

Career Adapt-Abilities Scale

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	Very Strong	Strong	Somewhat Strong	Not Strong
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	_____	_____	_____	_____	_____
13. Exploring my surroundings	_____	_____	_____	_____	_____
14. Looking for opportunities to grow as a person	_____	_____	_____	_____	_____
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	_____	_____	_____	_____	_____