



Progression card

Date:
Name:

5 is highest
1 is lowest

Do you have an idea of what kind of job you would like to have?

How do you feel about making contact with people you don't know?

Do you know what to do to improve your chances of getting and keeping a job?

How good are you at collaborating with others?

Do you think you can handle a job or studies?

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

Do you think your skills can be used in a workplace?

Do you have the energy in your everyday life to focus on getting and keeping a job or starting studies?

How would you rate your (physical and mental) health when it comes to being able to work or study?



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