2025-2026 *Intro to Career (COUN 110) PRE & POST-SURVEY*

The Career Center at Crafton Hills College administered PRE and POST assessment surveys to students enrolled in COUN 110, Introduction to Career, Education and Life Planning, during the 2025–2026 academic year. The surveys assessed students' self-reported knowledge and confidence in self-awareness, major exploration, career direction, and educational and career planning. This report compares PRE and POST responses from 47 students matched by student ID, with response totals varying by question.

Note: Duplicate submissions and unmatched records were excluded.

Course Section:	**PRE**		**POST**	
	#	%	#	%
COUN-110-70	29	61.7	29	61.7
COUN-110-71	18	38.3	18	38.3
Total	47	100.0	47	100.0

Self-Awareness and Major Exploration

Assesses students' understanding of their skills, interests, values, and strengths, how these relate to careers, and their knowledge and confidence in choosing a major.

Please rate your level of agreement with the following statements:	**PRE**				**POST**				**Total (PRE/ POST)**
	Strongly Agree/ Agree		**Strongly Disagree/ Disagree**		**Strongly Agree/ Agree**		**Strongly Disagree/ Disagree**		
	#	**%**	**#**	**%**	**#**	**%**	**#**	**%**	
I know my skills and abilities.	41	87.2	6	12.8	45	97.8	1	2.2	47/46
I know how my skills and abilities relate to careers that interest me.	36	76.6	11	23.4	45	97.8	1	2.2	47/46
I know how my interest may relate to possible careers.	37	78.7	10	21.3	46	100.0	0	0.0	47/46
I can state how my values relate to careers that I am considering.	39	84.8	7	15.2	44	95.7	2	4.3	46/46
I have a clear sense of my identity, of what makes me unique and valuable.	37	78.7	10	21.3	43	93.5	3	6.5	47/46
I can state how my past experience and achievement may relate to possible career options.	40	85.1	7	14.9	41	91.1	4	8.9	47/45
I know what my strengths are.	37	78.7	10	21.3	43	95.6	2	4.4	47/45
I know how to develop my strengths.	28	59.6	19	40.4	42	91.3	4	8.7	47/46
I know how I might use my strengths in a career that interests me.	35	74.5	12	25.5	46	100.0	0	0.0	47/46
I have enough information about the major available to make a well-informed decision in choosing a major.	25	53.2	22	46.8	43	93.5	3	6.5	47/46
I have researched at least 3 majors in detail.	18	38.3	29	61.7	41	89.1	5	10.9	47/46
I know what I want to major in.	25	53.2	22	46.8	36	78.3	10	21.7	47/46
I feel confident about the major that I have chosen.	24	51.1	23	48.9	37	80.4	9	19.6	47/46

Career Direction and Planning

Assesses students' career knowledge and confidence, educational and career planning skills, and understanding of how personal needs affect lifelong career plans.

Please rate your level of agreement with the following statements:	PRE				POST				Total (PRE/ POST)
	Strongly Agree/ Agree		Strongly Disagree/ Disagree		Strongly Agree/ Agree		Strongly Disagree/ Disagree		
	#	%	#	%	#	%	#	%	
I feel well informed about the career path that interests me most at this time.	27	57.4	20	42.6	43	93.5	3	6.5	47/46
I feel confident about my career direction at this time.	25	53.2	22	46.8	39	84.8	7	15.2	47/46
I know how to develop a comprehensive student Education Plan (SEP) to meet graduation or transfer requirements.	25	54.3	21	45.7	41	89.1	5	10.9	46/46
I know how to develop a career development action plan based on career assessment results, research and analysis.	16	34.0	31	66.0	43	93.5	3	6.5	47/46
I know how my sociological, physiological and psychological needs impact my lifelong career plans.	31	66.0	16	34.0	40	87.0	6	13.0	47/46

Student Demographics

Demographic data is based on PRE **survey** response.

Gender	#	%
Female	36	76.6
Male	11	23.4
Transgender	0	0.0
Genderqueer, gender nonconforming, or genderfluid	0	0.0
Gender identity not listed (please specify)	0	0.0
Decline to state	0	0.0
Total	47	100.0

Ethnicity	#	%
Hispanic/Latinx	17	36.2
Caucasian/White	13	27.7
Black/African American	5	10.6
Multiple ethnicities	5	10.6
Asian	4	8.5
Native American/Alaska Native	3	6.4
Decline to state	0	0.0
Native Hawaiian/Pacific Islander	0	0.0
Not listed above (please specify)	0	0.0
Total	47	100.0

Key Findings: The following areas showed increases in strongly agree/agree responses from PRE to POST, reflecting greater self-reported knowledge and confidence at course completion.

- **Self-awareness:** Connecting interests to possible careers, from 79% (37) to 100% (46); developing strengths, from 60% (28) to 91% (42); and applying strengths to a career of interest, from 74% (35) to 100% (46).
- **Major exploration and selection:** Having enough information to choose a major, from 53% (25) to 93% (43); researching at least three majors in detail, from 38% (18) to 89% (41); knowing their intended major, from 53% (25) to 78% (36); and confidence in their chosen major, from 51% (24) to 80% (37).
- **Career direction and planning:** Confidence in career direction, from 53% (25) to 85% (39); knowledge of developing a comprehensive Student Education Plan, from 54% (25) to 89% (41); knowledge of developing a career

action plan, from 34% (16) to 93% (43), the largest percentage-point increase; and understanding how personal needs affect lifelong career plans, from 66% (31) to 87% (40).

- **Areas for continued support:** POST disagree/strongly disagree responses were highest for knowing their intended major at 22% (10), followed by confidence in their chosen major at 20% (9), confidence in career direction at 15% (7), understanding how personal needs affect lifelong career plans at 13% (6), and developing a comprehensive Student Education Plan and researching at least three majors in detail, each at 11% (5).