


# DCMENTOR

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<b>Dual Career Awareness</b>						
1	I find it important to manage both my sports career and my academic/professional career simultaneously.					
2	I believe that pursuing a dual career helps me develop my time management skills.					
3	I feel that managing a dual career leads to physical and mental fatigue.					
4	I feel inspired by the success stories of dual career athletes.					
<b>Personal Skills</b>						
5	I find it easy to adapt to new educational and professional challenges.					
6	I stay focused and disciplined when balancing the demands of my sports and academic/professional life.					
7	I believe in my ability to overcome obstacles in both my sports and academic/professional career.					
8	I understand how my actions affect others in my personal and professional environments.					
9	I maintain my performance even when I am under stress from my dual career responsibilities.					
10	I understand and control my emotional responses in challenging situations.					
11	I am constantly seeking new knowledge to improve my skills in both sports and my academic/professional career.					
12	I take the initiative to seek out new opportunities that support my dual career goals.					
13	I remain committed to my long-term goals, even when progress is slow or difficult.					
14	I am flexible in adjusting my plans when changes occur in my dual career.					
15	I hold myself accountable for the outcomes of my actions in both my sports and professional life.					
<b>Social &amp; Cognitive Skills</b>						
16	I am able to understand and share the feelings of others in both my personal and professional life.					
17	I am effective at resolving conflicts and fostering positive interactions in both personal and professional environments.					
18	I appreciate diverse perspectives and leverage them to achieve better outcomes in team settings.					
19	I am confident in guiding and motivating others to reach shared goals in both my sports and professional life.					
20	I adapt my behavior to effectively communicate and collaborate with people from different social and cultural backgrounds.					
21	I am able to evaluate different perspectives and weigh evidence to solve complex problems.					
22	I approach challenges with creativity and think outside the box to overcome obstacles.					
23	I implement solutions efficiently when faced with challenges in balancing my dual career.					
24	I weigh the pros and cons of different options before making important decisions.					
<b>Technical Skills &amp; Foundational Literacies</b>						
25	I can effectively use both physical tools related to my sport and digital tools for my academic/professional career.					
26	I am comfortable using digital devices like computers, tablets, and smartphones for my academic, athletic or professional work.					
27	I continuously improve my literacy skills to succeed in my academic and professional endeavors.					
28	I feel comfortable evaluating scientific information and its relevance to my personal or professional choices.					
29	I can make informed decisions about managing money in both my personal and professional life.					
30	I appreciate cultural differences and can adapt my behavior when interacting in diverse environments.					
<b>Professional Development, Career Planning, and Transition to Post-Career</b>						
31	I can clearly define my short and long-term career goals and objectives.					
32	I take advantage of networking opportunities to advance my career prospects.					
33	I seek out internship opportunities to gain practical work experience in fields relevant to my career goals.					
34	I manage my public image effectively, especially on social media.					
35	I have a clear plan for managing my personal and professional finances, including budgeting and saving.					
36	I am confident in my ability to manage the challenges of starting and growing a business.					
37	I have a plan in place for transitioning from my sports career to a new professional field.					
38	I am aware of the psychological challenges that may come with transitioning from sports to a new career.					
<b>Personality Type</b>						
39	I tend to be quiet.					
40	I am compassionate and have a soft heart.					
41	I tend to be disorganized.*					
42	I worry a lot.					
43	I am fascinated by art, music, or literature.					
44	I am dominant and act as a leader.					
45	I am sometimes rude to others.*					
46	I have difficulty getting started on tasks.*					
47	I tend to feel depressed or blue.					
48	I have little interest in abstract ideas.*					
49	I am full of energy.					
50	I assume the best about people.					
51	I am reliable and can always be counted on.					

52	I am emotionally stable and not easily upset.*						
53	I am original and come up with new ideas.						
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