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| (200) | Youth Career Development Competency: planning and career management |

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|  | Please select your situation in the recent month. |
|  | In the recent month, I was able to… | Not confident at all | Not confident | Neutral | Confident | Highly confident |
| 1. | Use self-management skills (e.g., interpersonal skills, teamwork, time management, dependability, honesty, and problem-solving ability) to facilitate my performance and development in the workplace. | 1 | 2 | 3 | 4 | 5 |
| 2. | Obtain relevant support and guidance to resolve difficulties related to career and life development in future. | 1 | 2 | 3 | 4 | 5 |
| 3. | Continuously develop my competences, interests, values and understanding of the work world. | 1 | 2 | 3 | 4 | 5 |
| 4. | Cope with future's career and life development transitions and changes, and the stress involved. | 1 | 2 | 3 | 4 | 5 |