

MY CAREER CONFIDENCE

Please read each statement below very carefully. Indicate how much confidence you have that you could accomplish each task by circling a number along the 10-point scale below:

No Confidence at all		Very Little Confidence		Some Confidence		Much Confidence		Complete Confidence	
1	2	3	4	5	6	7	8	9	10

HOW MUCH CONFIDENCE DO YOU HAVE THAT YOU COULD:

1. Find information about occupations that you are interested in. 1 2 3 4 5 6 7 8 9 10
2. Select one occupation/career from a list of potential occupations/careers you are considering. 1 2 3 4 5 6 7 8 9 10
3. Make a plan of your goals for the next five years. 1 2 3 4 5 6 7 8 9 10
4. Determine the steps to take if you are having trouble with any aspect of your job, education, or training. 1 2 3 4 5 6 7 8 9 10
5. Accurately assess your skills and abilities. 1 2 3 4 5 6 7 8 9 10
6. Determine the steps you need to take to successfully get a job or complete your education. 1 2 3 4 5 6 7 8 9 10
7. Persistently work at your occupational or career goals even when you get frustrated. 1 2 3 4 5 6 7 8 9 10
8. Determine what your ideal job would be. 1 2 3 4 5 6 7 8 9 10
9. Find out about employment trends for an occupation over the next ten years. 1 2 3 4 5 6 7 8 9 10
10. Choose an occupation or career that will fit your lifestyle. 1 2 3 4 5 6 7 8 9 10

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HOW MUCH CONFIDENCE DO YOU HAVE THAT YOU COULD:

11. Prepare a good resume that identifies your career goals and career skills. 1 2 3 4 5 6 7 8 9 10
12. Change occupations/careers if you did not like your first choice. 1 2 3 4 5 6 7 8 9 10
13. Decide what you value most in an occupation. 1 2 3 4 5 6 7 8 9 10
14. Find out about the average yearly earnings of people in an occupation. 1 2 3 4 5 6 7 8 9 10
15. Make an occupational or career decision and then not worry about whether it was right or wrong. 1 2 3 4 5 6 7 8 9 10
16. Change occupations if you are not satisfied with the one you enter. 1 2 3 4 5 6 7 8 9 10
17. Figure out what you are and are not ready to sacrifice to achieve your occupational or career goals. 1 2 3 4 5 6 7 8 9 10
18. Talk with a person already employed in the field you are interested in. 1 2 3 4 5 6 7 8 9 10
19. Choose a career that will fit your interests. 1 2 3 4 5 6 7 8 9 10
20. Identify employers, firms, institutions relevant to your occupational or career possibilities. 1 2 3 4 5 6 7 8 9 10
21. Define the type of lifestyle you would like to live. 1 2 3 4 5 6 7 8 9 10
22. Identify the kind of support you need in a job environment. 1 2 3 4 5 6 7 8 9 10

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HOW MUCH CONFIDENCE DO YOU HAVE THAT YOU COULD:

23. Successfully manage the job interview process. 1 2 3 4 5 6 7 8 9 10
24. Identify some reasonable occupational or career alternatives if you are unable to get your first choice. 1 2 3 4 5 6 7 8 9 10
25. Tell someone about your occupational or career goals. 1 2 3 4 5 6 7 8 9 10
26. Take steps to reduce or minimize the anxiety and stress you experience in your occupation or career. 1 2 3 4 5 6 7 8 9 10
27. Keep trying at a job if you can't do it well the first time or right away. 1 2 3 4 5 6 7 8 9 10
28. Make progress on your occupational or career plans. 1 2 3 4 5 6 7 8 9 10
29. Apply for a job you are really interested in even though it looks difficult or complicated. 1 2 3 4 5 6 7 8 9 10
30. Ask for help or support when you are having difficulties on the job or with learning new skills. 1 2 3 4 5 6 7 8 9 10
31. Identify and describe your occupational and career strengths. 1 2 3 4 5 6 7 8 9 10