

Sample Post-Pre Survey from Workshop on Career Decision-Making

Name: _____

Date: _____

You agreed to participate in a Research Study about four weeks ago. We would like to know what has happened over these four weeks. Below are several statements. For each statement, we are asking you to do two things. **Keeping in mind what you know now** about using labour market information for career decision making or job search, please think back to four weeks ago and indicate in the BEFORE column how OK you were with respect to this statement at that time. Next, think of NOW and in the AFTER column, indicate how OK you are now with respect to the statement.

(A) decide on whether the statement was/is **adequate (OK)** or **not adequate (Not OK)**, then

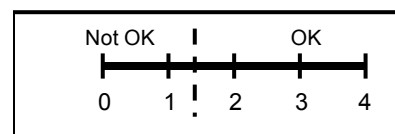
(0) not adequate,

(1) not really adequate, but almost OK,

(2) adequate, but just barely (still OK otherwise it would be 0 or 1),

(3) somewhere between minimally OK and exceptional.

(4) exceptional,



Graphically, the scale looks like this: → → → → → → → → → → → → →

I had/have

[illegible]

Knowing what you know now about using labour market information for career decision making or job search, rate yourself before the research project and rate yourself now

I had/have

	Before					After				
8. Effective strategies for keeping myself motivated to achieve my career/employment goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Optimism about what lies ahead in terms of meeting my career goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. A realistic action plan (or schedule) summarizing the main career/employment-related activities I want to pursue and the processes I am engaging in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Confidence in your ability to manage future career transitions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. The ability to access career resources that can help me implement my career vision.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Confidence in my ability to research career, employment, and training options that are available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Optimism that I will obtain career-related work or training within the next 3-6 months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

15. To what extent would you say that any changes in the ratings on the previous pages are the result of your participation in this research project, and to what extent were they a function of other factors in your life?

mostly other factors	somewhat other factors	uncertain	somewhat this project	mostly this project
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>