

Appendix - I

CAREER DECISION SELF - EFFICACY-SHORT FORM

INSTRUCTIONS: For each statement below, please read carefully and indicate how much confidence you have that you could accomplish each of these tasks by marking your answer according to the key, Mark your answer by filling in the correct circle on the answer sheet.

NO CONFIDENCE AT ALL 1	VERY LITTLE CONFIDENCE 2	MODERATE CONFIDENCE 3	MUCH CONFIDENCE 4	COMPLETE CONFIDENCE 5
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Example: How much confidence do you have that you could :

a: Summarize the skills you have developed in the jobs you have held?

If your response was "Moderate Confidence," you would circle the number 3.

HOW MUCH CONFIDENCE DO YOU HAVE THAT YOU COULD:	NO CONFIDENCE AT ALL	VERY LITTLE CONFIDENCE	MODERATE CONFIDENCE	MUCH CONFIDENCE	COMPLETE CONFIDENCE
1. Use the internet to find information about occupations that interest you.					
2. Select one major from a list of potential majors you are considering.					
3. Make a plan of your goals for the next five years.					
4. Determine the steps to take if you are having academic trouble with an aspect of your chosen major					
5. Accurately assess your abilities					
6. Select one occupations from a list of potential occupations you are considering					

7. Determine the steps you need to take to successfully complete your chosen major					
8. Persistently work at your major or career goal when you get frustrated					
9. Determine what your ideal job would be					
10. Find out the employment trends for an occupation over the next ten years.					
11. Choose a career that will fit your preferred lifestyle					
12. Prepare a good resume					
13. Change majors if you did not like your first choice.					
14. Decide what you value most in an occupation.					
15. Find out about the average yearly earnings of people in an occupation.					
16. Make a career decision and then not worry whether it was right or wrong .					
17. Change occupation if you are not satisfied with the one you enter					

18. Figure out what you are and are not ready to sacrifice to achieve your career goals					
19. Talk with a person already employed in a field you are interested in.					
20. Choose a major or career that will fit your interests					
21. Identify employers, firms, and institutions relevant to your career possibilities.					
22. Define the types of lifestyle you would like to live					
23. Find the information about graduate or professional schools					
24. Successfully manage the job interview process					
25. Identify some reasonable majors or career alternatives if you are unable to get your first choice					

APPENDIX – II
CAREER RELATED PARENTAL ENCOURAGEMENT SCALE

Please fill up the following information:

Name.....Class.....

School Name.....

Gender: Boy Girl
 Locality of the school: Rural Urban
 Medium of instruction: Odia Hindi English
 Type of School: Government Aided Private

Instructions: A list of 45 statements is given in this paper. There are four alternative responses for each statement which shows the intensity of each statement as always, frequently, some times and never. Please read each statement and think how far that statement is true in your case. Please mark a tick (√) in the cell below any of four options that best applies to you and do not leave any statement unanswered.

S.No.	STATEMENT	Always	Frequently	Sometimes	Never
(A)	Parental Support				
1.	My Parents try to find out opportunities that will help me to reach my potential by having contact with my teachers.				
2.	My Parents keep themselves aware of my career related activities.				
3.	My Parents intensively communicate with me				
4.	My Parents are aware of my strengths and weaknesses and expect accordingly.				
5.	My Parents encourage me to learn new things/ try out new ideas in my interested field.				
6.	My parents understand my problems when I discuss with them				
7.	My parents encourage me whenever I participate in talent tests, merit examinations and competitions etc				
8.	My parents pay proper attention to develop my talent.				
9.	My parents sit and talk with me when I am disappointed.				
10.	My parents appreciate my good qualities in front of others.				

11.	My parents help me in my project work and assignments.				
12.	My parents explain to me the various courses available in different field related to my interest				
13.	My parents stand with me in ups and downs.				
14.	When I ask questions, my parents do not put me off but try and explain to me what it is all about.				
15.	My parents apart from studies are also excited to know about different programs of the school.				
16.	My parents spend some time with me for sharing knowledge/ guiding/explaining me for something.				
17.	My parents try to make congenial environment in the home for my study.				
18.	My parents provide enough emotional security to me.				
19.	My parents encourage me to share my feelings and problems with them.				
20.	My parents try to inculcate strong sense of family values that provide meaning and direction to life, through family rituals and traditions.				
21.	My parents make changes in their plans whenever I request them.				
22.	My parents able to finance my vocational aspirations whichever career I choose.				
23.	When I am preparing for exams, my parents assist me in exam preparation.				
24.	If I am weak in any subject, my parents try to help me by guiding themselves or by providing a tutor				

(B)	Verbal encouragement				
25.	My parents support me when I tell them that I am interested in a specific career.				
26.	My parents encourage me to take part in a structured career development workshops etc. offered by my school.				
27.	My parents appreciate me when I get good marks				
28.	My parents help me feel better when I tell them I am worried or concerned about choosing a career.				
29.	My parents encourage me to pursue my career interests and aspirations				
30.	My parents give me advice on the choice of careers available for me				
31.	My parents encourage me to read G.K. / Quiz/ Current affairs books.				
32.	My parents motivate me to watch career related educational programme on T.V.				
33.	My parents suggest me to remove my short-comings.				
34.	My parents tell me they have high expectations for my career.				
(C)	Decision making				
35.	My parents encourage me to opt subjects according to my ability and choice				
36.	My parents give due respect to the decisions that I make regarding my career.				
37.	My parents encourage me to perform challenging tasks.				
38.	My parents talk with me about the steps involved in making difficult decisions.				
39.	My parents encourage me to study independently.				