

**Career Decision Self-Efficacy Scale-Short Form (CDSES-SF)**

Question:		No confidence at all	Very little confidence	Moderate confidence	Much confidence	Complete confidence
1	How much confidence do you have that you could: Find information in the labrary about occupations you are interested in.	1	2	3	4	5
2	Select one major from a list of potential majors you are considering.	1	2	3	4	5
3	Make a plan of your goals for the next five years.	1	2	3	4	5
4	Determine the steps to take if you are having academic trouble with an aspect of your chosen major.	1	2	3	4	5
5	Accurately assess your abilities	1	2	3	4	5
6	Select one occupation from a list of potential occupations you are considering.	1	2	3	4	5
7	Determine the steps you need to take to successfully complete your chosen major.	1	2	3	4	5

8	Persistently work at your major or career goal even when you get frustrated.	1	2	3	4	5
9	Determine what your ideal job would be.	1	2	3	4	5
10	Find out the employment trends for an occupation over the next ten years.	1	2	3	4	5
11	Choose a career that will fit your preferred lifestyle.	1	2	3	4	5
12	Prepare a good resume.	1	2	3	4	5
13	Change majors if you did not like your first choice.	1	2	3	4	5
14	Decide what you value most in an occupation.	1	2	3	4	5
15	Find out about the average yearly earnings of people in an occupation.	1	2	3	4	5
16	Make a career decision and then not worry about whether it was right or wrong.	1	2	3	4	5
17	Change occupations if you are not satisfied with the one you enter.	1	2	3	4	5

18	Figure out what you are and are not ready to sacrifice to achieve your career goals.	1	2	3	4	5
19	Talk with a person already employed in the field you are interested in.	1	2	3	4	5
20	Choose a major or career that will fit your inerests.	1	2	3	4	5
21	Identify employers, forms, institutions relevant to your career possibilities.	1	2	3	4	5
22	Define the type of lifestyle you would like to live.	1	2	3	4	5
23	Find information about graduate or professional schools.	1	2	3	4	5
24	Successfully manage the job interview process.	1	2	3	4	5
25	Identify some reasonable major or career alternatives if you are unable to get your first choice.	1	2	3	4	5