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| (158) | Career and life development hope: agency |

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|  | According to actual conditions in the recent month, please respond (🗹) to the following statements based on your personal thoughts. |
|  | In the recent month, I was able to… | Not confident at all | Not confident | Neutral | Confident | Highly confident |
| 1. | Was confident to establish career roadmap. | 1 | 2 | 3 | 4 | 5 |
| 2. | Understood self-VASK (values, attitudes, skills and knowledge), interests and strengths. | 1 | 2 | 3 | 4 | 5 |
| 3. | Had career and life development (CLD) aspirations. | 1 | 2 | 3 | 4 | 5 |
| 4. | Learned about different careers and available CLD tools and resources. | 1 | 2 | 3 | 4 | 5 |
| 5. | Felt that future CLD will be good. | 1 | 2 | 3 | 4 | 5 |
| 6. | Possessed the latest information about multiple pathways to inform study, leisure and career options. | 1 | 2 | 3 | 4 | 5 |
| 7. | Was confident to make career choices that suit me. | 1 | 2 | 3 | 4 | 5 |
| 8. | Possessed knowledge, understanding and skills on CLD. | 1 | 2 | 3 | 4 | 5 |
| 9. | Maintained positive work attitudes and life values. | 1 | 2 | 3 | 4 | 5 |
| 10. | Gained updated knowledge about multiple CLD pathways. | 1 | 2 | 3 | 4 | 5 |
| 11. | Was motivated to pursue CLD goals. | 1 | 2 | 3 | 4 | 5 |
| 12. | Effectively planned and managed CLD. | 1 | 2 | 3 | 4 | 5 |
| 13. | Possessed resilience in facing difficulties. | 1 | 2 | 3 | 4 | 5 |