



# Progression card

Date:

Name:

5 is highest  
1 is lowest

How well do you know what you would like to work with?

How easy is it for you to make contact with people you do not know?

How well do you know what to do to improve your chances of getting a job?

How good are you at collaborating with others?

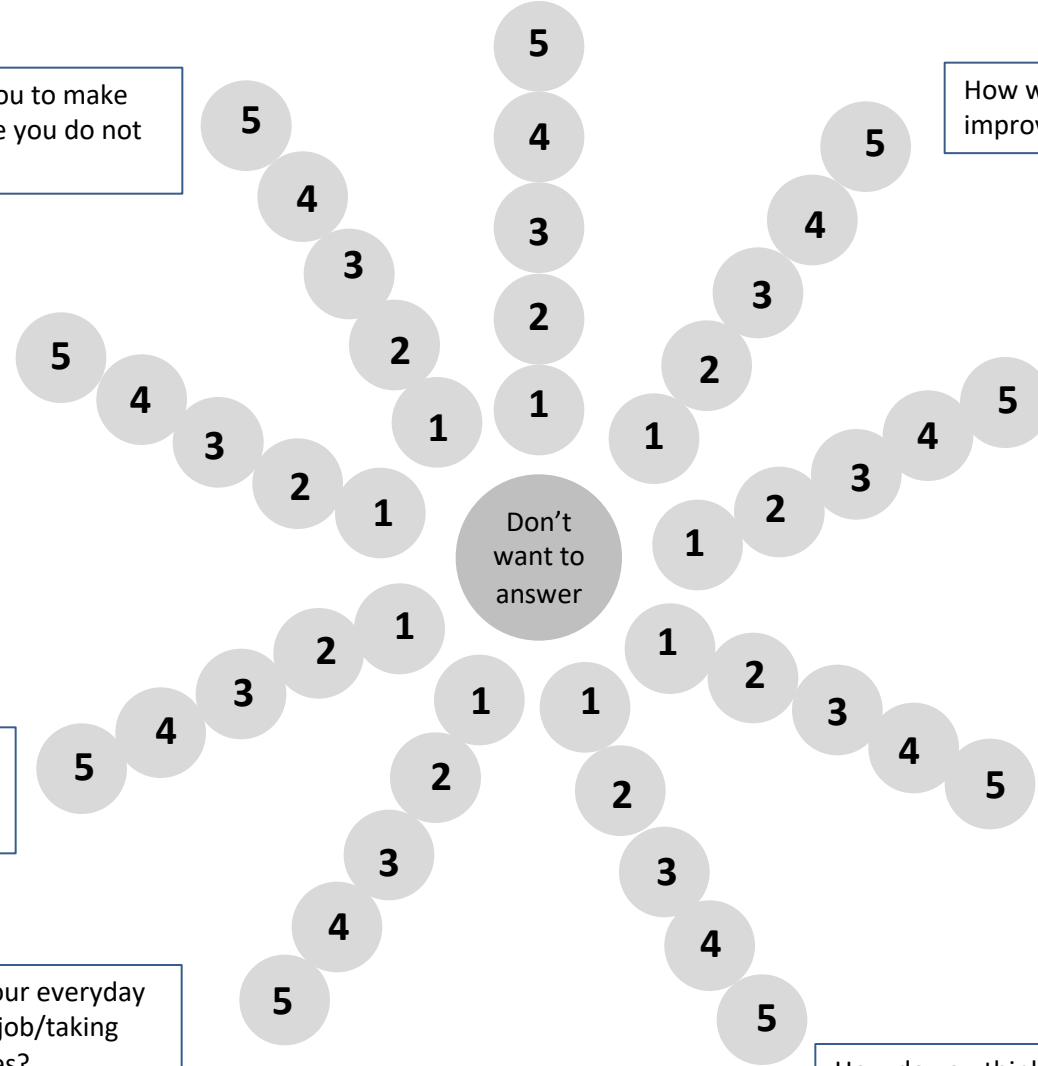
How well do you think you can handle a job?

Do you get support from family and friends when you need help?

How well do you think your skills can be used in a workplace?

Do you have energy in your everyday life to focus on getting a job/taking part in activities or studies?

How do you think your health as a whole is (physically and mentally) in relation to being able to manage a job?





**How do you apply for jobs? (feel free to check several boxes)**

- Through tips in newspapers, online or otherwise
- Through online databases
- I have contacted an employer voluntarily without being asked or told to
- I have asked my family, friends and acquaintances if they know anyone who can help me find a job
- I have told my superiors at my internship that I would like to work there after the internship
- I signed up for the substitute pool
- I have contacted a recruitment company
- I am not looking for a job (because I am ill or for other reasons)
- Don't want to answer

**How high should the salary be, before taxes, for you to accept a job offer?**

\_\_\_\_\_ SEK/month

- I don't want to answer/I don't know
- The size of the salary doesn't matter