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:**

<table>
<thead>
<tr>
<th>Completely □</th>
<th>Highly □</th>
<th>Moderately □</th>
<th>Poorly □</th>
<th>Not at all □</th>
</tr>
</thead>
</table>

**Performance related confidence:**

<table>
<thead>
<tr>
<th>Completely □</th>
<th>Highly □</th>
<th>Moderately □</th>
<th>Poorly □</th>
<th>Not at all □</th>
</tr>
</thead>
</table>

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?

<table>
<thead>
<tr>
<th>Completely □</th>
<th>Highly □</th>
<th>Moderately □</th>
<th>Poorly □</th>
<th>Not at all □</th>
</tr>
</thead>
</table>
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?

…………………………………………………………………………………………………………………………………………………………………………
B - ……………………………………………………………………………………………………………………………………………………………….
C - ……………………………………………………………………………………………………………………………………………………………….