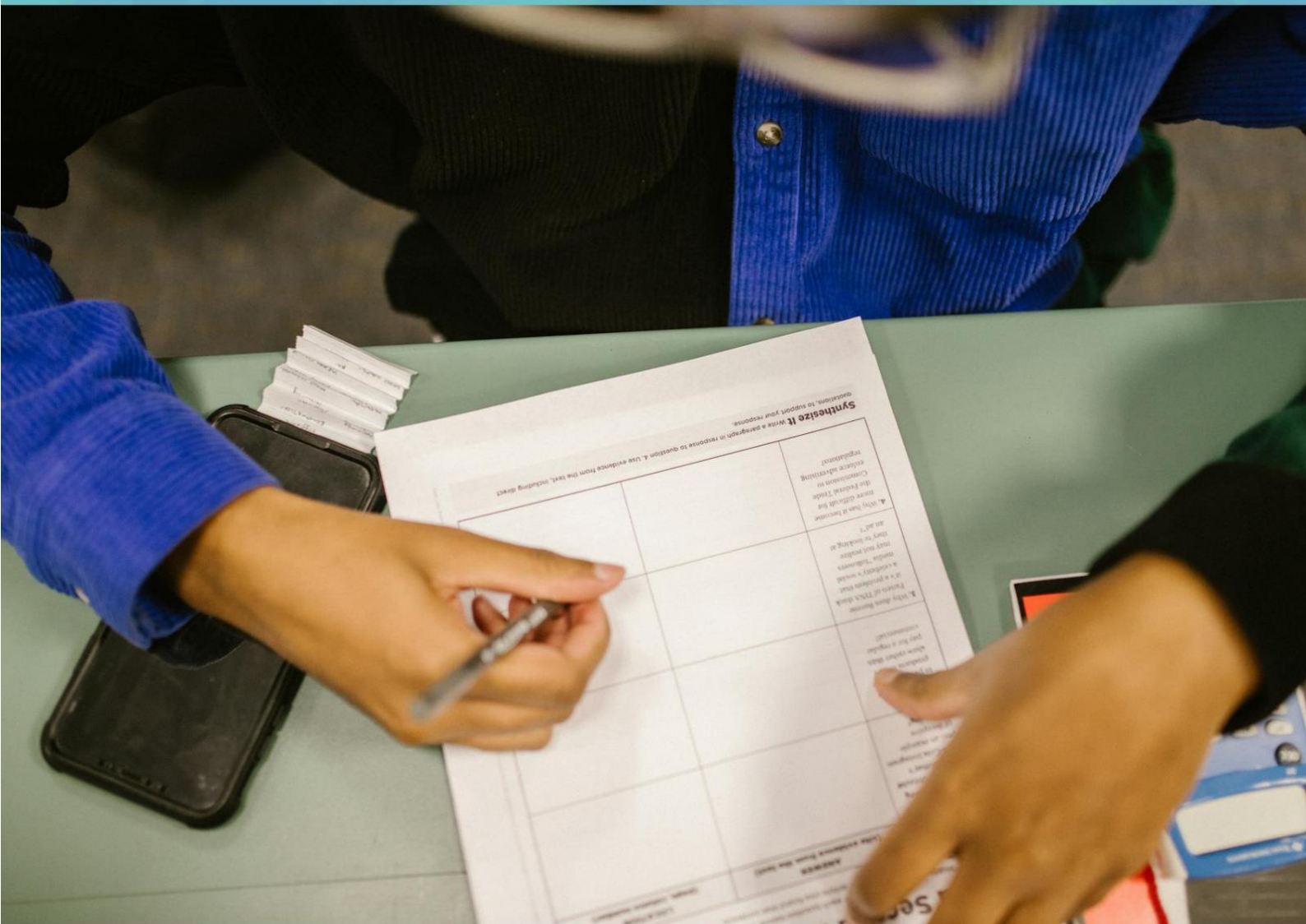




CAREER READINESS SELF ASSESSMENT



Career Readiness – Self Assessment

Are You Ready for Your Next Professional Destination?

Instruction: This self-assessment provides a broad overview of your preparedness for embracing a new career path. Evaluate how well each statement aligns with your mindset or behavior on a scale of 1 to 5 (1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree).

The 24 statements target six key traits that facilitate smoother navigation through professional shifts and uncertainties: Adaptability, Resilience, Optimism, Self-Efficacy, Proactivity, and Openness.

1	I quickly adjust my plans when unexpected changes occur in my work environment.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
2	I am comfortable shifting my approach to tasks based on new information or feedback.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
3	I view career pivots as opportunities to learn rather than disruptions.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
4	I can easily adapt to new technologies or processes in a professional setting.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
5	I bounce back swiftly from professional setbacks or failures.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
6	I maintain focus and motivation even during challenging career transitions.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
7	Past difficulties in my job have strengthened my ability to handle future uncertainties.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
8	I manage stress effectively when facing unknowns in my career path.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
9	I believe that career changes will ultimately lead to positive outcomes for me.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

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10	I focus on potential benefits rather than risks when considering a new role.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
11	I expect good results from my efforts in pursuing professional growth.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
12	I remain hopeful about my career prospects even in tough economic times.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
13	I am confident in my ability to succeed in a new career field.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
14	I trust my skills to overcome obstacles during a job transition.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
15	I feel capable of learning what is needed for a different professional role.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
16	I believe I can effectively network and market myself for new opportunities.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
17	I actively seek out information about potential career paths before making changes.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
18	I take initiative to develop new skills that align with my career goals.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
19	I regularly evaluate my current job satisfaction and plan for improvements.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
20	I reach out to mentors or professionals for advice on career moves.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

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21	I am eager to explore unfamiliar industries or job roles.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
22	I enjoy trying new professional experiences outside my comfort zone.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
23	I am open to feedback that challenges my current career assumptions.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree
24	I welcome innovative ideas that could reshape my professional journey.				
	(1) Strongly disagree	(2) Disagree	(3) Neutral	(4) Agree	(5) Strongly Agree

Scoring: Add up your ratings for all 24 statements. The maximum total score is 120.

Score Interpretation Ranges:

Range	Interpretation
89–120:	You thrive in dynamic environments and adapt readily to career pivots. Your confidence, adaptability, and positive outlook position you well for success. However, guard against over-enthusiasm for novelty, which might distract from essential daily responsibilities in your transition.
56–88:	You handle predictable career adjustments effectively, but unforeseen challenges may disrupt your momentum. As you refine these competencies through the toolkit, you'll enhance your resilience to surprises and better support yourself and others during transitions.
24–55:	You excel in stable, structured roles, ensuring consistency and adherence to processes. Your style involves responding to career changes rather than proactively leading them. By taking ownership of your responses, you can reduce the stress and disorientation often associated with professional reinvention.



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