



Test of tools – results as of 04.11.2022

Strategic Partnership ERASMUS + KA2 2020-1-PL01-KA203-081940

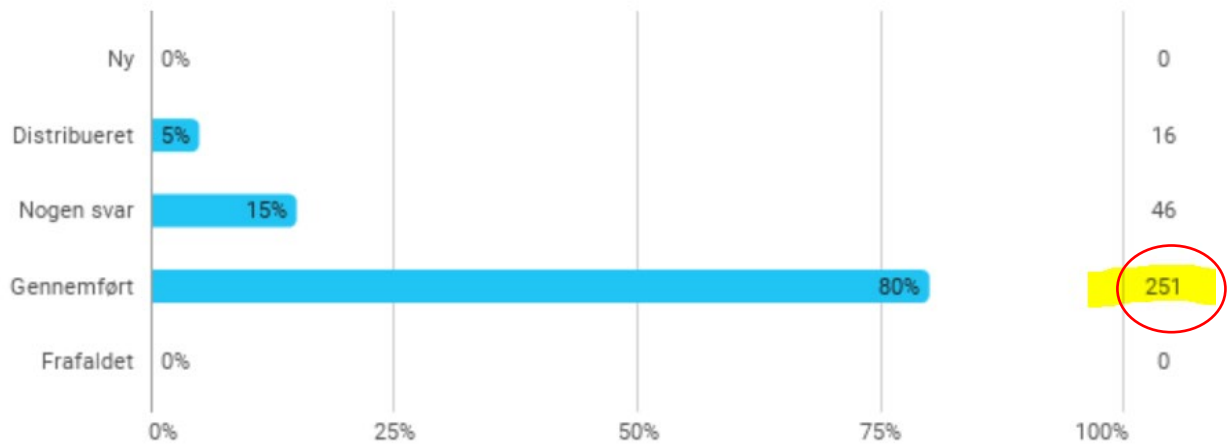
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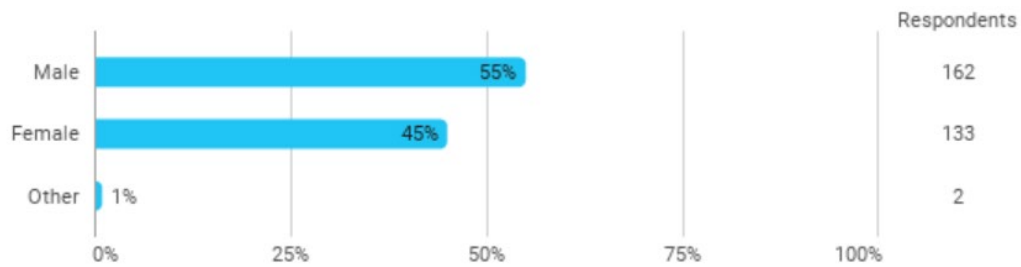
1. Students: Overall results



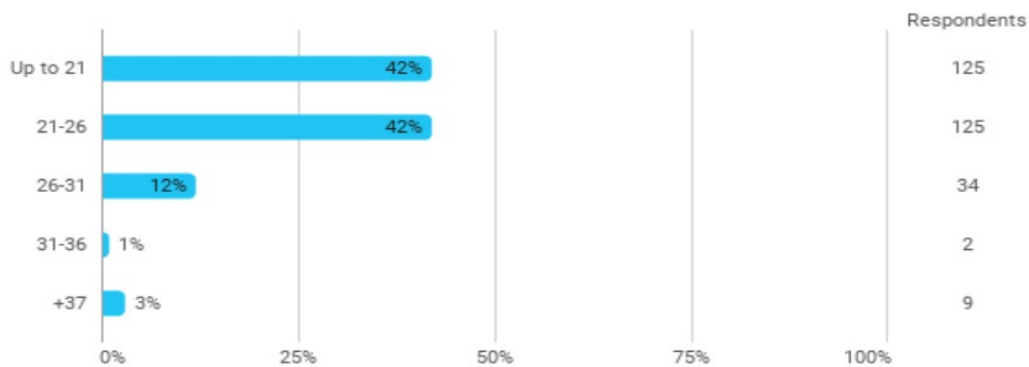
n = 251 complete answers

1.1 Overview of respondents and tools tested

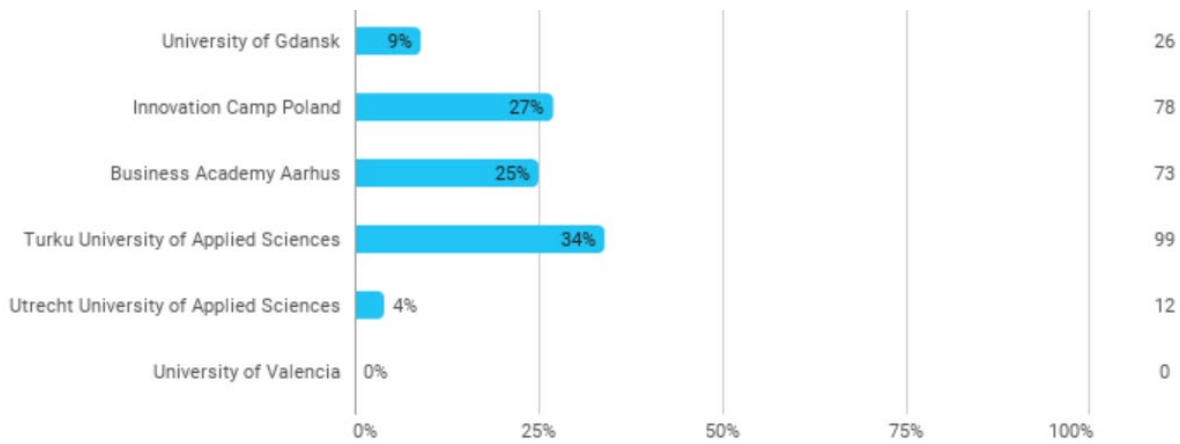
What is your gender?



What is your age?



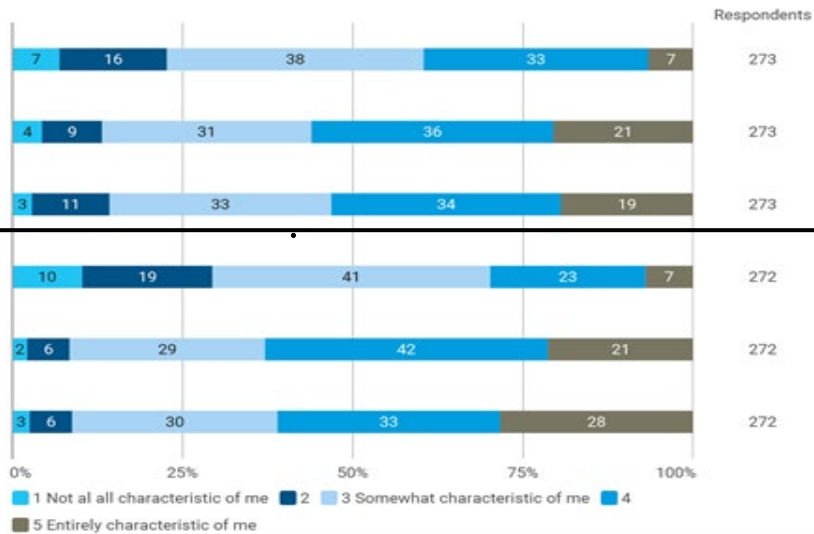
Institution



1.2 Before: Acknowledge, explore, handle

Situation 1

You experience uncertainty when assigned a task that you don't understand. You want clarity as you don't know what the results must be. What do you do?



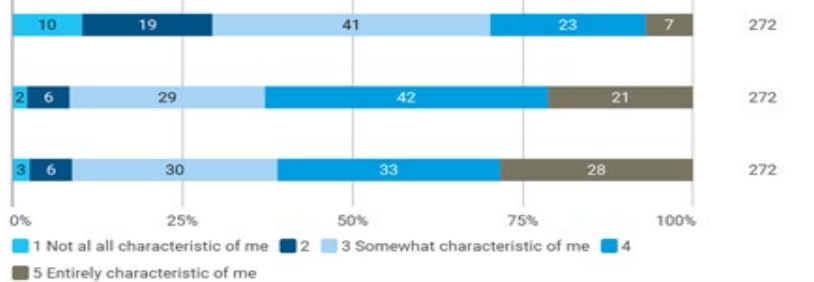
I accept uncertainty as given and deal with it without panicking (**Acknowledge**)

I proactively seek information about the assignment (**Explore**)

I take action (**Handle**)

Situation 2

You experience uncertainty while working on a final exam together with a fellow student. The fellow student fails to deliver the material you agreed on. You fear that you are not able to pass the exam. What do you do?

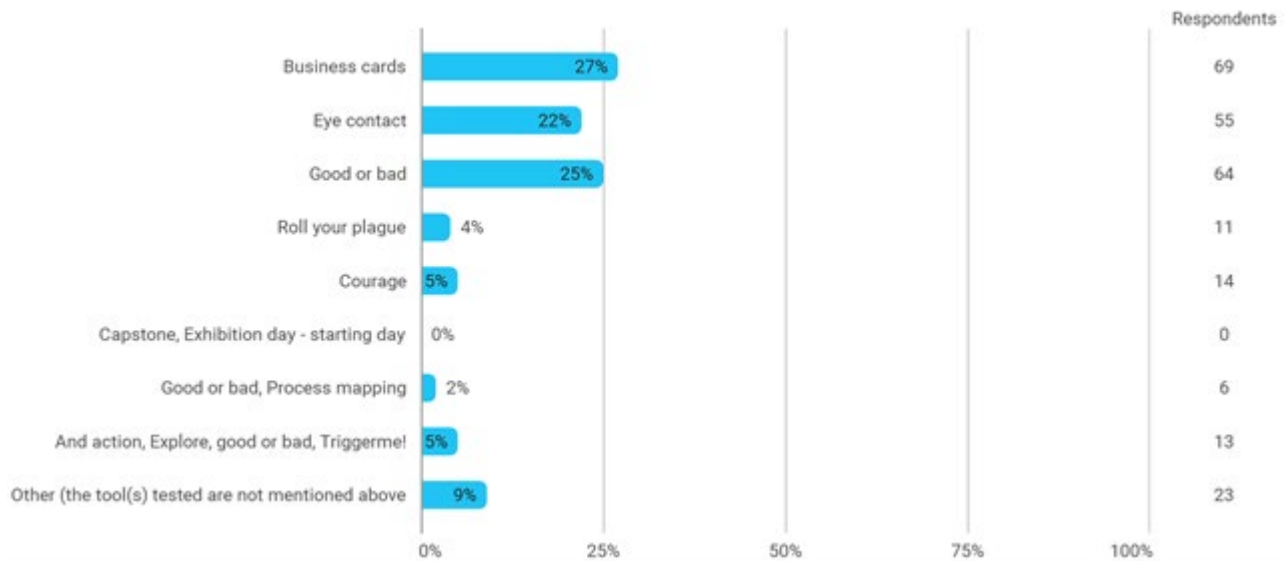


I accept uncertainty as given and deal with it without panicking (**Acknowledge**)

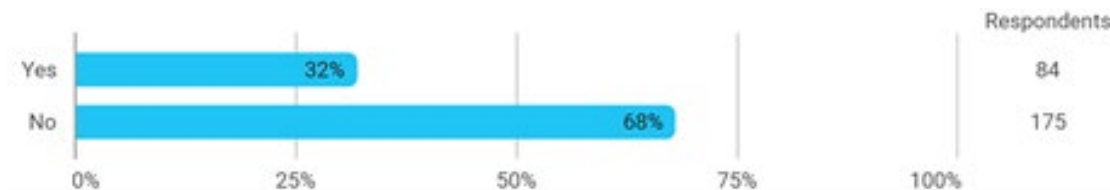
I ask questions to find out more (**Explore**)

I take action (**Handle**)

1.3 Tools tested



1.4 After: Did the exercise make you think differently about uncertainty?



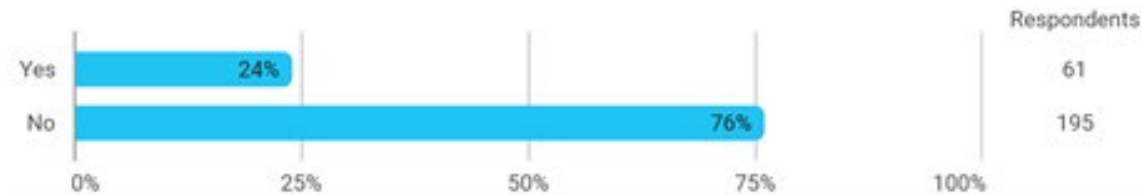
If yes, please explain how

- The conversations were more casual and having to present somebody else instead of myself also made it more manageable to have to talk in plenary
- There were many different guesses and interpretations and many different drawing skills.
- There are big differences between us, and therefore there is also a difference in how we see our insecurities. There must be room for each other at the crossroads of this
- It was easier to talk about someone other than oneself
- I was a little surer of what to say and feel I retold the other people's business cards correctly
- You open up and are not so afraid to communicate and talk to new people
- We are all standing in the same place and are nervous and must talk about ourselves. So just relax and go with the flow
- The exercise makes you more aware of how you react when many people have their eyes on you
- The exercise made me talk about a side of myself and another person. There was still some uncertainty about when to remember a person and talk about the person.
- Good way to get to know people.
- Good exercise to talk with other people, about other people. Nice to talk from a drawing.
- All get to say something
- I didn't have the chance to get to know my classmates. Therefore, I could only look at the people around me and make my own impression of them
- Everybody seems to be a little nervous, it's human, and that's okay. The drawings are not perfect. Nobody is perfect, and that's okay :) Great to just loosen up, move around.
- What role I play in tackling issues

- I see different perspectives and differences in how people describe themselves or what makes them distinct from others.
- It was a different way of communicating and interacting with people.
- Meeting the uncertain with a positive attitude, especially around other people
- Gave me more confidence, and an easy way to learn to know new people
- It was nice to let go, and try your best
- Even when I'm uncertain I should try to maintain eye contact, in order to get past the initial awkwardness and uncertainty
- Uncertainty isn't always a bad thing.
- Made me see that there are different kinds of uncertainty and sometimes they have benefits also.
- Less stress
- Uncertainty can be sometimes a good thing.
- Now I think about uncertainty that it's part of life
- That it is ok to be uncertain.
- I did not know that uncertainty can be a good thing
- It made me think about the different perspectives about uncertainty
- It does not look the same as it does
- We can use the limited materials to build the tower we want. Limited materials for unlimited kinds of tower.
- Sometimes it feels like I'm the only one who has uncertainty. Talking in this group made me realize that everyone is feeling uncertainty.
- Through uncertainty you learn and grow as a person.
- It made me question good and bad in situations.
- It helped listening about other people's experiences with uncertainty in e.g., the workspace, school presentations and such. Their shared thoughts made me realize that each one of us can find ourselves in uncertain situations, and how we deal with them is what matters. The outcome doesn't seem so negative in the end after all.
- It showed that people are uncertain about same things and that is normal.
- I look at uncertainty as a chance to develop myself.
- I found out that uncertainty not only does it have to be paralyzing, but that you can also see it as something positive
- Awareness of two sides of uncertainty (paralyzing and productive)
- Uncertainty is not purely bad but also good in many situations and that it's about the way of reacting
- There is a positive and negative side to it
- Uncertainty is also positive
- zoom in on triggers and instructive to hear the experiences of fellow students
- Think about what my triggers of uncertainty are
- Awareness is a good step
- Look back more often on what you already know and use that for new experiences that you are unsure about
- I realized I could just go with a flow
- I had to open to total strangers
- I learned uncertainty is not always a threat
- I thought uncertainty is much More complicated
- I thought it was scarier in some ways
- I managed to look at others reaction to be incapable of who they might be and their scareness of trying to be some more. People were scared of trying to be more powerfull.
- It made me think of uncertainty as part of work that i need to overcome
- It isn't as scary as I thought
- It made me understand how to process with my uncertainty
- I think I know better know my uncertainty
- I think it cleared my mind a little about uncertainty
- I got more closure about the things that were on my mind.
- new tools
- To prepare for things
- I learned to prepare for the unexpected
- Planning helps

1.5 Did the exercise make you more curious?

Did the exercise make you more curious to explore: "Why am I experiencing uncertainty"?



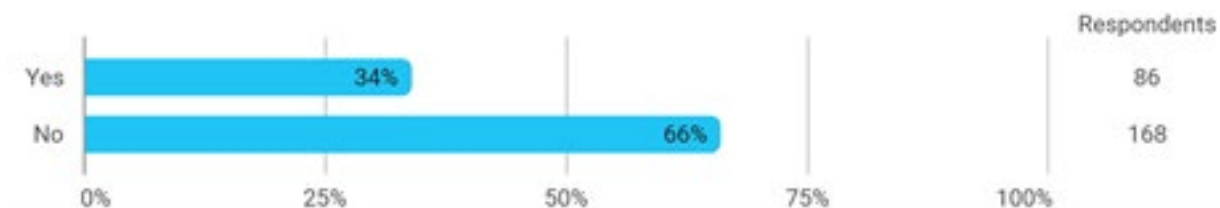
If yes, please explain how

- You could see other people's insecurities and therefore it became easier to accept your own
- Yes, because it is only in a few cases that I experience this, but at the same time I also know that it is completely normal
- Just take a leap and do it – it's not dangerous
- Thoughts like "why is it difficult when many people are watching?"
- Because I don't remember well. Therefore, there was uncertainty in the narration of the person.
- It is important to always learn more about yourself because of the uncertainty that can occur, both personally and what you meet, you never know what you will face
- I was thinking more about it because we just spoke about it.
- Same questions on different tasks. which is interesting, why would you not answer the same?
- I only experienced uncertainty because I was talking about something I didn't know much about. I presented someone I haven't met.
- Because i know the people around me a little bit more. And i feel more comfortable
- To fond put more
- You always want to dwell deeper in uncertainty and explore what you don't know and learn from it. That's how we get experience from things we haven't done before; we try and fail or succeed.
- Yes, I want to be better to handle my uncertainty
- It was fun
- I was wondering about how this feels so unnatural and came to the conclusion, that it's because we seldom need to stare into someone's eyes to maintain eye contact and it's natural human behavior wanting to always explore your surroundings - even in a perfectly safe space like a classroom.
- I want to find out what makes me uncertain. Is it the lack of confidence or something different.
- Wanting to consider internally about why exactly this situation, in particular, made me uncertain and self-conscious and what affected that feeling.
- I want to know how to handle feelings.
- Question it
- It's interesting
- Because I would like to solve the uncertainty
- I can enjoy uncertainties
- I felt that you need to think objectives more rationally and not with emotions.
- I have bad feelings such as fear when giving a presentation in front of people. I want to know why this is.
- Because many people said same things than i
- Probably going to listen to podcasts or read articles on how to gain courage.
- I want to figure out what are the things that are holding me back and stopping me from unlocking my full potential
- Through the exercises I have become curious, and I have seen that uncertainty is not something magical and that you can investigate it just fine
- it's good to know what other triggers are involved
- Dare to look into the eyes and connecting realistic actions
- have concrete steps to be able to do that
- More insights
- Argumentation and how to handle
- Go deeper into it in order to be able to deal with it better
- The way we worked in the workshop stimulates me to be busy with it

- To develop, it is important that you know and understand multiple aspects within yourself.
- Better look at triggers
- I started to wonder why I was worried
- What am I doing here?
- Now I know more about it.
- I get really stressed while having eye contact with another person
- Because I like to learn about myself, a specially about reactions to different actions
- I don't have self confidence
- It makes me think that it's possible to improve managing uncertainty
- I like to learn about myself
- It woke up my interest in uncertainty, and in the learning of it
- Thinking more about the things

1.6 Did you find the exercise helpful?

Did you find the exercise helpful to train your ability to deal with uncertainty in a productive way?



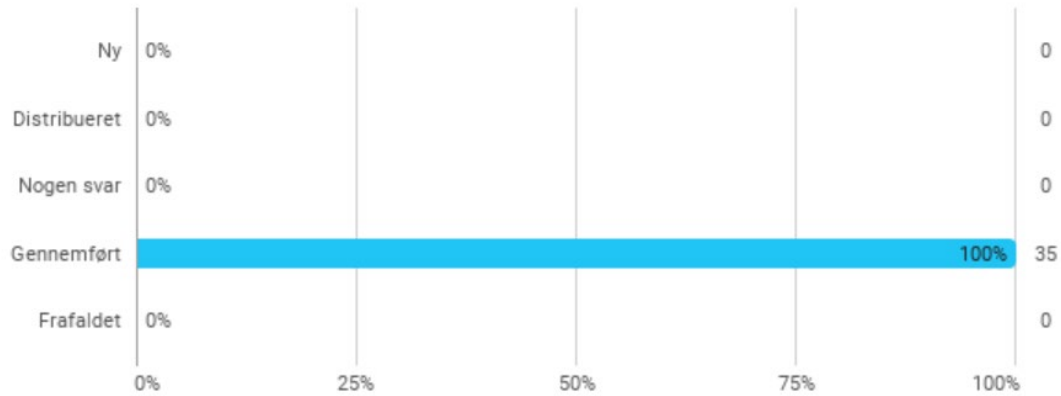
If yes, please explain how

- Yes, and I learned more about my fellow students
- Because I was aware
- Ask and get answers
- Everyone shared that they were in something that no one really understood or could make sense of. Everyone had to expose themselves through their drawing and you had to present someone else's drawing yourself. Kindergarten logic but effective and fun.
- It shows that even with very little information you can arrive at a result
- Because you can use it to your advantage
- Talked to people i don't know
- I'm not talking about myself, but another person
- You have to adapt quickly
- Always uncertain to meet new people
- It helps me out of my comfort zone
- A good way to loosen up, start talking :)
- at man egentlig bare skal springe ud i det
- Think thoroughly
- It makes me think differently
- Yes, it gave me different ways to look at how to deal with uncertainty and different ways of communicating it and then coming up with solutions to manage it / deal with it.
- by breaking the barrier of uncomfotability
- Ja, skal bare trække vejret og se hvad der sker
- Det er en mulighed for at udvikle sig

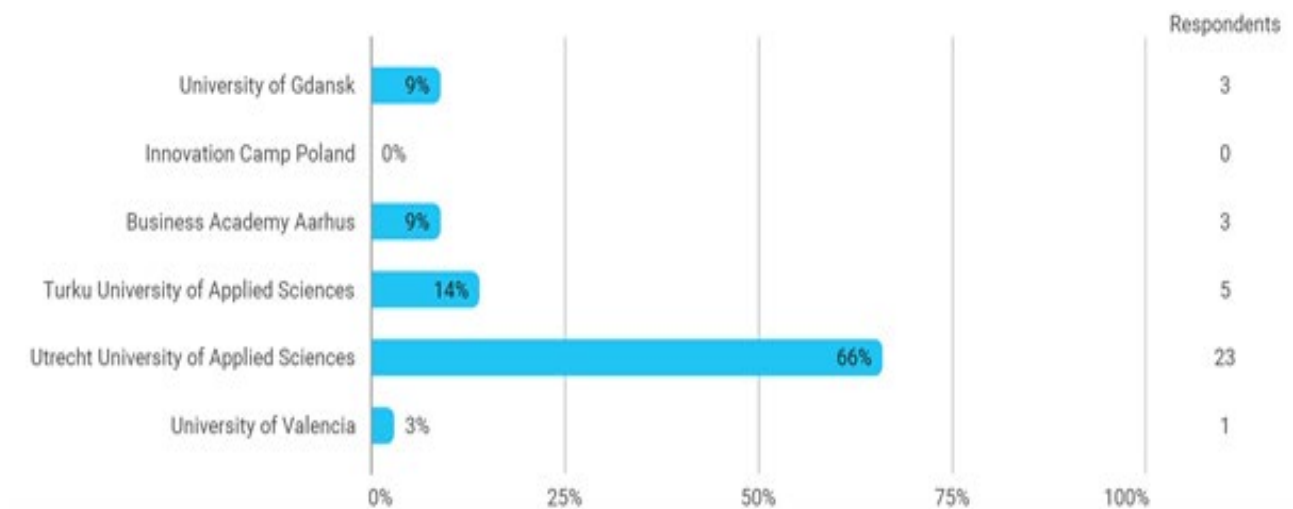
- To go around and talk because u don't have a choice
- That you find an interpretation in the picture that has been drawn, and create your own story
- Because I must be confident and talk to strangers
- Getting to know people
- Possibly, I can keep eye contact most of the time, but it really depends on the person. If a person maintains his/her eye contact with me I tend to drift off and breaking eye contact vice versa.
- It did in the sense that it did make me bear with the uncertain feeling of maintaining eye contact with somebody and the self-consciousness that comes with it and keep up the eye contact rather than try to find a way out of the situation. I think this could be applied to other situations as well.
- Yes, now i know how to deal with stress and uncertainty
- Now i look at it like an opportunity to deal with myself.
- To look at it from a different perspective
- Now I have more experience with this
- Before you build, you need plan and design it
- Any practice in dealing with uncertainty is good practice.
- communication is a key to handle
- Creative
- It helped to hear what kind of problems others have faced. We have different issues but similar tools to overcome them.
- I have always been interested in psychology and as an athlete I have worked a lot under the pressure and uncertainty. It can also be used as a powerful tool to improve.
- It made me think that I need to just calm myself down and work my way through the situation.
- It made me understand that many people are experiencing same things and I could be more open to talk about my uncertainty and maybe get new ideas to solve them.
- It was yet another opportunity to speak "publicly" or in front of a group of people
- Fellow students gave concrete tips. And everyone suffers from it
- Provides insight
- Useful repetition because I have tried so much to deal with my uncertainty including therapy
- New insights
- I now know a productive way to deal with it
- New insights
- Good to talk about it
- I just did it
- Had to do something
- I had to act
- Talk with other people
- It was surprisingly fun
- Not afraid of it
- Talking to others work
- It's easy
- I was more open to my classmates then usual
- It was easy to understand
- I managed to look better despite the fact my card wasn't the strongest
- The exercise helped me see uncertainty as a thing i can work on overcoming
- Yes, because it's quite simple.
- It-gave me clear steps
- It helped me to understand what I don't understand and helped me to get a grip on the matter.
- I wrote up things i can do and in the future i can utilize them better.
- To see things and problems in a different light.
- Prepares me for unexpected situations

1.7 Educators

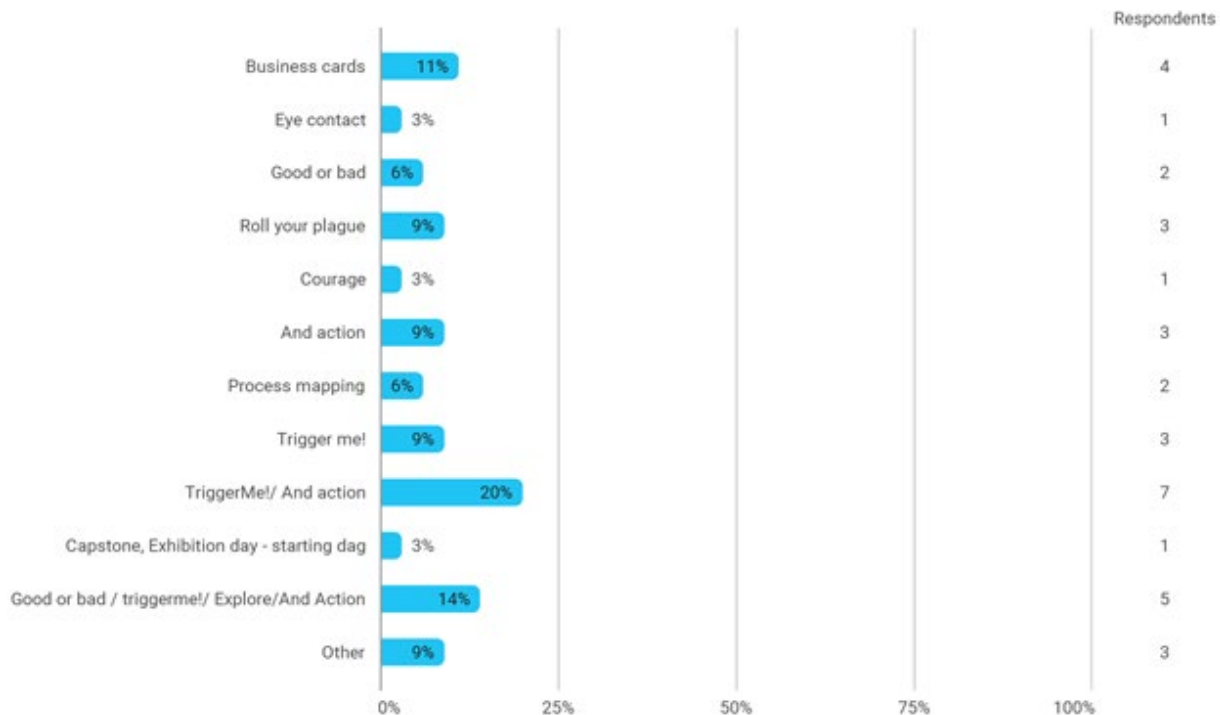
35 educators from Turku, Utrecht, BAAA, InnoCamp PL and University of Gdansk



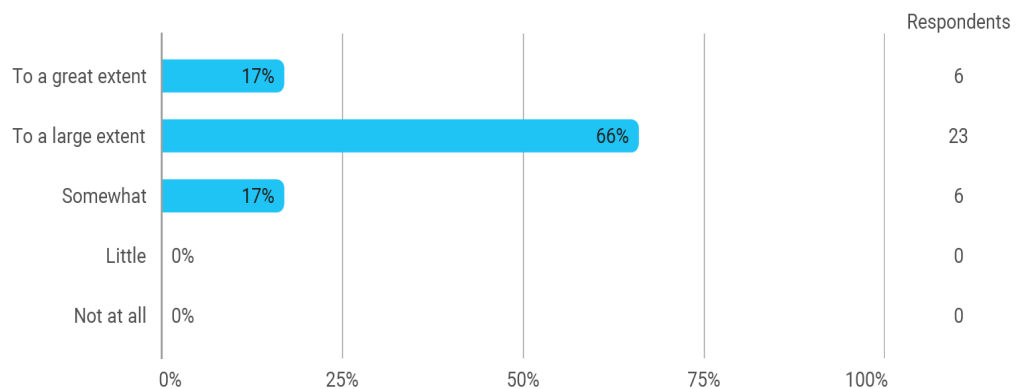
Institutions:



Tool tested:



To what extent did you find the tool suitable to develop the students' ability to handle uncertainty productively?

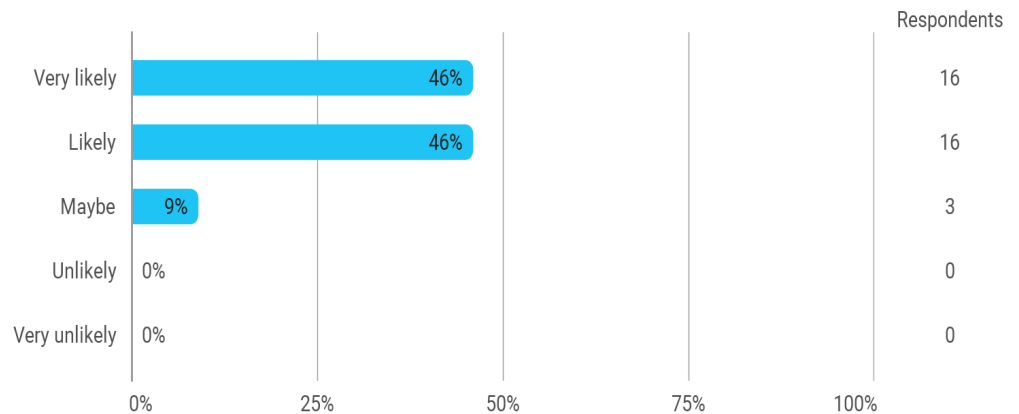


Please elaborate why you don't find the tool suitable to develop the students' ability to handle uncertainty productively

- The tool is handy and quick to use and might work as one tool among several others when doing team building and getting to know each other. The reflection was difficult for students to do, the question was a bit too difficult (when eye contact is important, relevance of mindfulness etc.). A break was needed, and it was short enough for the 1st year students to get started with the topic of uncertainty and to get a chance to talk about it in general. Perhaps i would include some continuation, some continuing tool for the same group to be used.
- Colleagues already working with the tool with the long-term students.

- Nothing wrong in the tool, but I had to help them in final discussion to understand why this tool can handle the uncertainty. It was not easy for them to see it.

How likely are you to recommend this tool to colleagues?



If likely to recommend, please explain why

- It is a very good icebreaker to start classes with
- A fun exercise where everyone is active and are prompted to act even with limited knowledge
- Gave a kick start on the conversation between students and the process of getting to know each other
- Even though reflection was difficult for students to do, I liked the short time needed for it and the target group has known each other for such a short while that this was a quick and handy way to make them get to know each other a bit more. Such quick tools for team building and getting to know each other and taking a breather from the work they are doing is very much needed.
- The tool was a lot of fun, students clearly enjoyed it. The group was 1st year students, who haven't known each other very long and there was a need for team building also, which this tool was good for. It gave the team a break from its usual work, and an opportunity to reflect uncertainty both on personal and group level. But with a relaxed and informal way due to the fun exercise.
- Students liked the tool a lot
- It's easy and fun, especially for the integration
- it's fun for students
- It is a creative form of work that brings structure to the thinking and learning process. Looks a bit like RET, but because of the playfulness I think it fits well with someone who is struggling with uncertainty.
- It is visual and easy to use. It provides quick insight and tools that you can get started with.
- I have already introduced it to my colleagues and have already used it in inter vision.
- Gives a lot of inspiration because you learn from the examples of others. By starting from one's own strength and other people's support, concrete and for the student handy actions emerge.
- working towards actions in a concrete way
- the tool helps to highlight the positive side of uncertainty and to act from there. Strong!
- A simple tool, makes you think and makes you aware that uncertainty does not only have to be negative
- A very important tool to approach uncertainty in a positive way.

- it's a beautiful approach that applies to many processes and not just uncertainty
- Gives so much insight into the moments when uncertainties are experienced in a process. Gives a lot of material for mutual conversation.
- Quick insight into what triggers the uncertainty. But with this tool you cannot yet make experienced uncertainty productive
- The tool is certainly usable and is well put together. However, it is more difficult to work with it when you work with it for the first time
- It is a simple and powerful tool. However, it does require some explanation
- Certainly, very suitable material and offers clear starting points. That is why I would recommend it, especially for students in study programs.
- It was an interesting addition
- This is an easy-to-use tool and quite quick to be used.
- Good tool e.g., for project works
- This tool makes the student imagine about unexpected situations and think about preventing actions to handle them in a more positive and successful manner
- If unlikely to recommend, please explain why
- Not all of the Educator doing capstone.
- Be aware of the group sizes. Not more than 16-20. It demands energy to listen and remember to Manu people.
- Fun tool to use in the introduction week for new students
- Instructions needs to be checked again. e.g., materials list for Paper Bridge was missing, a hair dryer was missing from Pasta Tower materials, some sentence wasn't completed etc. Also, the questions were a bit too difficult for 1st year students, so perhaps alternative questions for different steps/phases/years. Also, students found the plague of not using primary hand until end of the game too demanding, and thought it could be until next pause :)
- Some of them have not good connections with outside company
- it was really entertaining
- I feel like I haven't been able to fully experience the tool as intended. For example, a demonstration video (coach/coachee setting) could help me.
- I also use it to give and gain insight into myself.
- I haven't used the tool myself yet, but the system has been explained to me. I would like to experiment with it myself before I would recommend the system to another coach. My overall impression of what I have seen of it is very positive.

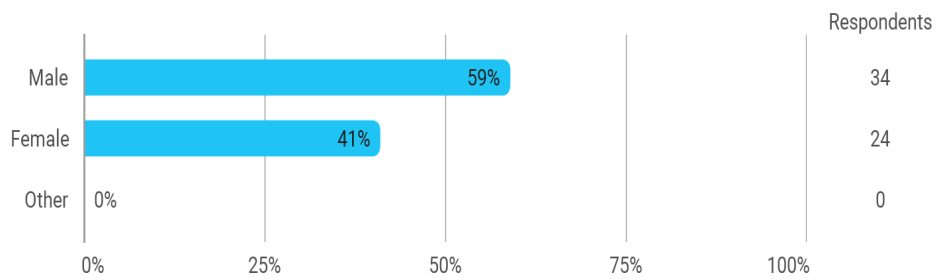
2. BAAA (Business cards)

2.1 Overview of respondents and tools tested

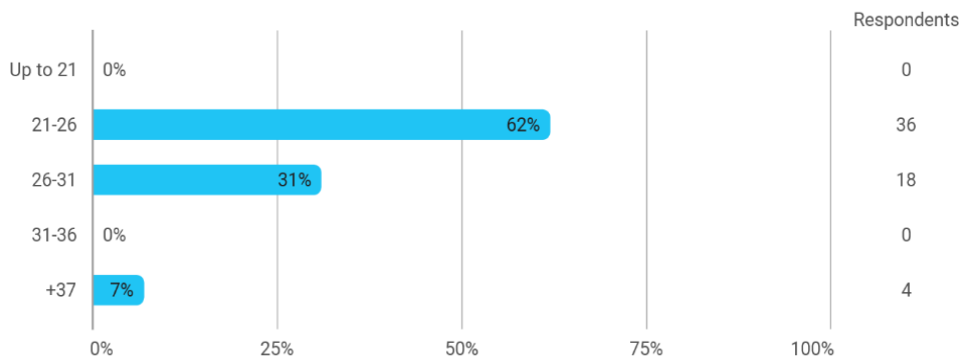
58 students from Bachelor in Entrepreneurship and Innovation

Tool tested: Business cards

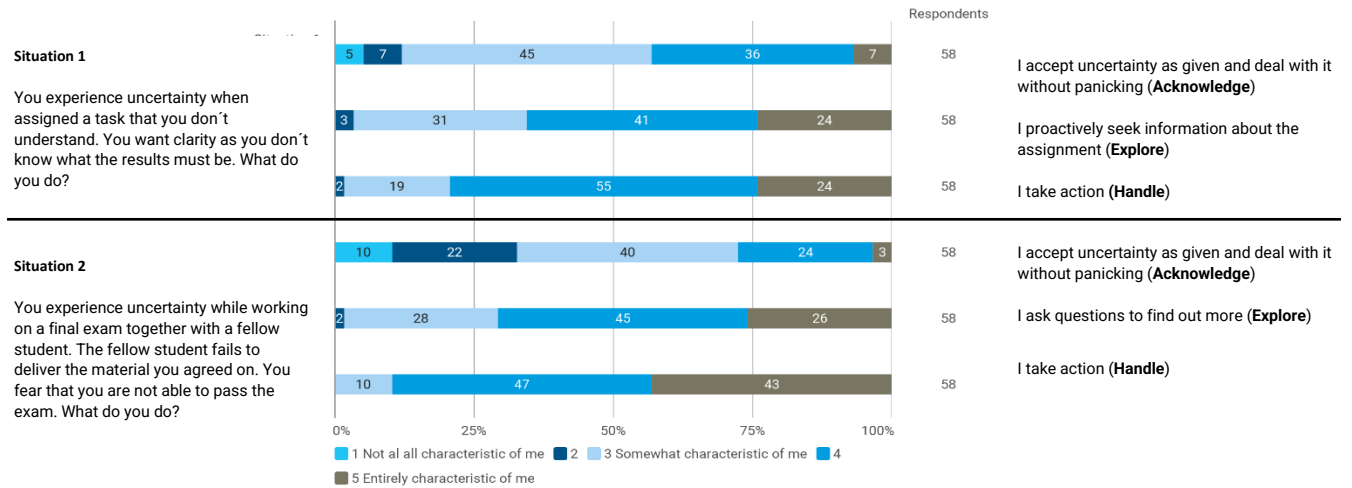
What is your gender?



What is your age?

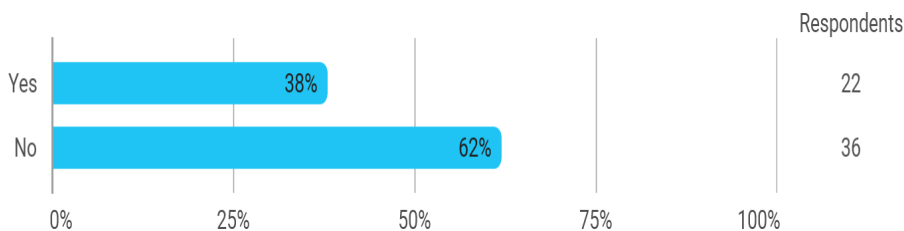


2.2 Before: Acknowledge, explore, handle



2.3 After: Did the exercise make you think differently?

Did the exercise make you think differently about uncertainty?



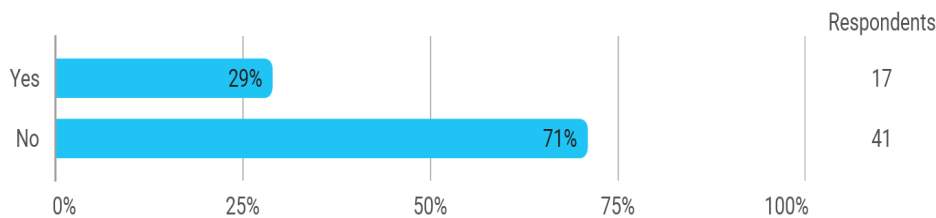
If yes, please explain how

- The conversations were more casual and having to present somebody else instead of myself also made it more manageable to have to talk in plenary
- There were many different guesses and interpretations and many different drawing skills.
- There are big differences between us, and therefore there is also a difference in how we see our insecurities. There must be room for each other at the crossroads of this
- It was easier to talk about someone other than oneself
- I was a little surer of what to say and feel I retold the other people's business cards correctly
- You open up and are not so afraid to communicate and talk to new people
- We are all standing in the same place and are nervous and must talk about ourselves. So just relax and go with the flow
- The exercise makes you more aware of how you react when many people have their eyes on you
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- Good way to get to know people.
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- All get to say something

- I didn't have the chance to get to know my classmates. Therefore, i could only look at the people around me and make my own impression of them
- Everybody seems to be a little nervous, its human, and that's okay. The drawings are not perfect. Nobody is perfect, and that's okay :) Great to just loosen up, move around.
- What role I play in tackling issues
- I see different perspectives and differences in how people describe themselves or what makes them distinct from others.
- It was a different way of communicating and interacting with people.
- Meeting the uncertain with a positive attitude, especially around other people
- Gave me more confidence, and an easy way to learn to know new people
- It was nice to let go, and try your best

2.4 Did the exercise make you more curious?

Did the exercise make you more curious to explore: "Why am I experiencing uncertainty"?

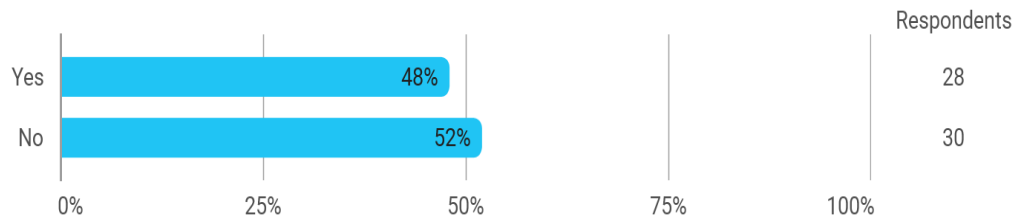


If yes, please explain how

- You could see other people's insecurities and therefore it became easier to accept your own
- Yes, because it is only in a few cases that I experience this, but at the same time I also know that it is completely normal
- Just take a leap and do it – it's not dangerous
- Thoughts like "why is it difficult when many people are watching?"
- Because I don't remember well. Therefore, there was uncertainty in the narration of the person.
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- I only experienced uncertainty because I was talking about something I didn't know much about. I presented someone I haven't met.
- Because i know the people around me a little bit more. And i feel more comfortable
- To fond put more
- You always want to dwell deeper in uncertainty and explore what you don't know and learn from it. That's how we get experience from things we haven't done before; we try and fail or succeed.
- Yes, I want to be better to handle my uncertainty
- It was fun

2.5 Did you find the exercise helpful?

Did you find the exercise helpful to train your ability to deal with uncertainty in a productive way?



If yes, please explain how

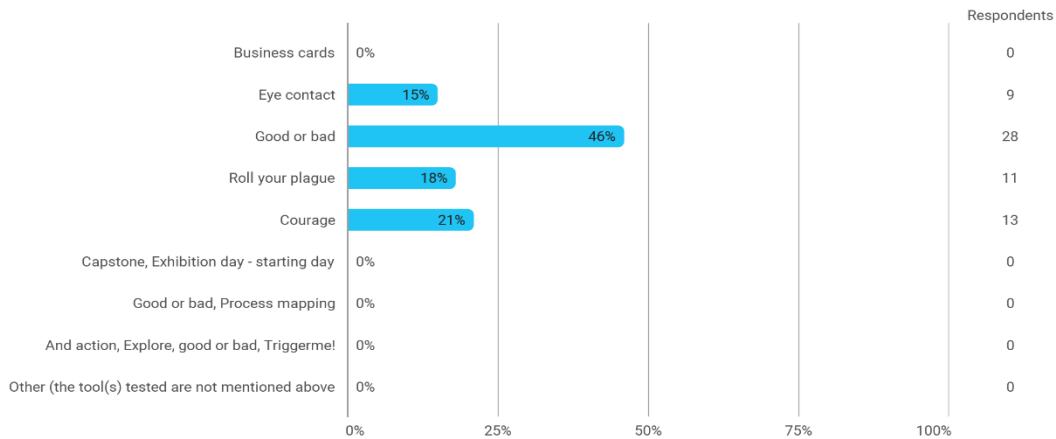
- Yes, and I learned more about my fellow students
- Because I was aware
- Ask and get answers
- Everyone shared that they were in something that no one really understood or could make sense of. Everyone had to expose themselves through their drawing and you had to present someone else's drawing yourself. Kindergarten logic but effective and fun.
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- I'm not talking about myself, but another person
- You have to adapt quickly
- Always uncertain to meet new people
- It helps me out of my comfort zone
- A good way to loosen up, start talking :)
- at man egentlig bare skal springe ud i det
- Think thoroughly
- It makes me think differently
- Yes, it gave me different ways to look at how to deal with uncertainty and different ways of communicating it and then coming up with solutions to manage it / deal with it.
- by breaking the barrier of uncomfotability
- Ja, skal bare trække vejret og se hvad der sker
- Det er en mulighed for at udvikle sig
- To go around and talk because u don't have a choice
- That you find an interpretation in the picture that has been drawn, and create your own story
- Because I must be confident and talk to strangers
- Getting to know people

3. Turku

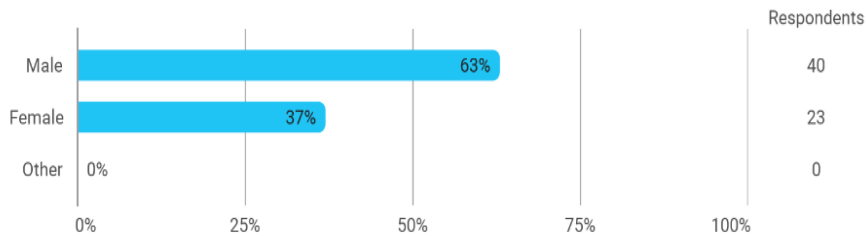
3.1 Overview of respondents and tools tested

63 students from different programs (ICT, Business Administration etc.)

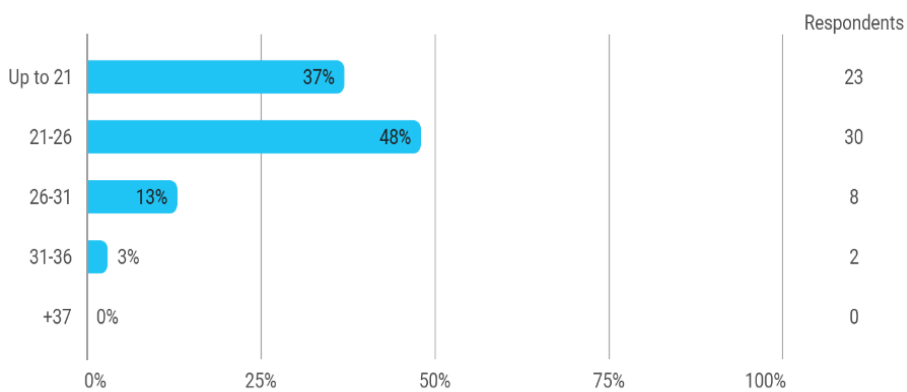
Tools tested:



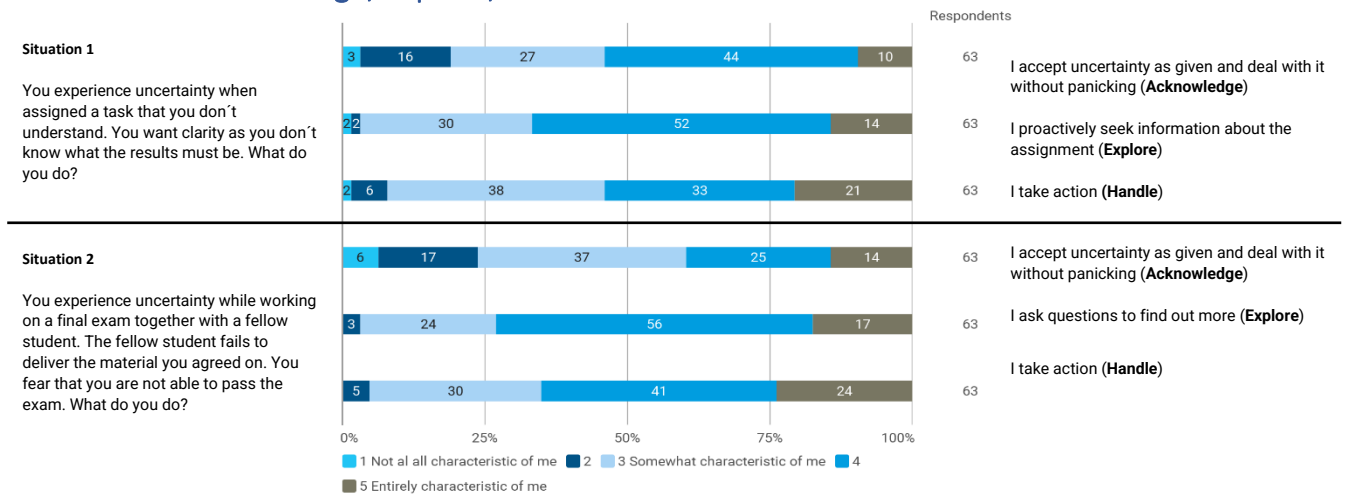
What is your gender?



What is your age?

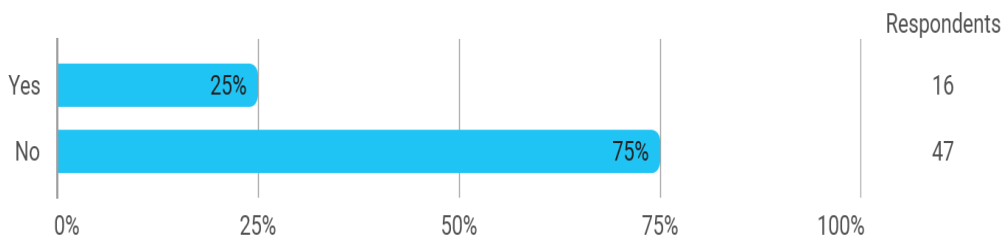


3.2 Before: Acknowledge, explore, handle



3.3 After: Did the exercise make you think differently?

Did the exercise make you think differently about uncertainty?



If yes, please explain how

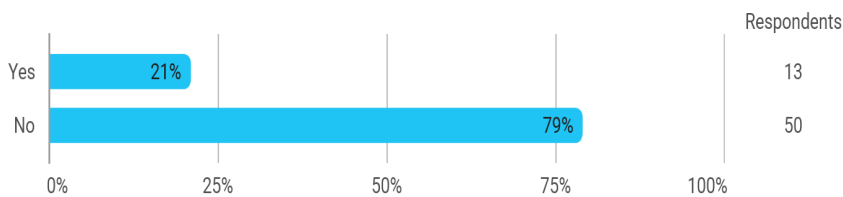
- Even when I'm uncertain I should try to maintain eye contact, in order to get past the initial awkwardness and uncertainty
- Uncertainty isn't always a bad thing.
- Made me see that there are different kinds of uncertainty and sometimes they have benefits also.
- Less stress
- Uncertainty can be sometimes a good thing.
- Now I think about uncertainty that it's part of life
- That it's ok to be somewhat uncertain.
- I didn't know that uncertainty can be a good thing
- It made me think about the different perspectives about uncertainty
- It doesn't look the same as it actually does
- We can use the limited materials to build the tower we want. Limited materials for unlimited kinds of tower.
- Sometimes it feels like I'm the only one who has uncertainty. Talking in this group made me realize that everyone is feeling uncertainty.
- Through uncertainty you learn and grow as a person.
- It made me question good and bad in situations.
- It helped listening about other people's experiences with uncertainty in e.g. the workspace, school presentations and such. Their shared thoughts made me realize that each and every one of us can

find ourselves in uncertain situations, and how we deal with them is what matters. The outcome doesn't seem so negative in the end after all.

- It showed that people are uncertain about same things and that's normal.
- I look at uncertainty as a chance to develop myself.

3.4 Did the exercise make you more curious?

Did the exercise make you more curious to explore: "Why am I experiencing uncertainty"?

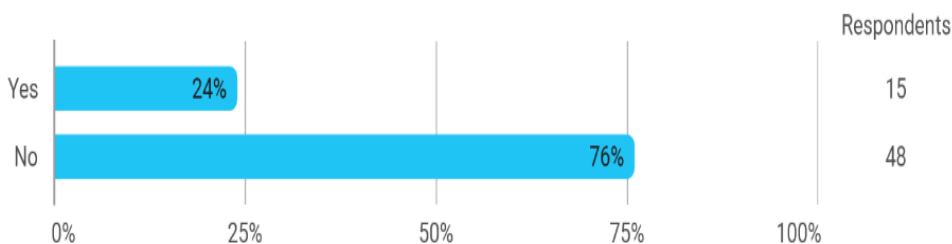


If yes, please explain how

- I was wondering about how this feels so unnatural and came to the conclusion, that it's because we seldom need to stare into someone's eyes to maintain eye contact and it's natural human behavior wanting to always explore your surroundings - even in a perfectly safe space like a classroom.
- I want to find out what makes me uncertain. Is it the lack of confidence or something different.
- Wanting to consider internally about why exactly this situation, in particular, made me uncertain and self-conscious and what affected that feeling.
- I want to know how to handle feelings.
- Question it
- It's interesting
- Because I would like to solve the uncertainty
- I can enjoy uncertainties
- I felt that you need to think objectives more rationally and not with emotions.
- I have bad feelings such as fear when giving a presentation in front of people. I want to know why this is.
- Because many people said same things than i
- Probably going to listen to podcasts or read articles on how to gain courage.
- I want to figure out what are the things that are holding me back and stopping me from unlocking my full potential

3.5 Did you the exercise helpful?

Did you find the exercise helpful to train your ability to deal with uncertainty in a productive way?



If yes, please explain how

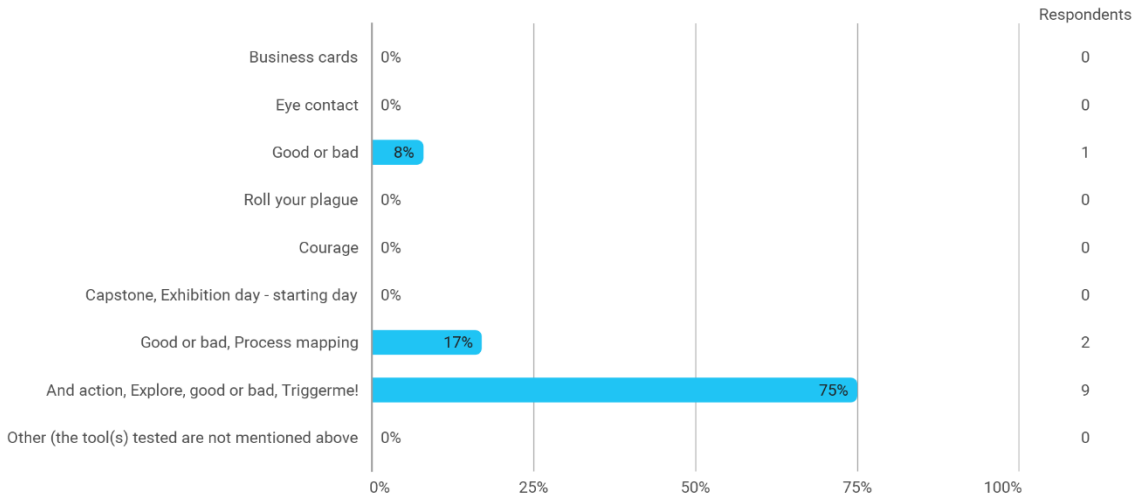
- I can keep eye contact most of the time, but it really depends on the person. If a person maintains his/her eye contact with me I tend to drift off and breaking eye contact vice versa.
- It did in the sense that it did make me bear with the uncertain feeling of maintaining eye contact with somebody and the self-consciousness that comes with it and keep up the eye contact rather than try to find a way out of the situation. I think this could be applied to other situations as well.
- Yes, now i know how to deal with stress and uncertainty
- Now i look at it like an opportunity to deal with myself.
- To look at it from a different perspective
- Now I have more experience with this
- Before you build, you need plan and design it
- Any practice in dealing with uncertainty is good practice.
- communication is a key to manage
- Creative
- It helped to hear what kind of problems others have faced. We have different issues but similar tools to overcome them.
- I have always been interested in psychology and as an athlete I have worked a lot under the pressure and uncertainty. It can also be used as a powerful tool to improve.
- It made me think that I need to just calm myself down and work my way through the situation.
- It made me understand that many people are experiencing same things and I could be more open to talk about my uncertainty and maybe get new ideas to solve them.
- It was yet another opportunity to speak "publicly" or in front of a group of people

Utrecht

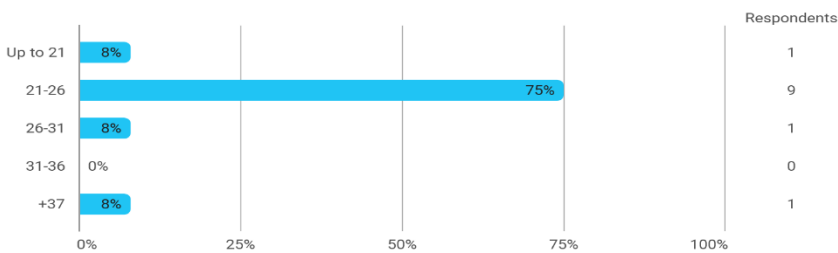
3.6 Overview of respondents and tools tested

12 female students from different programs (Mechanical Engineering, Journalism, sports physiotherapy, Nursing, mathematics teacher, Communication and Multi media design, Pharma, physiotherapy, Tax and Advice, Education, history teacher, Life science.

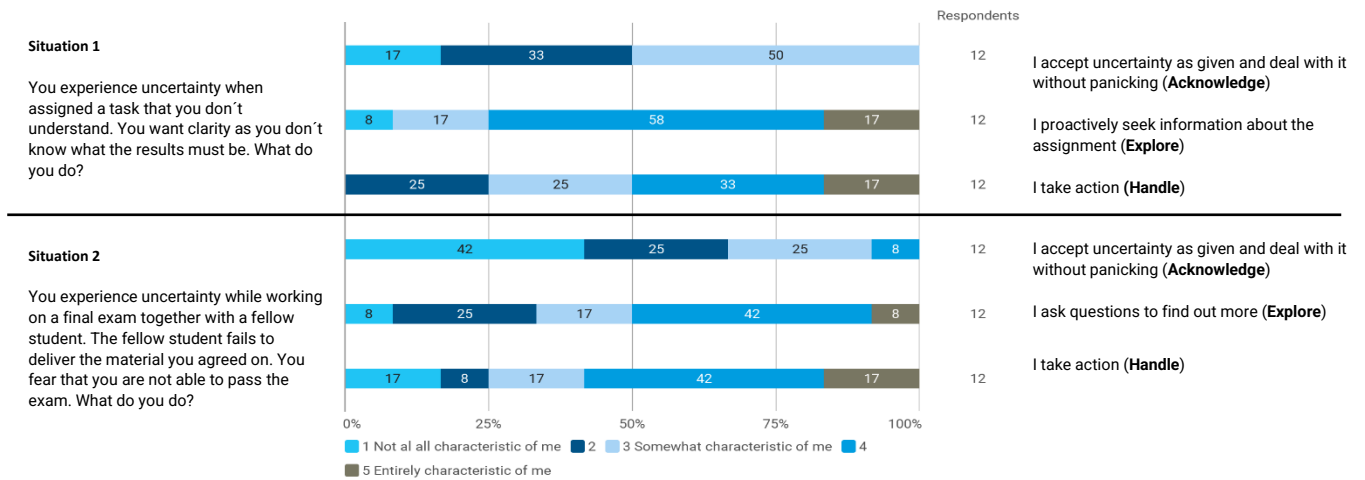
Tools tested:



What is your age?

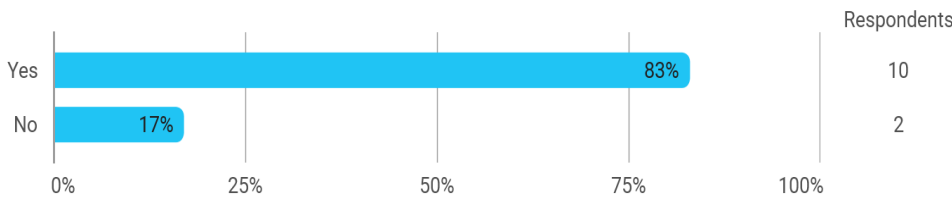


3.7 Before: Acknowledge, explore, handle



3.8 After: Did the exercise make you think differently?

Did the exercise make you think differently about uncertainty?

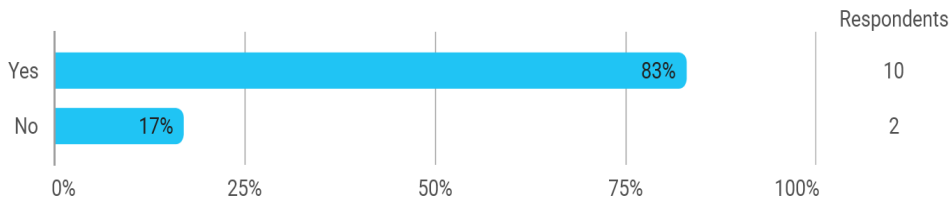


If yes, please explain how

- I found out that uncertainty not only does it have to be paralyzing, but that you can also see it as something positive
- Awareness of two sides of uncertainty (paralyzing and productive)
- Uncertainty is not purely bad but also good in many situations and that it's about the way of reacting
- There is a positive and negative side to it
- Uncertainty is also positive
- zoom in on triggers and instructive to hear the experiences of fellow students
- Think about what my triggers of uncertainty are
- Awareness is a good step
- Look back more often on what you already know and use that for new experiences that you are unsure about

3.9 Did the exercise make you more curious?

Did the exercise make you more curious to explore: "Why am I experiencing uncertainty"?

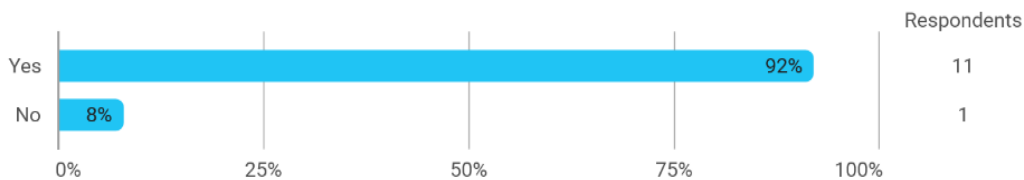


If yes, please explain how

- Through the exercises I have become curious, and I have seen that uncertainty is not something magical and that you can investigate it just fine
- it's good to know what other triggers are involved
- Dare to look into the eyes and connecting realistic actions
- have concrete steps to be able to do that
- More insights
- Argumentation and how to handle
- Go deeper into it to be able to deal with it better
- The way we worked in the workshop stimulates me to be busy with it
- To develop, it is important that you know and understand multiple aspects within yourself.
- Better look at triggers

3.10 Did you find the exercise helpful?

Did you find the exercise helpful to train your ability to deal with uncertainty in a productive way?



If yes, please explain how

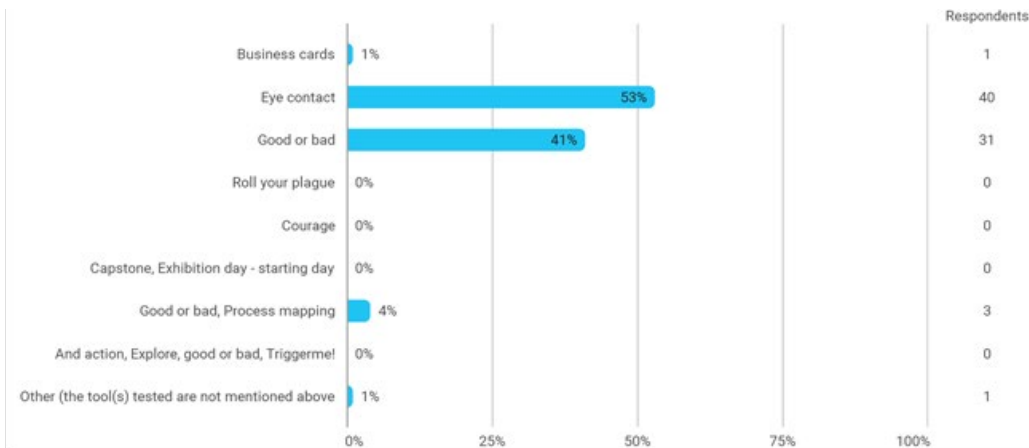
- Yes, now I know how to deal with stress and uncertainty
- Concrete tips were given by fellow students. And everyone suffers from it
- Provides insight
- Useful repetition because I have tried so much to deal with my uncertainty including therapy
- New insights
- I now know a productive way to deal with it
- New insights
- Good to talk about it

4. Innovation Camp Poland

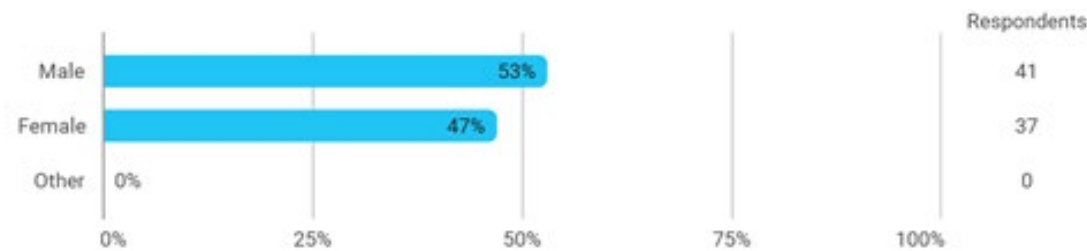
4.1 Overview of respondents and tools tested

78 students from Multimedia and Graphic design

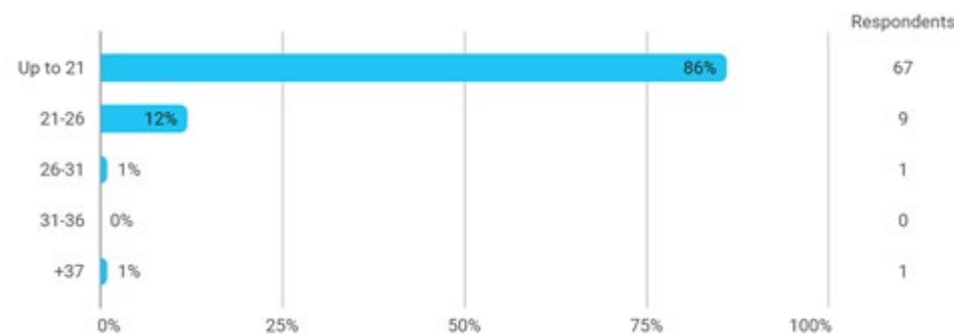
Tools tested:



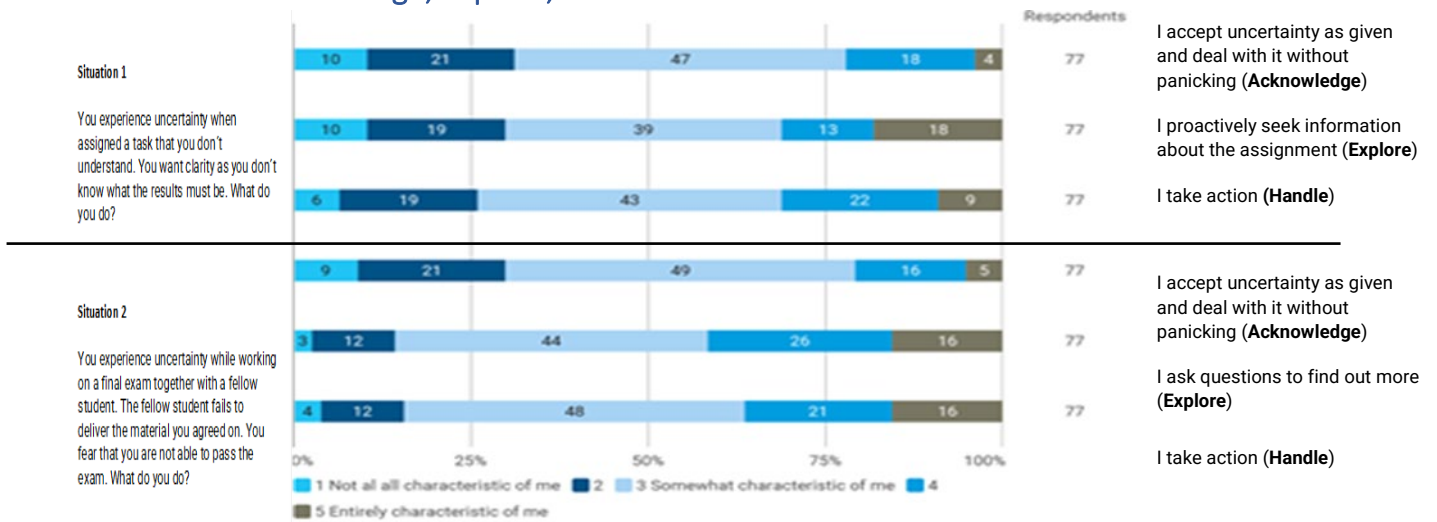
What is your gender?



What is your age?

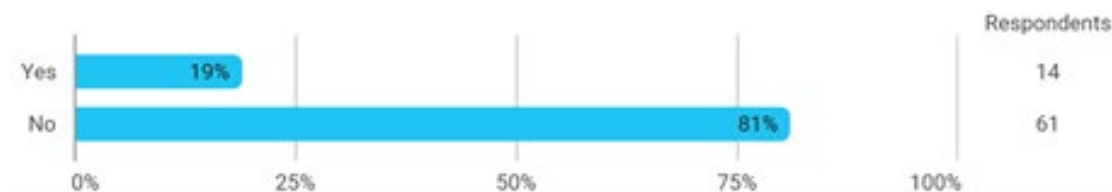


4.2 Before: Acknowledge, explore, handle



4.3 After: Did the exercise make you think differently?

Did the exercise make you think differently about uncertainty?

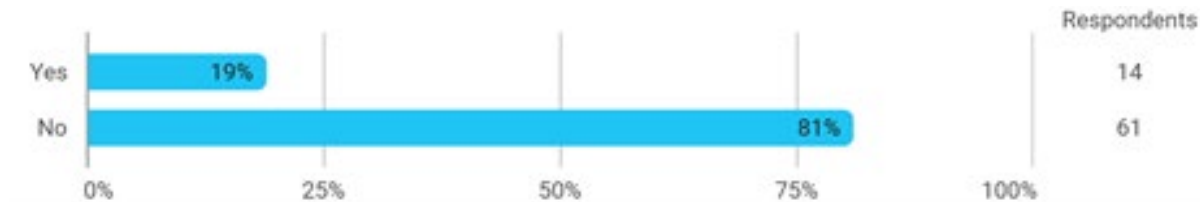


If yes, please explain how

- Jest to szansa na rozwinięcie kontaktów między ludźmi
- Zmieniło, ponieważ każde nowe doświadczenie daje mi do myślenia
- I thought it was scarier in some ways
- I managed to look at others reaction to be incapable of who they might be and their scareness of trying to be some more. People were scared of trying to be more powerfull.
- Wydaję mi się że ćwiczenia delikatnie zmieniły moje myślenie że niepokój nie jest taki zły
- It made me think of uncertainty as part of work that i need to overcome
- teraz postrzegam to jako coś neutralnego, a nie negatywnego
- It isn't as scary as I thought
- Zadanie sprawiło, iż postrzegam niepewność jako jednym z elementów pracy, który można kontrolować
- Zmiana podejścia do niektórych sytuacji poprzez wiedzę o cechach
- Yes
- Zaczęłam posztrzegac inaczej swoje atuty
- That is normal.
- I look at uncertainty as a chance to develop myself.

4.4 Did the exercise make you more curious?

Did the exercise make you more curious to explore: "Why am I experiencing uncertainty"?

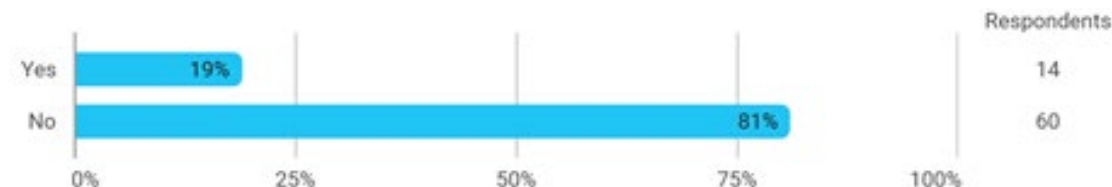


If yes, please explain how

- I get really stressed while having eye contact with another person
- Because I like to learn about myself, a specially about reactions to different actions
- Dlatego że to jest interesujący temat
- I don't have self confidence
- It makes me think that it's possible to improve managing uncertainty
- Jest to ciekawe zagadnienie
- rozmyślając o tym czemu odczuwam niepewność mogę nauczyć się lepiej sobie z nią radzić
- niektóre sytuacje które wywołują u mnie niepewność niekoniecznie "są w moim stylu", chodzi mi o to że biorąc pod uwagę moje cechy osobowości zastanawia mnie czemu jednak stresuje mnie niektóre rzeczy które nie powinny
- I like to learn about myself
- Pokazało to, że niepewność to tylko emocja, która jest naturalna
- Zaciekawilo mnie to w jaki sposob mozna wykorzystac swoje mocne i slabe strony

4.5 Did you find the exercise helpful?

Did you find the exercise helpful to train your ability to deal with uncertainty in a productive way?



If yes, please explain how

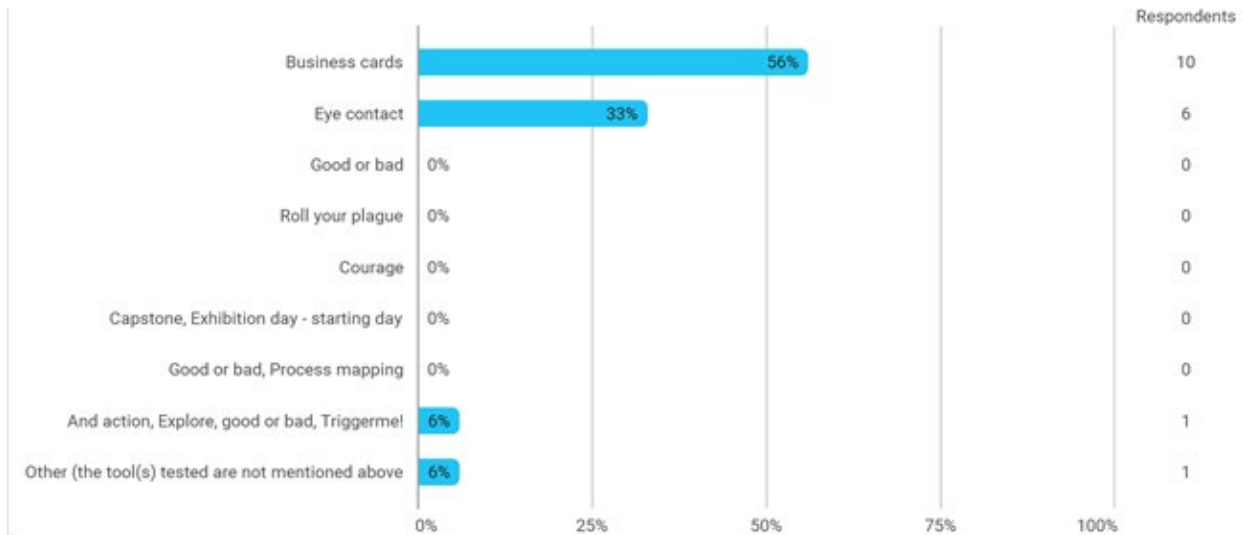
- I was more open to my classmates than usual
- It was easy to understand
- I managed to look better despite the fact my card wasn't the strongest
- The exercise helped me see uncertainty as a thing I can work on overcoming
- Pomogło zrozumieć pewną dozę niepewności
- myślenie nad sobą i zachowanie spokoju, podejście że to nie tylko nam przytrafia się coś takiego jak niepewność
- Yes because it's quite simple
- Pokazało, że mogę pracować nad kontrolowaniem niepewności
- Będę próbował znaleźć swoje cechy które będą pomagać w niwelacji negatywnej niepewności
- Yes
- Uświadomienie sobie, że nie należy przejmować się słabymi stronami bo zawsze znajdzie się zastosowanie dla moich mocnych stron

5. University of Gdansk

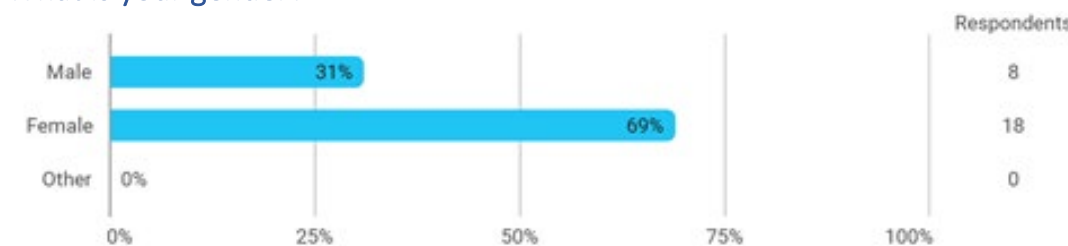
5.1 Overview of respondents and tools tested

26 students from Psychology, Multimedia and Graphic design, Computer Graphics

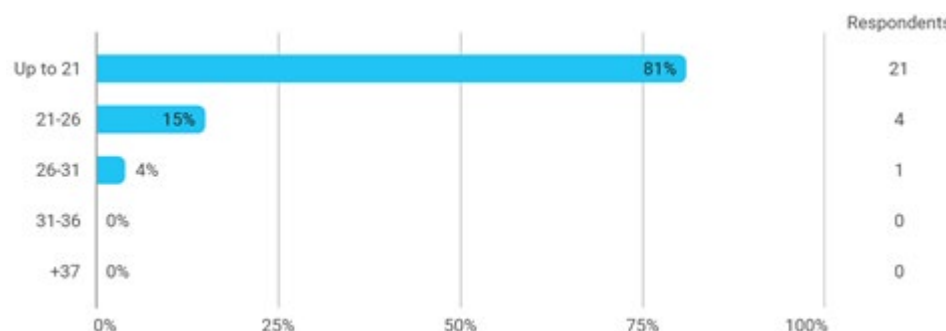
Tools tested:



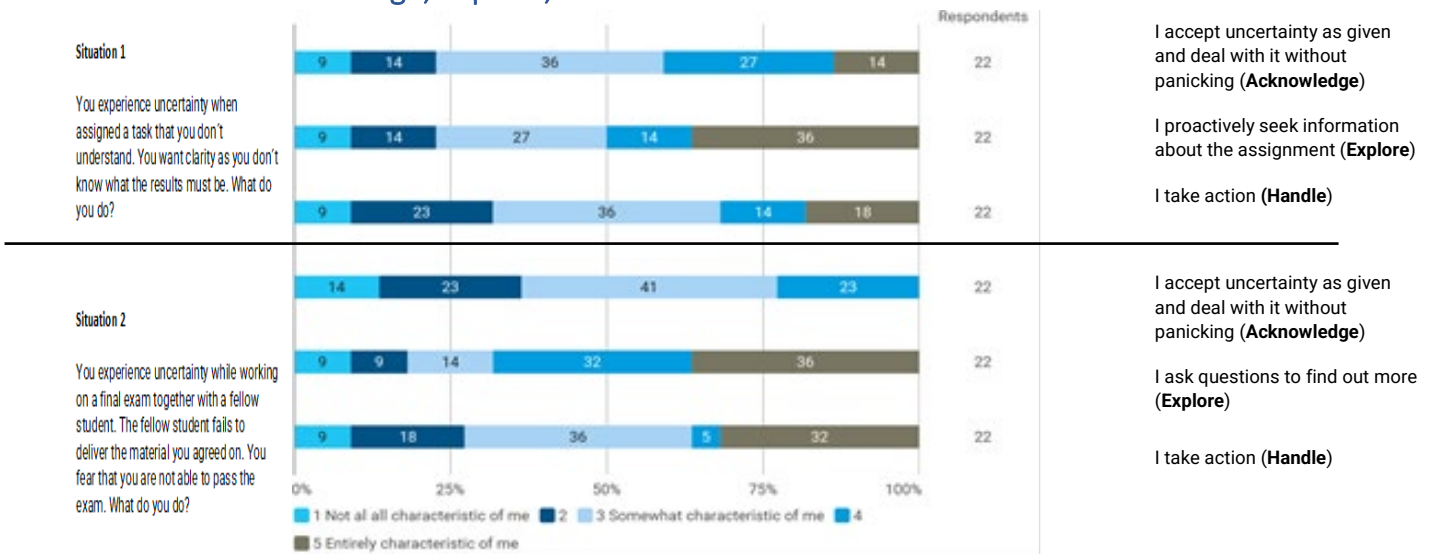
What is your gender?



What is your age?

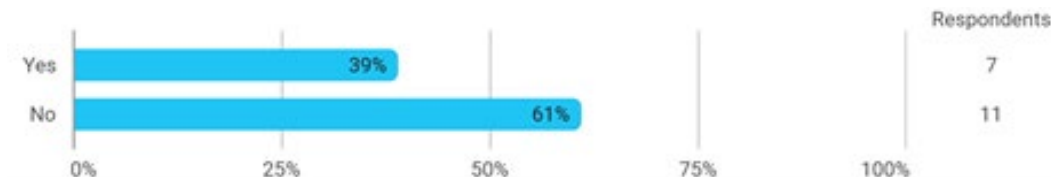


5.2 Before: Acknowledge, explore, handle



5.3 After: Did the exercise make you think differently?

Did the exercise make you think differently about uncertainty?



If yes, please explain how

- I realized I could just go with a flow
- i had to open to total strangers is not always a threat

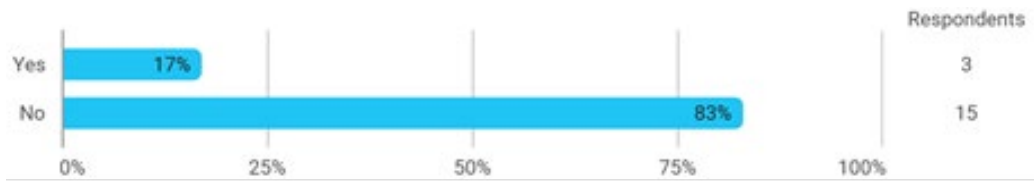
Situation 1

You experience uncertainty when assigned a task that you don't understand. You want clarity as you don't know what the results must be. What do you do?

more complicated

are you more curious?

Did the exercise make you more curious to explore: "Why am I experiencing uncertainty"?

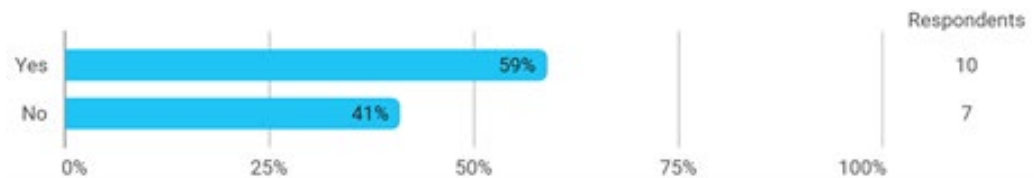


If yes, please explain how

- I started to wonder why I was worried
- what am I doing here?
- Now I know more about it.

5.5 Did you find the exercise helpful?

Did you find the exercise helpful to train your ability to deal with uncertainty in a productive way?



If yes, please explain how

- I just did it
- had to do something
- I had to take action
- Talk with other people
- It was surprisingly fun
- Not afraid of it
- Talking to others work
- It's easy

6. Conclusion based on results and discussion at TPM in Valencia 27.10.22

We tested tools among 253 students and 35 educators, 12 different tools were tested, and the contexts, cultures and professions were of course different from the start. Despite that, the results are quite similar across cultures/among the participating PUNC Partner institutions.

The most important conclusions, based on the analysis of the results, are that

- For educators and students, presenting the PUNC Frameworks and PUNC menu and include reflection tools will be important to get full benefit from using the tools. This is to secure, that students are aware that the exercise is about uncertainty. Because from the results of the testing of tools it is clear, that students act without reflecting and do not explore what is at stake. Framing the uncertainty context is important in the use of the tools in the future.
- Also, it is important to frame for the students that they must train reflection skills and the ability to acknowledge the actual and concrete uncertainty context is necessary to be able to explore and handle.
- The majority of educators found the tools useful, and 92 % were very likely or likely to recommend the tool to a Colleague

So, the most important reflection on the results is, that it is important to state that the use of the tools is about training the students in handling uncertainty. The educator must do this before the exercise and afterwards facilitate that the task is to reflect. Which is why, the educator must include the PUNC Framework and menu here.

Furthermore, to promote reflection, the educator must encourage the students to do so. It also relates to the character of the exercise (low og high level of uncertainty) and the educator must be aware of, that maybe the students don't know what they are expected to be curious about. But is seems, that because most tests of the tools were tested and used without initially framing, that this is about handling uncertainty, there is an immense potential in using the tests in the future.

But it is also important to be aware of, that handling does not mean changing attitude. The PUNC framework of Acknowledge – explore – handle is not directly transferable to knowledge, skills, attitude in the PUNC-menu. Acknowledge – explore – handle is not always a linear process but is important to go through the process to reach the point of understanding what is needed for the student and for formulating individual learning objectives. For that purpose, the PUNC menu is a really valuable tool for dialogue between the educator and student and for the actual process of formulating learning objectives. After that and after training with tools, the students must use the portfolio for reflection and learning. Of course the educators play a vital role in continuing the training through the tools in the future PUNC TOOLBOX, but also to promote the reflections by encouraging the students to reflect and learn through working in the portfolio.



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