**Career Exploration and Decision-Making Learning Experiences (CEDLE) Scale**

The following questions ask about your past experiences in making decisions related to your career future. **Such decisions can include things like what career direction to pursue, what major to declare, or what college to attend.**

Rate your agreement with the following statements on a five-point scale from 1 (*strongly disagree*) to 5 (*strongly agree*).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Disagree | Disagree | Neither Disagree nor Agree | Agree | Strongly Agree |
| 1 | 2 | 3 | 4 | 5 |

1. The way I have approached important career-related decisions has worked well for me in the past.
2. Important others have let me know that I am resourceful when it comes to gathering information needed to make career-related decisions
3. I have role models who are good at making important career decisions
4. I have done a good job of weighing the positives and negatives of different options when I have had to make career-related decisions
5. Important others have let me know that I have been good at evaluating the choice options that would best meet my needs in making career-related decisions
6. I have observed people I admire who are resourceful at gathering the information they need to make career-related decisions
7. I have been good at putting my career-related decisions into action
8. Important others have let me know I do a good job of considering the positives and negatives of different choice options when making career-related decisions
9. I have role models who are knowledgeable about how their interests and abilities fit different career options
10. I have been resourceful at gathering the information I need to make career-related decisions
11. Important others have let me know that I am good at managing challenges that arise when making career-related decisions
12. I have role models who have explained to me how they chose an academic major or career path

Mastery Experiences – Items 1, 4, 7, 10

Verbal Persuasion – Items 2, 5, 8, 11

Vicarious Learning – Items 3, 6, 9, 12

When you have approached career exploration and decision-making tasks over the past year, to what extent have you felt…

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very slightly or not at all | A little | Moderately | Quite a bit | Extremely |
| 1 | 2 | 3 | 4 | 5 |

1. …Upset
2. …Nervous
3. …Determined
4. …Inspired
5. …Afraid
6. …Active
7. …Overwhelmed
8. …Excited

Positive Emotional Arousal – Items 15, 16, 18, 20

Negative Emotional Arousal – Items 13, 14, 17, 19

Source: Lent, R.W., Ireland, G.W., Penn, L.T., Morris, T.R., & Sappington, R. (2017). Sources of self-efficacy and outcome expectations for career exploration and decision-making: A test of the social cognitive model of career self-management. *Journal of Vocational Behavior, 99,* 107-117.