

Stepping Stones to Success

1 What is your overall stress level right now? (Fill in a circle)

I am VERY stressed!



I am not stressed at all.

2 Take some time to reflect on the following topic areas related to your career success. Where would you say you currently are in each of these areas? Which area jumps out as the most important for setting a goal today?

		NEED HELP	READY TO EXPLORE	MAKING PROGRESS	CONFIDENT & GOOD TO GO	
COVID-19	Covid-19 and Safety ▶ I do not feel safe in my current situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have control over my exposure and am safe.
	Personal Well-being ▶ My personal well-being needs my attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am doing well and fully able to work.
	Family Well-being ▶ My family challenges get in the way of my progress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My family is doing well and supports me.
	Food Security ▶ I do not have access to nutritious foods regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have access to nutritious meals every day.
HEALTH & WELLNESS	Social Support ▶ I have no social support or my network is not supportive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have consistent and effective social support.
	Housing ▶ My family doesn't have housing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have stable and safe housing.
	Dependent care ▶ We have no child care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have reliable child care and a reliable back up plan.
	Access to Technology ▶ I don't have access to a computer or internet to work remotely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have access to the technology I need to work remotely.
SUPPORT SERVICES	Computer Skills ▶ I do not feel comfortable or know how to use a computer (e.g., typing, using email).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel comfortable and have the skills to confidently use a computer.
	Occupational Identity ▶ I'm not sure what occupation I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I know what occupation I want to work in.
TECHNOLOGY	Professional Networks ▶ I do not have anyone I can call who works in the type of job that interests me or who can give me work-related advice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am well-connected to people who are working, particularly in the type of job of interest to me.
	Career Opportunities ▶ I don't know where to go to find the "good jobs" (e.g., jobs that pay well, opportunities for promotion) that interest me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I know where to find "good jobs" that interest me.
	Education and Training ▶ I do not have the education or training I need to get a job in the field I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have completed the education/training I need to get a job in the field I want.
CAREER EXPLORATION	Credentials ▶ I do not have the professional certificates or credentials I need to get a job in the field I want.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have the credentialing I need to get a job in the field I want.
	Educational Supports ▶ To succeed in education or training, I would like additional support to help me succeed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel ready to take on an education or training program without any individual supports.
	Education					

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GETTING A JOB	Job search skills ▶ I don't know where or how to look for a job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am aware of and know how to use resources for identifying available jobs.
	Job Qualifications ▶ I don't know what jobs I qualify for.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I know exactly what types of jobs I qualify for.
	Interview Skills ▶ I don't have the confidence or skills to interview for a job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel confident and am ready to interview for a job.
JOB READINESS	Resume and cover letter ▶ I don't have a resume or cover letter.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have an up to date resume and standard cover letter.
	Working from home ▶ I do not have physical space or have too many distractions to work from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My living situation allows me to work remotely.
	Work Supports ▶ I do not have the necessary supports right now to go to a job site (e.g., child care, transportation).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have the necessary supports and feel comfortable going to a job site if it is safe.
	Onsite Work ▶ I do not feel comfortable working onsite right now.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I feel comfortable going to a job site if it is safe.
FINANCIAL HEALTH	Money Management Skills ▶ I often struggle to manage my money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I know how to manage my money.
	Financial Supports ▶ I do not know what financial resources and supports are available to me (e.g., debt relief, increasing credit score).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am aware of and use the financial resources and supports available to me.

3 What is one goal you have for today's meeting?

4 Do we need to update any of your information? (Example: address, phone number, email, employment, etc.)

5 Is there anything else that's important for us to know in order to meet your needs?
