**Career Exploration and Decisional Self-Efficacy – Brief Decisional (CEDSE-BD) Scale (Lent et al., 2016)**

Instructions: The following is a list of activities involved in exploring and deciding about career options. Please indicate how much confidence you have in your ability to do each activity. Use the 0 to 4 scale to indicate your degree of confidence.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No confidence at all | Very little confidence | Moderate confidence | Much confidence | Complete confidence |
| 0 | 1 | 2 | 3 | 4 |

How much confidence do you have in your ability to:

1. Figure out which career options could provide a good fit for your personality
2. Identify careers that best use your skills
3. Pick the best-fitting career option for you from a list of your ideal careers
4. Learn more about careers you might enjoy
5. Match your skills, values, and interests to relevant occupations
6. Make a well-informed choice about which career path to pursue
7. Learn more about jobs that could offer things that are important to you
8. Identify careers that best match your interests

Source: Lent, R.W., Ezeofor, I., Morrison, M.A., Penn, L.T., & Ireland, G.W. (2016). Applying the social cognitive model of career self-management to career exploration and decision-making. *Journal of Vocational Behavior, 93,* 47-57*.*