



SAMORDNINGS-  
FÖRBUNDET  
*Skaraborg*

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

1

I have no idea at all what kind of job I would like to have.

2

I have don't really have an idea of what kind of job I would like to have.

3

4

I might have an idea of what kind of job I would like to have.

5

I have a very clear idea of what kind of job I would like to have.



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

1

I don't know what to do at all to improve my chances of getting and keeping a job.

2

I know to some extent what to do to improve my chances of getting and keeping a job.

3

4

I pretty much know what to do to improve my chances of getting and keeping a job.

5

I know exactly what to do to improve my chances of getting and keeping a job.



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# Do you think you can handle a job or studies? (full-time or part-time)

1

I don't think I can handle a job or studies.

2

I'm not sure if I can handle a job or studies.

3

4

I'm pretty sure I can handle a job or studies.

5

I am absolutely sure that I can handle a job or studies.



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

1

I don't think my skills can be used in a workplace.

2

I am unsure whether my skills can be used in a workplace.

3

4

I am quite sure that my skills can be used in a workplace.

5

I am absolutely sure that my skills can be used in a workplace.



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

**1**

My health completely prevents me from being able to work or study.

**2**

My health limits my ability to work or study to some extent.

**3**

**4**

My health barely prevents me from being able to work or study.

**5**

My health does not prevent me from being able to work or study at all.



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

1

I never have the energy in everyday life to focus on getting and keeping a job or starting studies.

2

I rarely have the energy in everyday life to focus on getting and keeping a job or starting studies.

3

4

I usually have energy in everyday life to focus on getting and keeping a job or starting studies.

5

I always have energy in everyday life to focus on getting and keeping a job or starting studies.



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

1

I never get support from family and friends when I need help.

2

I rarely get support from family and friends when I need help.

3

4

I often get support from family and friends when I need help.

5

I always get support from family and friends when I need help.



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## How good are you at collaborating with others?

1

I always find it difficult to collaborate with others.

2

I often find it difficult to collaborate with others.

3

4

I often find it easy to collaborate with others.

5

I always find it easy to collaborate with others.





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

1

I find it very difficult to make contact with people I don't know.

2

I find it quite difficult to make contact with people I don't know.

3

4

I don't think it's that hard to make contact with people I don't know.

5

I find it easy to make contact with people I don't know.