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Graduate Capital Career Self Assessment

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21 August 2025 at 18:57

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Here's what was received.

Graduate Capital Career Self Assessment

This quiz will measure your graduate capitals, please indicate your agreement with each of the statements. It is important to answer honestly as that is how you will accurately evaluate your current capitals.

At the end of this self assessment, you will be emailed a PDF version of your responses. Please enter your Monash student email here In case of technical difficulties, we will use this to confirm completion. You will also receive your results to the self assessment via email.

Email *

obil0001@student.monash.edu

Psychological Capital

I feel confident in my
ability to handle the challenges of my future career *

☒ Strongly Agree (5 points)

☐ Agree (4 points)

- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 points)

I am optimistic about my career prospects after graduation. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I believe I can overcome any obstacles that may arise in my career path.

*

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am motivated to achieve my career goals.

*

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I feel prepared to adapt to changes in the job market. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can manage stress effectively in a professional setting. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am confident in my decision-making abilities.

*

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can maintain a positive attitude even in difficult situations. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I believe in my ability to achieve long-term career success. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am proactive in seeking opportunities for career advancement. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

Cultural Capital

I understand the professional norms and expectations in my chosen industry.

*

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am aware of the cultural differences that may affect my career. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)

☐ Strongly Disagree (1 point)

I can effectively communicate with people from diverse backgrounds. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have knowledge of the key trends and issues in my field. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am comfortable navigating different workplace cultures. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I understand the importance of cultural sensitivity in the workplace. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can adapt my communication style to different cultural contexts. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am knowledgeable about global issues that impact my industry. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I appreciate the value of diversity in the workplace. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am open to learning about different cultures and perspectives. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

Human Capital

I have the necessary skills and knowledge for my chosen career.

*

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have relevant work experience that will help me in my career. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have a strong academic background in my field of study. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have developed critical thinking and problem-solving skills. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am proficient in the technical skills required for my career.

*

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have participated in internships or work placements related to my field. *

- ☐ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☒ Strongly Disagree (1 point)

I have received positive feedback on my professional skills. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am committed to continuous learning and professional development. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can apply theoretical knowledge to practical situations. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have a portfolio of work that demonstrates my skills and abilities. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

Social Capital

I have a network of professional contacts in my industry.

*

- ☐ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☒ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have mentors who can provide career guidance and support. *

- ☐ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)

☒ Strongly Disagree (1 point)

I am confident in my ability to build professional relationships.

*

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have participated in networking events related to my career. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can leverage my social connections to find job opportunities. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am comfortable reaching out to professionals for advice. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)

☐ Strongly Disagree (1 point)

I have strong interpersonal skills that help me connect with others. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am active in professional organisations or groups. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have received recommendations or endorsements from colleagues.

*

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can effectively collaborate with others in a team setting. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)

☐ Strongly Disagree (1 point)

Identity Capital

I have a clear understanding of my career goals and aspirations.

*

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can articulate my personal brand and professional identity. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I feel confident in presenting myself to potential employers. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have a strong sense of my strengths and weaknesses.

*

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am committed to continuous personal and professional development. *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have a clear vision of the type of career I want to pursue. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I can effectively communicate my career achievements and experiences.

*

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am aware of how my personal values align with my career goals. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I have a professional online presence (e.g., LinkedIn). *

- ☒ Strongly Agree (5 points)
- ☐ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

I am confident in my ability to navigate my career path. *

- ☐ Strongly Agree (5 points)
- ☒ Agree (4 points)
- ☐ Disagree (2 points)
- ☐ Strongly Disagree (1 point)

Thank you for completing the self assessment You should receive an email of your responses when you close the self assessment. Please use the detailed interpretation guide to help understand your Graduate Capital strengths and weaknesses.

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