Your Results

Decidedness and Comfort

Being decided or comfortable, by themselves, are neither good nor bad. Everyone benefits from reflecting on these scores. In general, if you feel uncomfortable (a score 9 or less), this is a signal for action.

Learn tips for interpreting them and read our tailored recommendations for next steps below.

Tips for interpreting scores

Decidedness
Low
Moderate
High

Comfort

2
6
10
14

Career Decision Needs

These scores inform how decided and comfortable you are. Generally, low to moderate scores (10 or below) are worthy of self-reflection.

Scores in self-clarity and knowledge about options are often related; engaging in exploration activities and in person advising will help you learn more and make progress.

Tips for interpreting scores

Self-Clarity

Knowledge of Careers/Programs

Decisiveness
Capacity for Progress

Indicates whether important problem or barrier exists
Generally, low to moderate scores (19 or below) means you should seek out support to help resolve or reduce your problem's impact. This scale has a higher range because of its significant impact on your decision making.

Tips for interpreting scores

Based on your Results, we recommend:

✅ Learn more about yourself
- Take online assessments to identify personality, interests and values
- Identify your strengths and motivated skills - ones you enjoy using most
- Meet an advisor in person for expert help and to grow your support system

✅ Learn more about career and education programs
- Creatively consider a wide range of options, including different education paths to reach career goals
- Make plans to implement your decision. Consider how you might pivot to a Plan B due to circumstances outside your control (for example, change in economic circumstances, rejection by a graduate program or employer)

✅ Also consider
- Remember to be gentle with yourself - you're learning a life skill of making important decisions.
- We make a series of career decisions over the course of our life, based on the best information we can gather at the time. Most people have multiple careers on their journey.
Success is about progress, not reaching perfection.

- You've made progress already by reflecting on your career decision status! Keep moving forward by taking action.