

## Cognitive Behavioral Intervention – Employment Post-Training Survey

We are interested in measuring changes in knowledge, attitudes, expectations, and perceptions after you complete any workforce readiness training. We request that you answer the following questions as completely as possible.

Today's date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_ (MM / DD / YYYY)

First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Your birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_ (MM / DD / YYYY)

**A. Knowledge** Fill the bubble to the right of each statement to indicate if you think the statement is true, false or if you are not sure.

		True	False	Not Sure
A1	Consequences comes immediately before thoughts in a behavior chain.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A2	Thinking about your feelings from another perspective helps you handle problems at work, like thinking about how your boss feels when he lectures you for being late.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A3	Pacing your breath is a good strategy to help control your emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A4	Bouncing ideas off others to get feedback is a confusing way to find a solution to a problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A5	You should always try to solve a problem as soon as you identify it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**B. Attitudes** Fill in the bubble to the right of each statement to indicate if you strongly disagree, somewhat disagree, neither disagree or agree, somewhat agree, or strongly agree.

		Strongly Disagree	Somewhat Disagree	Neither Disagree or Agree	Somewhat Agree	Strongly Agree
B1	I can overcome almost any challenge to get a decent job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B2	My relationships with co-workers are (or will be) one of the most important things to me in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B3	Work is always something you have got to do, not something you want to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B4	I like to think of my co-workers in terms of "me" and "him, her, or them" rather than "us" and "we."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B5	I can make a positive contribution to any work environment no matter what difficulties I face.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B6	I am overwhelmed with by obligations to provide for my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**C. Expectations** Fill in the bubble to the right of each statement to indicate if you strongly disagree, somewhat disagree, neither disagree or agree, somewhat agree, or strongly agree.

		Strongly Disagree	Somewhat Disagree	Neither Disagree or Agree	Somewhat Agree	Strongly Agree
C1	I will have a long and productive career in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C2	I will never be able to meet all my obligations to provide for my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C3	I am confident I will be able to provide for my family in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C4	I do not think I will get a decent job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C5	I feel good about my chances to establish good relationships at work that last a long time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**D. Life Circumstances** Fill in the bubble to the right of each statement to indicate if you strongly disagree, somewhat disagree, neither disagree or agree, somewhat agree, or strongly agree.

		Strongly Disagree	Somewhat Disagree	Neither Disagree or Agree	Somewhat Agree	Strongly Agree
D1	I have a lot of experience working well in jobs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D2	Most adults in my life have never been employed at a good job or held one for a long time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D3	I have a lot of marketable job skills.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D4	I do not have anyone in my life to give good advice about problems finding or keeping work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D5	I have sources of financial support I can turn to if I am not working, such as family and friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D6	My educational background is not good enough for me to get a decent job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**E. Behavior** Fill in the bubble to the right of each statement to indicate if you strongly disagree, somewhat disagree, neither disagree or agree, somewhat agree, or strongly agree.

		Strongly Disagree	Somewhat Disagree	Neither Disagree or Agree	Somewhat Agree	Strongly Agree
E1	I work whenever I have the opportunity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E2	I try to leave my job as soon as I finish my work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E3	I complete important tasks at work even if they are not my responsibility.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E4	I receive a lot of unfair criticism when I have a job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E5	I am rarely late for work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E6	I will not take a job I will not like and wait for a better one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E7	I ask questions if I do not know what to do at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E8	I tend to bounce around from job to job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>