

Knowing what you know now about using labour market information for career decision making or job search, rate yourself before the research project and rate yourself now

I had/have

	Before	After
8. Effective strategies for keeping myself motivated to achieve my career/employment goals		
9. Optimism about what lies ahead in terms of meeting my career goals		
10. A realistic action plan (or schedule) summarizing the main career/employment-related activities I want to pursue and the processes I am engaging in		
11. Confidence in your ability to manage future career transitions.		
12. The ability to access career resources that can help me implement my career vision.		