

How ready for work are you?

1. I believe that I can achieve my goals for the future

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

2. I feel that I have skills and qualities that can assist me and other people

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

3. I understand how to present myself for an interview and work

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

4. I am confident about how to make casual conversation in the workplace

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

5. I understand how I can contribute to a team in a positive way

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

6. I am comfortable in new work and social situations

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

7. I feel connected to my school and community

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

8. I feel independent and able to make my own decisions in life

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

9. When faced with a problem I focus on a possible solution rather than the problem

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

10. I understand the importance of learning and improving the things I do

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

11. I believe relationships are important in working life

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

12. I have a picture in my mind of what kind of future I would like

Strongly agree (5) Agree (4) Don't know (3) Disagree (2) Strongly Disagree (1)

Add up your score to find out how work ready you are.

If you scored between:

45 - 60 score

You are certainly feeling ready to take on the world of work which is great. You have confidence in yourself and your abilities and have set some goals for yourself (which you may or may not have shared with other people). You generally feel that you can achieve if you set your mind to it. You feel quite comfortable about interacting with other people. The closer to 60 you scored the more confident and comfortable you are.

29 - 44 score

You are on the right track. You display confidence when you are doing things that you enjoy or feel that you are good at. You have a good ability to interact with people and build relationships yet there are times when you feel a little awkward and unsure of yourself. You are mostly comfortable with decisions that you make but do like to get reassurance from other people as well. With the right guidance and some more positive self-talk your confidence will improve significantly.

12 - 28 score

You are going along OK but you are unsure about what you would like to do and at times privately criticise your decisions and actions. You would like to achieve your dream job/career however, are not 100% confident that you have the skills or abilities for the job. You tend to compare yourself to other people. Don't be too hard on yourself as many people feel this way at times. The more you take the time to think about job and career stuff the easier it will become. You could also greatly benefit from a mentor so think about who you could approach to talk to.