

Career Adapt-Abilities Scale

Name _____

Age _____ Circle one: Male or Female

DIRECTIONS

Different people use different strengths to build their careers. No one is good at everything, each of us emphasizes some strengths more than others. Please rate how strongly you have developed each of the following abilities using the scale below.

<u>STRENGTHS</u>	Strongest 5	Very Strong 4	Strong 3	Somewhat Strong 2	Not Strong 1
1. Thinking about what my future will be like	_____	_____	_____	_____	_____
2. Realizing that today's choices shape my future	_____	_____	_____	_____	_____
3. Preparing for the future	_____	_____	_____	_____	_____
4. Becoming aware of the educational and vocational choices that I must make	_____	_____	_____	_____	_____
5. Planning how to achieve my goals	_____	_____	_____	_____	_____
6. Concerned about my career	_____	_____	_____	_____	_____
7. Keeping upbeat	_____	_____	_____	_____	_____
8. Making decisions by myself	_____	_____	_____	_____	_____
9. Taking responsibility for my actions	_____	_____	_____	_____	_____
10. Sticking up for my beliefs	_____	_____	_____	_____	_____
11. Counting on myself	_____	_____	_____	_____	_____
12. Doing what's right for me	_____	_____	_____	_____	_____

Please rate how strongly you have developed each of the following abilities using the scale below.

<u>STRENGTHS</u>	Strongest 5	Very Strong 4	Strong 3	Somewhat Strong 2	Not Strong 1
13. Exploring my surroundings					
14. Looking for opportunities to grow					
15. Investigating options before making a choice					
16. Observing different ways of doing things					
17. Probing deeply into questions that I have					
18. Becoming curious about new opportunities					
19. Performing tasks efficiently					
20. Taking care to do things well					
21. Learning new skills					
22. Working up to my ability					
23. Overcoming obstacles					
24. Solving problems					

Scoring Key

Concern = Items 1-6
Control = Items 7-12
Curiosity = Items 13-18
Confidence = Items 19-24
Career Adaptability = Items 1-24