**Task: Assessing your Confidence**

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| **Bold, confident statements about your present feelings, position and views.** | ***This is very like me*** | ***This is quite like me*** | ***This is not like me at all*** |
| 1. I generally feel really optimistic about my final year, and don’t foresee any problems with it. |  | **1** |  |
| 2 I’m determined *just* to concentrate on getting my degree, and have decided to leave getting a job till after I’ve got it. | **0** |  |  |
| 3 I’ve already got my job lined up for after my degree, so can devote all my energy to my studies during this final year. |  |  | **3** |
| 4 I’m determined to tackle job hunting just as seriously as I tackle getting a good degree during this final year. |  | **1** |  |
| 5 I think this final year is actually going to be *easier* than my previous years at university, as I now know how to get my act together as a student. |  |  | **3** |
| 6 I’m already really strategic in my approach, and have a sound final-year strategy based on tactics that I’ve tried and tested. |  | **1** |  |
| 7 I’m really good at time management, and at rationing my time so that I get everything done that I need to do. |  | **1** |  |
| 8 I’m really good at deciding what’s urgent, and what’s important, and making sure that the important things get done as well as the urgent ones. |  |  | **3** |
| 9 I’ve already perfected my revision strategy, and feel confident that it will be entirely appropriate for my final-year exams. |  |  | **3** |
| 10 I’m well-practised in exam technique now, and am sure that this will continue to be all I need for my final exams. |  | **1** |  |
| 11 Viva (oral) exams don’t worry me at all, in fact I rather like the chance to tell examiners what I know. | **0** |  |  |
| 12 I already know that to get credit for my work (whether in exams or coursework) it is not just a matter of knowing it well, but *showing* that I know it. | **0** |  |  |
| 13 I am anticipating no problems with final- year assessed work, such as dissertations, essays and project write-ups. |  | **1** |  |
| 14 I am well-prepared to show prospective employers evidence that I have collected demonstrating that I have a wide range of important key skills. |  | **1** |  |
| 15 I’m good at managing my own stress levels at busy times, and know what symptoms of stress to watch out for, and how to handle them. |  | **1** |  |
| 16 I’m highly computer literate, and enjoy making good use of word processing, email and the Internet. | **0** |  |  |
| 17 I’ve already decided to go on to do a higher degree, and feel well-placed to seek out research opportunities. | **0** |  |  |
| 18 I’m looking forward to finishing my degree and getting into a job, and won’t have any regrets at leaving university. |  |  | **3** |
| 19 I’ve already written a good CV, and maintain it and update it as a matter of routine. |  | **1** |  |
| 20 I’m well-practised at filling in job application forms, and I can do so quickly and efficiently, and make a good first impression via my forms. |  | **1** |  |
| 21 I’m well-practised at composing letters of application for jobs, that are special enough to get me shortlisted on most occasions. |  | **1** |  |
| 22 I’m not at all worried by job interviews; I am relaxed and calm, and enjoy the whole process. |  | **1** |  |
| **Totals** | **0** | **12** | **15** |
| **Grand Total** | **27** | | |