

IDENTIFYING YOUR CAREER SATISFACTION/UNREST

Yes **No** *(Please check yes or no: Total each section and then total all sections)*

- | | | | |
|-----|-----|-----|---|
| 1. | ___ | ___ | I have impact and control on most decisions affecting my work. |
| 2. | ___ | ___ | Management provides adequate support for my work. |
| 3. | ___ | ___ | I like the physical setting of my job. |
| 4. | ___ | ___ | I like the hours I work. |
| 5. | ___ | ___ | I like the people I work with. |
| 6. | ___ | ___ | I am paid on a level equal to my responsibilities. |
| 7. | ___ | ___ | My co-workers appreciate and respect my work. |
| 8. | ___ | ___ | My company treats people fairly and ethically. |
| 9. | ___ | ___ | I am comfortable communicating with my co-workers and management. |
| 10. | ___ | ___ | Management has reasonable expectations and goals for my job. |

Yes ___ **No** ___ **Totals** **Level I: Job Unrest**

- | | | | |
|-----|-----|-----|--|
| 11. | ___ | ___ | I can see myself in the same career 10 years from now. |
| 12. | ___ | ___ | I feel I have creative control over my career. |
| 13. | ___ | ___ | I can deal effectively with change and uncertainty. |
| 14. | ___ | ___ | My career field has more opportunities than 3 to 5 years ago. |
| 15. | ___ | ___ | My industry is stable and I can count on keeping a good job. |
| 16. | ___ | ___ | I have opportunities for growth and learning in my organization. |
| 17. | ___ | ___ | I am aware of my options and have an alternate career plan. |
| 18. | ___ | ___ | I ask for what I need to achieve my career goals. |
| 19. | ___ | ___ | I keep abreast of changes and trends that affect my career. |
| 20. | ___ | ___ | I know the steps to take to keep my career on-track. |

Yes ___ **No** ___ **Totals** **Level II: Organizational/Industry Unrest**

- | | | | |
|-----|-----|-----|---|
| 21. | ___ | ___ | I like the type of work I do. |
| 22. | ___ | ___ | I like the physical setting of my job. |
| 23. | ___ | ___ | My talents are fully utilized in my job. |
| 24. | ___ | ___ | I enjoy my everyday work duties and activities. |
| 25. | ___ | ___ | I feel that my personality matches my career. |
| 26. | ___ | ___ | My work is building on skills I enjoy using. |
| 27. | ___ | ___ | My interests relate directly to what I do on the job. |
| 28. | ___ | ___ | I am using creativity and self-expression on the job. |
| 29. | ___ | ___ | I feel successful and rewarded in my work. |
| 30. | ___ | ___ | I feel I am in the right career field. |

Yes ___ **No** ___ **Totals** **Level III: Career Content Unrest**

CONTINUE ON REVERSE SIDE

- 31. ___ ___ My career affords meaning and value to my life.
- 32. ___ ___ I selected my career field based on my own aspirations and needs.
- 33. ___ ___ I have a focused future image and a strategic plan for gaining it.
- 34. ___ ___ I am learning new skills that I enjoy utilizing.
- 35. ___ ___ My work achievements are meeting my expectations.
- 36. ___ ___ My work and personal life are well-balanced.
- 37. ___ ___ I have insight and information on activities in my career field.
- 38. ___ ___ I have insight and information on activities in other career fields.
- 39. ___ ___ I am satisfied with my present level of accomplishment in my work.
- 40. ___ ___ I feel that personal and professional growth is important.

Yes ___ No ___ Totals **Level IV: Career Self Unrest**

- 41. ___ ___ My personal life is positive and I am a happy person.
- 42. ___ ___ I understand myself and my needs.
- 43. ___ ___ I am comfortable with who I am at this point.
- 44. ___ ___ I have supportive family and/or friends.
- 45. ___ ___ I have high self-esteem and I relate to others in a genuine manner.
- 46. ___ ___ I handle loss and change effectively.
- 47. ___ ___ I learn from my mistakes and move on.
- 48. ___ ___ I can take informed risks based on my own judgment.
- 49. ___ ___ I believe I am responsible for my own life and decisions that affect it.
- 50. ___ ___ I see myself as a "survivor" and "thrivers" in life.

Yes ___ No ___ Totals **Level V: Personal Self Unrest**

Yes ___ No ___ **Add 5 Totals For All Career Satisfaction/Unrest**

Career Selection Questionnaire

How did you select your career? Check the answers that best describe this. Please add others.

- ___ Quickest way to get a degree and get out of college
- ___ Parent or other significant person was in it
- ___ Career was suggested by another person
- ___ Backed into it without any real thought
- ___ Decided it was good field to make money
- ___ Switched around a lot
- ___ Made the selection early in life
- ___ Got a job and stayed in the field
- ___ Systematically researched career fields and made a careful decision
- ___ Always knew it was the right career
- ___ Good in a field of study and decided to go make it a career
- ___ Saw career had status
- ___ Had absolutely no career direction
- ___ Other: Write comments relating to your career selection