

CAREERS

Please rate how confident you are that you could successfully perform the following career planning and exploration tasks.

1 = Very Low	5 = Somewhat High
2 = Low	6 = High
3 = Somewhat Low	7 = Very High
4 = Neither Low or High	

Circle the number that indicates the level of your confidence for each item.

I AM CONFIDENT:	LEVEL OF CONFIDENCE						
1. I know how to pursue and develop competency in my areas of interest.	1	2	3	4	5	6	7
2. I understand the need for balance between work and leisure time.	1	2	3	4	5	6	7
3. I know how to apply job readiness skills to seek employment opportunities.	1	2	3	4	5	6	7
4. I understand that the changing workplace requires lifelong learning and acquiring of new skills.	1	2	3	4	5	6	7
5. I am knowledgeable about the rights and responsibilities of employers and employees.	1	2	3	4	5	6	7
6. I know how to write a resume.	1	2	3	4	5	6	7
7. I understand the importance of responsibility, dependability, punctuality, integrity, and effort in the workplace.	1	2	3	4	5	6	7
8. I have learned to respect individual uniqueness in the workplace.	1	2	3	4	5	6	7
9. I know how to use employability and job readiness skills in internship, mentoring, shadowing, and/or other world of work experiences.	1	2	3	4	5	6	7
10. I know how to select course work that is related to my career interests.	1	2	3	4	5	6	7
11. I understand how to assess and modify my educational plan to support my career goals.	1	2	3	4	5	6	7
12. I know the various ways which occupations can be classified.	1	2	3	4	5	6	7
13. I know how to use research and information resources to obtain career information.	1	2	3	4	5	6	7

I AM CONFIDENT:	LEVEL OF CONFIDENCE						
14. I understand how changing economic and societal needs influence employment trends and future training.	1	2	3	4	5	6	7
15. I know how to maintain a career planning portfolio.	1	2	3	4	5	6	7
16. I understand that the changing workplace requires lifelong learning and acquiring new skills.	1	2	3	4	5	6	7
17. I understand the effect of my work on my lifestyle.	1	2	3	4	5	6	7
18. I understand the importance of equity and access in career my career choices.	1	2	3	4	5	6	7
19. I can apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and/or mentoring experiences.	1	2	3	4	5	6	7