

Career Control Self-Assessment Tool

This Career Control self-assessment tool can help you gauge the level of control you exercise over your career choices in your current situation.

Instructions: Answer each question honestly and assign a score based on your current situation.

Add up your scores to determine your level of career control.

1. Do you have a clear career goal or direction?

- (1) No idea where I'm headed
- (2) Somewhat clear, but uncertain
- (3) Fairly clear, but open to changes
- (4) Very clear, with a solid plan

2. How confident are you in your ability to achieve your career goals?

- (1) Not at all confident
- (2) A little confident
- (3) Moderately confident
- (4) Very confident

3. How much influence do external factors (e.g., family, societal expectations) have on your career choices?

- (1) Complete influence
- (2) Considerable influence
- (3) Some influence
- (4) No significant influence

4. How actively are you pursuing skill development and networking to advance your career?

- (1) Not at all
- (2) Occasionally
- (3) Regularly
- (4) Proactively

5. Are you currently working in a job or field that aligns with your interests and values?

- (1) Not at all
- (2) Somewhat
- (3) Mostly
- (4) Completely

6. How often do you take initiative to seek out new career opportunities or challenges?

- (1) Rarely or never
- (2) Occasionally
- (3) Fairly often
- (4) Frequently

7. How comfortable are you with making tough decisions that may affect your career path?

- (1) Very uncomfortable
- (2) Somewhat uncomfortable
- (3) Neutral
- (4) Very comfortable

Scoring:

- Add up your scores for all questions.
- The maximum possible score is 28, indicating a high level of control over your career choices.
- A score below 14 may suggest that you have limited control over your career choices.
- A score between 14 and 21 indicates moderate control.
- A score above 21 suggests a strong level of control over your career choices.

Interpretation:

- 0-13: Low control
- 14-21: Moderate control
- 22-28: High control

If you wish to explore your results further and discuss ways in which you can make improvements to your current situation, I welcome you to reach out to me via www.rebeccamercer.co.uk