

Summer Wellness Series

Select the response from the drop down that best applies to you for each statement.

Occupational		Select Response
I am able to balance work, play, family and other aspects of my life.		
I take advantage of opportunities to learn new skills to enhance my employment opportunities.		
I know what skills are necessary for occupations that interest me.		
I strive to develop good work habits (dependability, initiative etc.).		
I work effectively with others.		
I have confidence in my job seeking skills (interviewing, resume preparation).		
I have explored different career options.		
I know where to find new employment opportunities.		
I manage my time effectively.		
I have participated in volunteer opportunities.		
Points Possible:		Total:

Your Percentage:

Your total is your score out of a possible of 40 points. Your percentage is calculated for you. The closer you are to 100% indicates the strength of your wellness in this domain. Lower percentages suggest you may wish to put some extra attention on this domain.