

Jump Start Your Job Search - Readiness Questionnaire

The following questionnaire is designed to help you assess and evaluate your job search readiness and help you to isolate areas where you might benefit from a little fine-tuning, changing, or adjusting your approach to your job search. Your answers and scores will give you a good idea of your job search readiness and your present situation. Please take a few minutes to complete this short **Jump Start your Job Search Readiness Questionnaire**.

Instructions

Complete each of sections by circling the appropriate number that most closely relates to your present situation. Only circle **one** number per statement.

Breakdown of the scoring:

No = 1

More reflection needed = 2

Yes = 3

Calculating Each Section- Understanding your results

At the end of each section, add up the numbers and write your total in the Score box. Scores that are 12 points and above means that you are on the right track and are taking into consideration all aspects of the job search process.

Scores that are 10 points or less suggests that you do not have enough adequate information about the each of the sections below. At this stage in your job search process, it is strongly recommended to meet with a career or employment counsellor in order to get hands on assistance in areas you may need to improve upon.

There are seven sections to answer. Once you have your total scores from each of the seven categories, add them up in order to get your Grand Total.

Remember there is no right or wrong answer! It is only to help you to determine areas where more focus might be needed.

Understanding more clearly **what you are doing well** and **what you might want to improve upon** is an important step in determining objectives and setting goals; without it, it will be difficult to take action and move forward.

Jump Start Your Job Search - Readiness Questionnaire

Before you start your job search, it is important to know where you are in the job search process by taking some time to explore and evaluate several things. Perhaps even figure out or clarify certain aspects.

Such as:

- ✓ Being able to identify what is important to you in career and life
- ✓ Having a good idea of the type of work or position you are searching for
- ✓ Evaluating your education or certifications in relation to your field of interest
- ✓ Understanding how your work experience and skills connect you to jobs
- ✓ Having a good understanding of the local labour market and what is available

Knowing what you want- Self Assessment

	No	Reflection	Yes
I know what my interests and values are and I have identified the type of work I am looking for.	1	2	3
I am aware of my preferences and know how my personality and interests can be used to focus on career options.	1	2	3
I know what kind of work environment will support my values, personality and interests.	1	2	3
I can use my skills from other experiences and can see how they fit into developing my career goals.	1	2	3
I am fully aware of the areas in which I need to improve my skills and am working on these areas.	1	2	3
TOTAL SCORE:			

If your score is over 12, you have a good understanding of your skills and abilities and are ready to start job searching.

A score of 10 or less indicates that more exploration is perhaps needed. This can be done in a variety of ways, speaking with a career or employment counsellor, conducting informational interviews, volunteering and doing testing.

Building your Profile – Skills, Competencies, & Branding

	No	Reflection	Yes
I know the three key messages I want to put out there about myself that reflect my work and how I use my skills.	1	2	3
I know how my previous organization or team benefited from my work.	1	2	3
I know what drives my motivation and what is meaningful to me in my chosen field/profession.	1	2	3
I have a 30-second summary about myself and what I want.	1	2	3
I have developed a list of my top ten skills that I have to offer an employer; I can communicate them clearly.	1	2	3
TOTAL SCORE:			

A score of 12 or higher indicates that you have a clear understanding of your skill set and the different ways you can communicate them.

A score of 10 or less is a sign that more in depth reflection is needed in order to recognize the skills that you have solid knowledge of and how to communicate them whether written or verbally.

Jump Start Your Job Search - Readiness Questionnaire

C.V. and Cover Letter	No	Reflection	Yes
I have a current and up-to-date C.V. and cover letter and use keywords that reflect my experience in my field.	1	2	3
I know how to match my skills and experience to the requirements of the job I am applying for.	1	2	3
I know how to clearly highlight my accomplishments for each position I have held.	1	2	3
I know how to tailor my cover letter for each position I apply to and I am able to use it as a supporting document to my C.V.	1	2	3
I have checked my C.V. and cover letter for any spelling and grammatical errors prior to sending it.	1	2	3
TOTAL SCORE:			

A score of 12 indicates your C.V. and cover letter are on target and you can confidently apply for positions.

A lower score indicates that you may need to improve your C.V., which could include editing, rewriting and even formatting. This can be achieved with the help of a career or employment counsellor.

Networking Strategies	No	Reflection	Yes
I am aware that online job boards are only effective 4-10% of the time in obtaining an in-person interview or securing a job.	1	2	3
I have developed a list of people and employers that I would like to meet with for informational interviews.	1	2	3
I know that networking takes time, effort and patience in order to be effective.	1	2	3
I know what jobs in my field are in demand and I actively use LinkedIn to follow companies and connect with professionals in my field.	1	2	3
My networking strategies have a clear direction and I am able to plan, set and execute goals around them.	1	2	3
TOTAL SCORE:			

A score of 12 or higher shows that you are well informed and are able to navigate your network well. For continuous improvement, challenge yourself by trying new things such as going to special events or volunteering.

A score of less than 12 indicates that you need to re-evaluate your networking approach and increase your understanding of how to utilize your current network. You may want to join meet up groups, join a networking group or read up on networking for job seekers.

Jump Start Your Job Search - Readiness Questionnaire

Interview Skills	No	Reflection	Yes
I present myself well in interviews; I am articulate and respond to questions in a professional way.	1	2	3
I research companies thoroughly before I go to an interview.	1	2	3
I always prepare at least 3-4 questions for the interviewer(s) that don't deal with salary, benefits or vacation time.	1	2	3
I am prepared to give concrete examples of how I have handled situations in the past.	1	2	3
I have a one minute summary which answers the question: "Tell me about yourself?"	1	2	3
TOTAL SCORE:			

A score of 12 or higher shows that your knowledge of the interview process is good and with practice will only get better. Inform yourself about the different styles of interviewing: group, panel and technical, so that you know what to expect.

A score of less than 10 indicates that you need to do some work to get a better understanding of job interviewing. You may want to talk to an employment counsellor who knows what works and what doesn't in an interview.

Self Management - Motivation and Goal Setting	No	Reflection	Yes
In my daily search for employment, I know what my two or three primary tasks are, and I am able to make them my priority.	1	2	3
I continue to actively participate in my other interests and hobbies and socialize with friends and family.	1	2	3
I am able to turn my unemployment experience into a positive one by setting attainable goals and getting support from others when I need to.	1	2	3
I am able to manage any negative thoughts or feelings I have around my job search.	1	2	3
I often miss out on applying for job opportunities because I become preoccupied with the details of one job application.	1	2	3
TOTAL SCORE:			

A score of 12 or higher shows you are on the right track and are managing both your concrete goals as well as maintaining your motivation! Keep up the great work!

A score of less than 10 reflects that while certain things are going okay, you may want to consider obtaining additional support with your goal setting and creating new strategies around making them more attainable. Achieving set goals is directly linked to feeling motivated and helps you stay on track!

Jump Start Your Job Search - Readiness Questionnaire

Well Being and Balance - Resiliency	No	Reflection	Yes
I have a good support network of friends, family and peers that I see regularly.	1	2	3
I believe that success can be measured in many different ways, from life accomplishments to career achievements.	1	2	3
I make a conscious effort to stay positive and I have ways to turn my negative thoughts around.	1	2	3
I take time for myself including scheduling in the things I enjoy doing.	1	2	3
When I feel overwhelmed, I am able to ask for help from friends and family, or other support services.	1	2	3
TOTAL SCORE:			

A score of 12 or higher shows that you take the time to check in with yourself, and that you actively exchange with your support network. This is a very important aspect of job search and is essential in maintaining positivity and balance.

A score below 10 may be a sign that you are not taking enough notice of the stresses associated with job search. It is recommended that you continue to do, or introduce activities that engage you and spend time with people that are important to you.

Once you have completed step 1, transfer your score totals in order to get the Grand Total.

Summary	Total Score
Self Assessment	
Building Your Profile	
C.V. and Cover Letter	
Networking Strategies	
Interview Skills	
Self Management	
Well Being and Balance	
Grand Total:	

Results

75 or better – You are managing the various aspects of your job search very well and adjusting things as needed. It's always a good idea to get some feedback from career and employment counsellors who can provide additional guidance at the various stages of your search for employment.

70 to 55 – You have a good grasp of the fundamentals for a successful job search. You may want to consider reviewing areas in more depth to improve and polish your knowledge on specific job search topics. This will help you to elevate your marketability to employers and improve your chances of getting an offer. Meeting with a career or employment counsellor is recommended.

52 or less – You may be having difficulty in particular areas and may not know why or how to correct these areas. Meeting with a career or employment counsellor who can help you plan and execute your goals is highly recommended.