

## Determining Readiness for Employment – Self Assessment Form

Name:

Age:

Circle: Male  Female

Years Employed:

months:

Years Unemployed:

months:

### 1. Need for Change Scale

If you are currently employed, respond to the questionnaire on the LEFT side of the box below. If you are currently unemployed, respond to the questionnaire on the RIGHT side of the box below.

#### Respond below if you are currently EMPLOYED

First, read each of the 5 statements below. Then, consider which one best describes how you now feel about your job. Finish by placing an X in the box to the left of the statement that best describes how you now feel about your job.

- I am Very Dissatisfied with my job, and feel an URGENT NEED to change it.
- I am Dissatisfied with my job, and feel a STRONG NEED to change it.
- I am Not So Sure how I feel about my job, and NOT SURE if I want to change it.
- I am Satisfied with my job, and DON'T WANT to change it now, but maybe in the future I would.
- I am Very Satisfied with my job, and DEFINITELY DON'T WANT to change it.

#### Respond below if you are currently UNEMPLOYED

First, read each of the 5 statements below. Then, consider which one best describes how you now feel about being unemployed. Finish by placing an X in the box to the left of the statement that best describes how you now feel about being unemployed.

- I am Very Dissatisfied with being unemployed, and feel an URGENT NEED to change.
- I am Dissatisfied with being unemployed, and feel a STRONG NEED to change.
- I am Not So Sure how I feel about being unemployed, and NOT SURE if I want to change.
- I am Satisfied with being unemployed, and DON'T WANT a change now, but maybe in the future I would.
- I am Very Satisfied with being unemployed, and DEFINITELY DON'T WANT to change now.

### 2. Wellness Scale

Read each of the 5 statements below. Then, consider which one best describes how you now feel. Finish by placing an X in the box to the left of the statement that best describes how you now feel.

- I understand my disability and can manage my symptoms with medication and/or help from professionals or other people in my life.
- I think my disability and symptoms are stable and I rarely have any trouble getting through the day. I don't have any urges that I can't control.
- Some days I have trouble with my disability or symptoms, but I usually can manage getting through the day, sometimes I need to contact my case manager to help me. Sometimes I have urges that I cannot control very well.
- I am reluctant to do anything stressful because of my disability or symptoms. I don't feel very steady and don't think I can manage well on my own.
- I frequently have trouble with my disability and managing my symptoms. Almost every day during the week, I find it difficult to get going and do the things I want to do.

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### 3. Commitment to Change Scale

Read each of the 5 statements below. Then, consider which ones best describes how you now feel. Finish by placing an X in the box to the left of the statement that best describes how you now feel. Check all that apply to you.

- I feel hopeful about the changes I need to make to get and keep a job.
- I'm confident that I can change, that I will follow thru with things I need to do to get and keep employment, and that staff will help me get through the changes I need to make.
- I have shown others in the past that I am committed to doing what is needed for me to get and keep a job. I see that change is part of my rehabilitation and recovery to end my unemployment and homelessness.
- I feel discouraged about getting employment and feel that I cannot make the changes that may be needed to get a job or to keep one.
- I have not done well in the past because I don't always follow up with what I need to do.
- It's not unusual for me to give up when things get difficult, like getting turned down for jobs.

### 4. Work World Awareness Scale

Read each of the 5 statements below. Then, consider which one best describes how you now feel. Finish by placing an X in the box to the left of the statement that best describes how you now feel.

- I know the kind of work I want to do, what work I am good at doing, and how to sell my self to an employer to get the kind of job that I prefer doing. I know my skills and weaknesses. I know how to relate to co-workers and supervisors so that I am a valued employee. I could describe these to you right now.
- I'm pretty sure of the kind of work I could do well and which employers might have openings. I could tell you what employers want in a good employee, what they expect from workers in the types of jobs I want to do.
- There are a few things I would like to do for work, but I am not which one I'd be best at doing. I don't know if there are actually jobs out there in the kind of work I might be able to do. I would need help figuring out the kind of work to do, whether or not there are any jobs out there and what employers I might go to for a job. I would also need help in interviewing for a job.
- I know I want to work, but I am not sure of what I would be good at doing. It's been awhile since I've worked and I am not sure of my skills or what I would need to be successful. I would have a great deal of trouble selling my abilities to an employer during an interview or in doing a job application.
- I don't know what kind of work is out there for me and I don't know what type of jobs I could get. I don't have a good idea of what employers expect of workers and I don't know things like how much help I would get at work or how much money jobs are paying these days for work that I could do.

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### 5. Self Awareness Scale

Read each of the 5 statements below. Then, consider which ones best describes how you now feel. Finish by placing an X in the box to the left of the statement that best describes how you now feel. Check all that apply.

- I am aware of what I like and don't like about work, my interests and abilities.
- I could tell an employer why I would be an asset to their company.
- The job I want to do fits my values and aptitudes.
- I know what I need to get from a job, not just a paycheck but what things would make me feel good and what things would make me feel bad.
- I can describe the support I need to succeed at work and who could provide me that support.

### 6. When do I want to work...I would like to have a job within the next

- Month
- 2 to 3 Months
- 3 to 4 Months
- 4 to 5 Months
- 5 to 6 Months

### 7. My three top job choices are:

- 1.
- 2.
- 3.

### 8. Describe what you have done to get a job during the last month:

### 9. Describe who has helped you look for a job during the last month: