

APPENDIX H
The CASVE Cycle Questionnaire

Continue to the following page for Appendix H contents.

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The CASVE Cycle Questionnaire
By Brianna Werner and Emily Bullock-Yowell

Directions:

As you complete this questionnaire, please keep in mind a current career problem or career decision. Answer each question with YES indicating this statement applies to your current situation or No indicating the statement does not apply to you currently. All items may not apply to you; simply answer those items with NO. If you are currently in an educational program or hold a position outside of your final career goal, it may be beneficial to think about some items in terms of your final career goal.

Key Terms you will see in the questionnaire items:

Career problem: an identifiable discrepancy or gap between where you are currently in your career and where you would like to be in the future. Examples of career problems are choosing a major, obtaining an internship, selecting a career field, or obtaining a job.

Career values: factors you find important to consider when making career decisions. Examples of career values are income level, work and family balance, independence, and prestige.

All items will be answered with “yes” or “no”.

Career problem/goal: _____

Communication 1

- | | | |
|----|---|-------|
| 1. | I am overwhelmed by making a career decision. | Y / N |
| 2. | I have difficulty thinking about my future career goals. | Y / N |
| 3. | There is pressure in my life to make a career decision. | Y / N |
| 4. | I have a problem concerning my career path. | Y / N |
| 5. | I worry about needing to make a career decision. | Y / N |
| 6. | I feel sad or worried when I think about my need to make a career choice. | Y / N |
| 7. | I find ways to avoid making a career decision. | Y / N |
| 8. | The amount of effort it takes to make a career decision is overwhelming. | Y / N |

Total N: ____

Analysis

- | | | |
|----|--|-------|
| 1. | I am unsure where to begin to solve my career problem. | Y / N |
| 2. | I need help identifying my career options. | Y / N |
| 3. | I need more information about my career options. | Y / N |
| 4. | I need more information about myself to make the best career choice. | Y / N |
| 5. | I do not have enough information to compare my career or job options accurately. | Y / N |

Total N: ____

All items may not apply to you; simply answer those items with NO.

Synthesis

1. I can identify many career or job options that match my values. Y / N
2. I can identify multiple jobs that match my career interests. Y / N
3. I can identify multiple career options that match my career-related skills. Y / N
4. I have explored a large amount of career or job options and then narrowed those down to a few I feel good about. Y / N
5. I can narrow my career or job options to a few that I am seriously considering. Y / N
6. I can compare my career or job options based on information I have gathered about them. Y / N
7. I know the strengths and weaknesses of each of my career options based on my own career values. Y / N
8. I have compared the advantages and disadvantages and benefits associated with each of my career options. Y / N

Total Y: __

Valuing

1. The career options I am considering satisfy my career values. Y / N
2. I have considered the costs and benefits of my career options. Y / N
3. The options I am considering match my values, interests, skills, and preferences. Y / N
4. Who I am (e.g., culture, place in the community and society) fits with the options I am considering. Y / N
5. My career options match my aspirations. Y / N
6. My career choice fits well with my lifestyle. Y / N
7. My career choice is a good match with my personality. Y / N
8. My career choice will enable me to live life in the way I want/prefer. Y / N

Total: Y: __

Execution

1. I am ready to take the necessary steps to reach my career goal. Y / N
2. I am taking the necessary steps to reach my career goal. Y / N
3. I am in the process of achieving my career goals. Y / N
4. I know what I will need to be doing in six months from now to reach my career goal. Y / N
5. I have a plan of action to achieve my career goal. Y / N
6. I will try out my top career choice. Y / N
7. I have applied for my top career choice. Y / N
8. I have begun the training and/or education necessary for my top career choice. Y / N

Total Y: __

All items may not apply to you; simply answer those items with NO.

Communication 2

1. Even though I have told others I have made my career decision, I do not feel very good about it. Y / N
2. I made a career choice but think I may need to make a new choice. Y / N
3. My career choice has not improved my situation. Y / N
4. The career choice I made has not made me feel any better. Y / N
5. I continue to experience anxiety even though I have made my career choice. Y / N

Total N: __

Phase	Score
Communication 1	
Analysis	
Synthesis	
Valuing	
Execution	
Communication 2	

The CASVE Cycle Questionnaire (CASVE-CQ) was developed at the University of Southern Mississippi by Brianna Werner and Emily Bullock-Yowell with important contributions from a variety of collaborators. The CASVE-CQ is licensed under a [Creative Commons Attribution-NonCommercial-No Derivatives 4.0 license](#), allowing any reader to copy and distribute the CASVE-CQ without permission of the authors provided that the authors of the content are given proper attribution, that the content is not modified in any way, and the materials are not used for commercial purposes.



Name: _____

Comm. 1: _____ Analysis: _____ Synthesis: _____ Valuing: _____ Execution: _____ Comm. 2: _____

CASVE Cycle Progress Tracker

Use this progress tracking sheet along with the CASVE-CQ. Color in the number of sections in each ring that corresponds with your score for each phase, starting with the sections with bold outlines. Once you have colored passed the bold section, talk to your career practitioner about moving on.

The CASVE Cycle Questionnaire (CASVE-CQ) Progress Tracker was developed at the University of Southern Mississippi by Kendall Klumpp and Emily Bullock-Yowell with important contributions from a variety of collaborators. The Progress Tracker is under a [Creative Commons Attribution-NonCommercial-No Derivatives 4.0 license](https://creativecommons.org/licenses/by-nc-nd/4.0/), allowing any reader to copy and distribute the CASVE-CQ without permission of the authors provided that the authors of the content are given proper attribution, that the content is not modified in any way, and the materials is not used for commercial purposes.

