will have the date of completion and, if you are already a Cibernàrium technology training user, the activities that you have already completed will not be recommended.

If, after some time, you would like to receive recommendations for active activities, you will be able to access your latest results and generate a new proposal with the current recommended activities.

2.3 How digital skills transform us

It is necessary to understand digital competencies as a global whole, such as the skills needed to socialize, live and coexist in the digital society. You need to know how to select, contrast and evaluate them according to your personal and professional objectives and needs. In this way you can become an active, participative and transformative person as a citizen of the digital society of which you are a part.



Participative
person



Active
person



Transformative
person

The competency test also allows you to see the evolution of your competencies as the test is repeated. The last 5 results will be saved in the personal space of Barcelona Activa, so you will be able to access your results whenever you want.

3. Avatar Collection



We invite you to collect avatars. The avatars start blank and you have to choose one the first time you access the test. Pay attention when you finish answering all the test questions and you will see how the avatar is being painted. Once you have completed the test for the third time, the avatar is 100% painted and you will be able to select another test.