

Individual Assessment

Individual Transition Readiness

Instructions

- Step 1 In this space, please briefly describe a significant change in your life that has taken place in the recent past.
- Step 2 In this space, please describe this change as you experienced it from your unique perspective.
- Step 3 Using the rating scale, read each statement and rate how it relates to you on the scoring sheet that follows.

Rating Scale

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Note: As you read the statements, try to not use the neutral column unless you really are not feeling the impact of the change.

- Step 4 For each part, total your scores at the bottom of the assessment.

Worksheet: Part One - My Readiness for Change

Rating Scale

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

	1. Applying new ideas and improving myself is important to me
	2. I view events around me realistically- I am not over optimistic or over-pessimistic
	3. I find both personal and professional meaning in my work
	4. I have a strong and enduring sense of humor
	5. I maintain a sense of perspective on what is going on around me
	6. I am able to make connections with others I can rely on during challenging times
	7. I am willing to ask for help from others when I need it
	8. I try out new things despite the possibility of small failures
	9. I accept that life today requires constant change and adaptation
	10. Change can be an opportunity as well as a challenge
	11. I am able to identify changes as they emerge in my life
	12. I am both willing and able to seek information to help me deal with changes as they come
	13. I understand that change causes people to go through an internal adjustment process
	14. I understand that adjusting to a significant change begins with accepting that something has ended.
	Total score for Part One items 1-14

Part One - Scoring and Interpretation

Part One Score _____

If your total score is between 60-70 you have a tendency toward resilience in the face of change that will support you as you move through your current transition. In fact, you may be a model for moving successfully through change and might consider taking on a mentor role for others who are struggling in your community.

If your total is between 50-60 you are relatively resilient in the face of change. There are still some area in which you might look for increased support as you move through this particular change. Look for your lowest scoring items and consider how you might strengthen these.

If your total is between 40-50 you are not as change-resilient as you might wish. Take a look at your lowest scoring items and consider how you might strengthen them, and actively look for help from others around you who seem to be more nimble in the face of change.

If your total is below 40 you are probably not prepared to face the current change without some significant assistance. Consider who might help you to shore up your overall resilience before you take on a significant transition in either your personal or professional life.