









Read each question and on each scale score where you are right now.  
Look at your scores and make notes regarding ideas about how you could improve them.  
Go to our website and look at the resources there – they are free and can help you with most of these areas. Feel free to call us and ask for FREE help on any one of the questions.

## INTERVIEWING

### 14) I am confident when interviewing



### 15) I understand behavioral interviewing and have had some practice



### 16) I am comfortable linking my experience to interview questions



### 17) I have appropriate interviewing clothing



 **Notes/Thoughts:**

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## CONDUCTING A JOB SEARCH

**18) I have experience applying online and have had some response**

0=No responses at all                      3=A few responses but not many                      5=Decent # of responses

**19) I have identified target companies and researched them**

0=Not at all                      3=Identified but not researched                      5=Yes to both

**20) I have tried to find connections to companies/organizations I am interested in**

0=How would I do that?                      3=Looked on LinkedIn a bit                      5=I am like a stalker!

**21) I have a method of staying clear on jobs that I have applied to**

0=Not at all                      3=Sort of                      5=I have a master list

**22) I have made at least a preliminary decision regarding location**

0=I will go anywhere                      3=I have a couple of options                      5=Know where I am going



**Notes/Thoughts:**

# LaunchingU

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## OTHER

- I have researched associations that are relevant to my field of interest
- I have a plan for feeling engaged and productive beyond my job search
- I have explored part-time or freelance opportunities

 **Notes/Thoughts:**

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Contact us for a free consultation. We can help guide you on any areas you are uncertain in. We are here to help!  
(603) 398-7278 or at [Sue@LaunchingU.com](mailto:Sue@LaunchingU.com)