

MyRC-Autobiography V2

1. Demographics

We will be asking you to enter your name and college for each exercise because each exercise survey needs to be a unique file. As each person goes through the Alpha Program we change the Survey for the next person and thus need to store the results by name.

For the Company field please enter your college name

***1. Please enter you name and college (in the Company field).**

Name:

Company:

2. Welcome Video

Feedback on the 5 minute "Welcome to the Autobiography Exercise" Video.

1. I found the Video to be an effective method for getting an overview of the Autobiography Approach and an example of how to do the Autobiography exercise.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

2. Please provide additional feedback about the Welcome to the Autobiography Exercise Video.

3. Examples Page

One of the important pages is the Examples page. During the Alpha test we will get up to about 5 examples.

The foundation of the Program is teaching you how to use these techniques to identify your Right Opportunity via examples.

1. I visited the Examples page

- ☐ Yes
- ☐ No

2. I found the Examples themselves (not just the organization & layout of the page) easy to understand and use (This assumes you used the Examples page, if not don't answer this question).

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

3. Please provide additional feedback about the Examples page and the actual Examples (assuming you visited the page and used the Examples).

4. Templates Page

The second important page is the Templates page.

Templates simplify the exercises for the user.

1. I visited the Templates page

- ☐ Yes
- ☐ No

2. I used one of the Templates to do this exercise.

- ☐ Yes
- ☐ No

3. I found the Template I used helpful, e.g. the content, the naming convention. It was much easier than starting with a blank Word file.(This assumes you used the Templates page, if not don't answer this question).

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

4. Please provide additional feedback about the Templates page and the actual Templates (assuming you used it).

5. Step 1 - Write an Autobiography

This section asks for feedback on Step 1 - Write an Autobiography

1. Did you exclusively use the Short Instructions Approach, without referring to the Step 1 Full Instructions?

- ☐ Yes
- ☐ No

2. I used the Short Instructions approach and the Short Instructions and examples give you a clear understanding of how to "Write an Autobiography".

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

3. Did you use the Short Instructions Approach, but also referred to the Step 1 Full Instructions?

- ☐ Yes
- ☐ No

4. I used the Hybrid approach (Short Instructions with some reference to Full Instructions) and it gives you a clear understanding of how to "Write an Autobiography".

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

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5. I used the Full Instructions approach exclusively and the instructions and examples give you a clear understanding of how to "Write an Autobiography"

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

6. I used the template for Step 1 - Write an Autobiography.

(Note this is the file that provided the outline structure for the elements in an autobiography)

- ☐ Yes
- ☐ No

7. The template for creating my "Autobiography" was helpful.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

8. Please provide additional feedback about Step 1 - Write an Autobiography.

6. Step 2 - Document your Transitions

This section asks for feedback on Step 2 - Document your Transitions

1. Did you exclusively use the Short Instructions Approach, without referring to the Step 1 Full Instructions?

- ☐ Yes
- ☐ No

2. I used the Short Instructions approach and the Short Instructions and examples give you a clear understanding of how to perform Step 2 - Document your Transitions

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

3. Did you use the Short Instructions Approach, but also referred to the Step 2 Full Instructions?

- ☐ Yes
- ☐ No

4. I used the Hybrid approach (Short Instructions with some reference to Full Instructions) and it gives you a clear understanding of how to "Document your Transitions"

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

5. I used the Full Instructions approach exclusively and the instructions and examples give you a clear understanding of how to "Document your Transitions".

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

6. Please provide additional feedback about Step 2 - Document your Transitions

7. Step 3 - Add to your MyRightCareer Insights

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The step asks you to provide feedback on Step 3 - Add to your MyRightCareer Insights

1. Did you exclusively use the Short Instructions Approach, without referring to the Step 3 Full Instructions?

☐ Yes

☐ No

2. I used the Short Instructions approach and the Short Instructions and examples give you a clear understanding of how to "Add to your MyRightCareer Insights".

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

3. Did you use the Short Instructions Approach, but also referred to the Step 3 Full Instructions?

☐ Yes

☐ No

4. I used the Hybrid approach (Short Instructions with some reference to Full Instructions) and it gives you a clear understanding of how to "Add to your MyRightCareer Insights"

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

5. I used the Full Instructions approach exclusively and the instructions and examples give you a clear understanding of how to "Add to your MyRightCareer Insights".

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

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6. Please provide additional feedback about Step 3 - Add to your MyRightCareer Insights

8. Time Required/Step

This section asks for your estimate of how long it took you to do each Step in this Exercise. It also asks for some more general feedback on the length of the Exercise

1. Please provide your estimate of how long it took you to complete: Step 1 - Write your Autobiography and Insights

Also provide any comments you feel would help me understand any issues you see around the time required to complete this step in this exercise.

2. Please provide your estimate of how long it took you to complete: Step 2 - Document your Transitions and Insights

Also provide any comments you feel would help me understand any issues you see around the time required to complete this step in this exercise.

3. Please provide your estimate of how long it took you to complete: Step 3 - Add to your MyRightCareer Insights.

Also provide any comments you feel would help me understand any issues you see around the time required to complete this step in this exercise.

9. Autobiography Exercise Content

In all of the other sections we have been asking you about the mechanics of the Autobiography Exercise, e.g. was the Welcome Video an effective method, were the Examples & Templates helpful and what about the Written Instructions.

In this section we are asking you to stand back and give us feedback about the actual content of the Autobiography

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Exercise: Autobiography, Transitions and your MyRightCareer Insights.

1. I found the Autobiography Exercise very useful in general because it allowed me to look at my past and complemented the work I had done in the Begin at the End exercise.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

2. Please provide additional feedback on the Autobiography exercise in general.

3. I found the Autobiography Exercise very useful because it has contributed to my understanding of how I can Be My Best (what my natural strengths and my natural personality are).

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

4. I found the Autobiography Exercise very useful because it has contributed to my understanding of what has Meaning & Passion for me.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

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5. I found the Autobiography Exercise very useful because it has contributed to my understanding of how my past will probably shape my Economic Engine.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

6. I found the Autobiography Exercise very useful because it has contributed ideas about possible Right Careers for me, including past ideas for careers.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

7. Please provide additional feedback on the Autobiography exercise in relation to insights it provided you around the four circles in the Right Career Venn Diagram (Be Your Best, Meaning/Passion, Economic Engine and Right Careers).

10. Any Last Thoughts

This a place for you to offer any last thoughts about any thing you want.

1. Your last thoughts go here.