

Career Education & Development Scale – Senior (CEDS-Senior) ©

This Scale has been developed to better understand the career-related thinking of students in order to provide you with more relevant career programs. Participation in this Scale is voluntary and your responses will be treated confidentially. Please complete the following details:

Name: _____ Grade: _____ Class: _____ Gender: (circle one) male / female / other

Please rate the extent to which you agree or disagree with the following statements by circling the appropriate number. eg If you agree or strongly agree with the statement you would circle 4 or 5 depending on how strongly you agree with it. If you disagree or strongly disagree with the statement you would circle 2 or 1 depending on how much you disagree with it.

	Strongly Disagree				Strongly Agree		
UNDERSTANDING							
SELF							
1.		I have a good understanding of my interests and how they might relate to future courses or careers.	1	2	3	4	5
2.		I have a good understanding of my personal strengths and abilities and how they might relate to future courses or careers	1	2	3	4	5
3.		I am aware of the subject(s) which I like or do well in and how it/they might relate to future courses or careers.	1	2	3	4	
INFLUENCES							
4.		I have a good understanding of my parent's views regarding future courses and careers that might interest me.	1	2	3	4	5
5.		I understand the importance of making course/career decisions which are mine and not influenced by my friends or social media.	1	2	3	4	5
6.		I understand the importance of making course/career decisions which are mine but are done with help from teachers and parents.	1	2	3	4	5
OPPORTUNITIES							
7.		I have a good understanding of the world or work and future careers options.	1	2	3	4	5
8.		I have a good understanding of the range of subjects/courses which are available for me to study and where they might lead in terms of careers.	1	2	3	4	5
9.		I have a good understanding of the many different career pathways open to me.	1	2	3	4	5
ACTION							
SETTING GOALS							
10.		I have set myself clear and achievable course/career goals.	1	2	3	4	5
11.		I have developed a career plan for myself.	1	2	3	4	5
12.		My course/career plans contain short, medium and long-term goals.	1	2	3	4	5
MAKING DECISIONS							
13.		I am good at making sound career/course choices and decisions.	1	2	3	4	5
14.		I am able to seek detailed course and career information to assist me make good decisions.	1	2	3	4	5
15.		I usually consider my course/career options carefully before making decisions.	1	2	3	4	5
TAKING ACTION							
16.		I am able to construct a competitive resume and cover letter.	1	2	3	4	5
17.		I can competently complete job/course/career-related applications.	1	2	3	4	5
18.		I am able to locate appropriate information on entry prerequisites for jobs and/or courses of further study.	1	2	3	4	5
REFLECTING/REVIEWING							
19.		I review my course/career plans approximately every six months.	1	2	3	4	5
20.		I regularly check course/career information to see if there are any changes relevant to my course/career planning.	1	2	3	4	
21.		I have developed appropriate back-up plans if my first choice doesn't eventuate.	1	2	3	4	5

ATTITUDE**CONFIDENCE**

- | | Strongly
Disagree | | | Strongly
Agree |
|---|------------------------------|---|---|---------------------------|
| 22. I know what steps I need to take to progress my course/career planning. | 1 | 2 | 3 | 4 5 |
| 23. I feel confident that I have a good idea of what course/career direction(s) or pathway(s) I want to take. | 1 | 2 | 3 | 4 5 |
| 24. I am confident that I will have successful future. | 1 | 2 | 3 | 4 5 |

SELF EFFICACY

- | | | | | |
|---|---|---|---|-----|
| 25. I believe I can succeed at almost any endeavour to which I set my mind. | 1 | 2 | 3 | 4 5 |
| 26. I will be able to successfully overcome many challenges. | 1 | 2 | 3 | 4 5 |
| 27. I believe I can perform effectively on many different tasks. | 1 | 2 | 3 | 4 5 |

CONFIDENTIAL