**Career commitment questions**

**When should you use these questions?**

These questions may be useful if your project aims to improve participants’ career commitment as an aspect of their career adaptability. This is a bespoke set of questions developed by L&W.

**How to use these questions**

These questions can be copied and pasted directly into a questionnaire. If possible, the final three questions should only be asked of those who answer ‘yes’ in the first question. If this is not possible, data should only be included in the analysis if the first answer is yes.

To analyse the results, simply record each participant’s response for each question.

**Please answer the following**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| I do not consider myself ready to learn something new | □ Yes | □ No |
| In the last X weeks/months, roughly how many job searches have you done?  |  |
| In the last X weeks/months, roughly how many job applications have you submitted?  |  |
| Have you been offered a new job in the last X weeks/months?  | □ Yes | □ No |