

Pre- Confidence Survey

Name: _____

Date: _____

Speaking to the Skills I Have

- Please rate how confident you are that you would be able to do the following as you write your resume and prepare for job interviews.
- Please respond based on how you feel right now. We will do this again at the end of the course.
- Rate your degree of confidence by recording a number from 0 to 100 using the scale given.

0	10	20	30	40	50	60	70	80	90	100
Cannot do at all				Moderately can do			Highly certain can do			

Confidence
(0 – 100)

I can accurately self-assess my skills, abilities and attributes against what an employer would be looking for when hiring.

I can identify specific skills I have that demonstrate the value I would bring to a workplace (Essential Skills and Personal Management Basics).

I can give concrete examples that support what I say about my skills, abilities and attributes.

I can create three to five talking points that concisely illustrate to an employer my fit for the job.

I can communicate a clear and direct response to the question, “Tell me about yourself”.

I am able to present myself appropriately in a job interview or networking situation.

The average of all 6 scores will represent your confidence score.

Thank you for your participation.