DECISION MAKING CONFIDENCE SURVEY

Based upon your past experience, please rate how confident you are in completing the following aspects of decision making when you are deciding about classes, jobs, work goals, and extracurricular activities. Use the following scale:

5. Very high confidence.
4. High confidence.
3. Average confidence.
2. Low confidence.
1. Very low confidence

____ 1. Identifying factors which are important to you when deciding whether to take or stay in a class, job or extracurricular activity.

____ 2. Getting support from people for your decision so that you stick with it.

____ 3. Remaining enthusiastic about your decision even though you had to compromise and cannot do exactly what you wanted to do.

____ 4. Getting advice about your decision without giving up control over it.

____ 5. Knowing how to motivate yourself to continue getting information and thinking alternatives through until it becomes clear which are the good choices.

____ 6. Shutting out distractions so you can concentrate on deciding on one goal.

____ 7. Recognizing your own anxiety and calming yourself before deciding so that pressure or tension do not cause you to make a poor choice.

____ 8. Anticipating important decisions so that you can get needed information and be prepared when the time comes for deciding.

____ 9. Knowing who can and who cannot give information or counsel that is helpful.

____ 10. Estimating the amount of satisfaction each of your alternate choices will bring you.

____ 11. Estimating the amount of time each of your options will require.

____ 12. Getting others to agree with your choices of classes or work activities even if they did not agree initially.

____ 13. Being flexible and changing a decision about a class or job when new information comes in, even if you have already started the class or job.

____ 14. Not worrying about a decision after making it.

____ 15. Being clear about what you want from a class, job or activity before choosing it rather than an alternative.
16. Finding out the important facts about a job, course, or activity before making a decision to take it.

17. Negotiating with teachers, advisors or employers so as to change a class or activity so it better fits your reasons for taking it.

18. Being aware of deadlines so that your decisions are made on time.

19. Finding or creating alternatives that help you to avoid giving up something you want for something you want even more. For example, a person had a class on Tuesdays and Thursdays but also needed to work on those days. By speaking with their boss, the person was able to change their hours to accommodate taking the class and working.

20. Sticking with a decision long enough for it to work out as you intended.

21. Accepting some risk but avoiding choices which have a small possibility of working out for you.

22. Estimating whether you have the ability/energy to accomplish what your choice requires of you.

23. Diagnosing current problems by looking at past decisions that did not work out for you so that you can improve your decision making.

24. Picking and being satisfied with choices that fit your values even though your peers, parents, teachers may feel you could do much better by not taking on so much.

25. Following an organized plan to reach your goal that best suits you. For example, defining a goal, identifying your options, picking the best option that will help you reach your goal, and finally studying whether it produced a goal.

**Scoring Instructions:** Add all the numbers from your answers together to get a total confidence score.

- **110 – 125 Very High Confidence** - You seem to be very confident and systematic in your decision making. This skill will be an asset in making a good education and career choice.
- **90 –109 High Confidence** - You have high confidence in making good decisions. Keep up the good work.
- **75 –99 Average Confidence** - This score indicates that you could use more information on how to make strategic decisions and to also identify what you truly value.
- **50 – 74 Below Average Confidence** - You could use more information about decision making and it would be wise to talk to one of the counselors, to help you look at how you can improve your decision making skills so you can be successful. You may also want to read some of the decision making books in the library.
- **25 – 49 Low Confidence** - See a counselor to help you clarify your needs, and values,