



Group Meeting 9

Career development

SELF-CONFIDENCE AND EFFICACY self-report



In the space below you can list the career sectors and/or positions you are considering to pursue.

- 1).....5).....
- 2).....etc.....
- 3).....
- 4).....

How confident are you that you can succeed in pursuing that area/field/job and performing the required duties?

Success/achievement related confidence:

- Completely
- Highly
- Moderately
- Poorly
- Not at all

Performance related confidence:

- Completely
- Highly
- Moderately
- Poorly
- Not at all

What career goals you believe you can achieve in that career choice?

- A-
- B-
- C-

How much convinced are you that the achievement of your career goals depend on your capabilities?

- Completely
- Highly
- Moderately
- Poorly
- Not at all



How much convinced are you that the achievement of your career goals depends on your effort?

- Completely
- Highly
- Moderately
- Poorly
- Not at all

Are you confident about your professional abilities?

- YES
- NO

What are your major professional skills and abilities?

A-

B-

C-

What professional skills and abilities you need to develop and/or increase?

A-

B-

C-

Are you confident about your resiliency and stress related coping skills?

- YES
- NO

Are you confident about your readiness to change?

- YES
- NO

What can you do to acquire or further increase the professional skills and abilities you believe you need to succeed in your career development?

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B-

C-

Adapted from: Giusti E., Testa A., *L'Autoefficacia*, Sovera, Roma, 2006.

