

Career-Status Assessment

A self-scoring quiz for a career check-up

The following test can help you evaluate your career situation. By responding to the Items, you can assess how well you are doing in your career. This questionnaire will also guide you to take actions to improve the score and to get your career back on track by doing simple things.

#	Item	Score (“1” is low and “10” is high)
1	I am excited about going to work each day	1 2 3 4 5 6 7 8 9 10
2	I feel that my career is on a good track	1 2 3 4 5 6 7 8 9 10
3	I learn something every day and it helps me grow	1 2 3 4 5 6 7 8 9 10
4	I have clarity on where I am headed in my career	1 2 3 4 5 6 7 8 9 10
5	During annual reviews I get good reviews	1 2 3 4 5 6 7 8 9 10
6	I get along well with my boss	1 2 3 4 5 6 7 8 9 10
7	I get along well with my colleagues	1 2 3 4 5 6 7 8 9 10
8	I communicate openly about my problems	1 2 3 4 5 6 7 8 9 10
9	I have a good mentor to help me in my career	1 2 3 4 5 6 7 8 9 10
10	I have a good work-life balance	1 2 3 4 5 6 7 8 9 10
11	I come home from work jazzed, feeling energized	1 2 3 4 5 6 7 8 9 10
12	When I experience setbacks, I can get help	1 2 3 4 5 6 7 8 9 10
13	I feel that my workplace plays little or no politics	1 2 3 4 5 6 7 8 9 10
14	I know how to get the promotion when I am ready	1 2 3 4 5 6 7 8 9 10
15	I am compensated well in my job	1 2 3 4 5 6 7 8 9 10
16	My colleagues respect me and my work	1 2 3 4 5 6 7 8 9 10
17	I have opportunities to develop at my work place	1 2 3 4 5 6 7 8 9 10
18	I am marketable and can find another job quickly	1 2 3 4 5 6 7 8 9 10
19	I can get the assignments I want in my job	1 2 3 4 5 6 7 8 9 10
20	I have a clear idea where my company is headed	1 2 3 4 5 6 7 8 9 10

If you score 150-200 You are in control of your career

If you score 100-149 You need to work in specific areas where your scores are below “5”

If you score 50-99 Seek outside help to get your career back on track (Contact CTU)

If you score 20-49 You are unemployed or might as well be! Seek immediate help!