**DOMAIN:** Benefits of Mentoring for Mentors and Others Outside the Mentoring Relationship

**OUTCOME:** Career Development

**MEASURE:** Career Resources Questionnaire—Adolescent Version (CRQ-A) Subscales: Soft Skills, Career Confidence, Career Clarity, and Self-Exploration

|  | INSTRUCTIONS: To what extent do you agree or disagree with the following statements? | | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  | | Not true at all | Slightly not true | Moderately true | Mostly true | Completely true |
| **Soft Skills**  1. I have many skills that I could apply to different occupational fields. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 2. I have many skills that would be useful in various occupations. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 3. I can do many things that are useful in many occupations. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| **Career Confidence**  1. I am confident that I will achieve my occupational goals. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 2. I am capable of successfully shaping my intended career. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 3. I believe that I can successfully overcome challenges in my future career. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| **Career Clarity**  1. I know which occupational field I am intending to pursue. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 2. I have clear career goals that match my personal interests and skills. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 3. I know exactly which occupation I would like to pursue. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| **Self-Exploration**  1. I have given a lot of thought to what my career interests are. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 2. I have often thought about what is important to me in an occupation. | | □  1 | □  2 | □  3 | □  4 | □  5 |
| 3. I have thought a lot about which occupations are suitable for me. | | □  1 | □  2 | □  3 | □  4 | □  5 |

The full version of the questionnaire is available [here](http://www.andreashirschi.org/publicationsblog/2020/11/1/measuring-career-preparedness-among-adolescents-development-and-validation-of-the-career-resources-questionnaire-adolescent-version).