

Are you ready for a coach? Take the test below to find out.....

Directions: Take a moment to answer these questions as truthfully as possible. The more honest you can be with yourself, the more accurate the results.

1. I'm at a point in my life where I'm ready to work at solving my college career issues.
 a. Yes
 b. No
 c. Not Sure
2. I really feel as though I need someone who can solve all my problems for me.
 a. Yes
 b. No
 c. Not Sure
3. I'm prepared to tackle the tough issues to close the gap between where I am now and where I want to be in my college career.
 a. Yes
 b. No
 c. Not Sure
4. I'm open to new ideas and new ways of doing things to facilitate positive change and growth.
 a. Yes
 b. No
 c. Not Sure
5. I feel as though I need to spend a lot of time focusing on my past problems and mistakes before I can deal with the future.
 a. Yes
 b. No
 c. Not Sure
6. While I am still very frightened of some of the changes I may need to make, I am ready to work with a coach to conquer my fears and uncertainties.
 a. Yes
 b. No
 c. Not Sure
7. I'm prepared to make a total commitment to making coaching work; I'm ready to put in the necessary hours and effort.
 a. Yes
 b. No
 c. Not Sure
8. I've reached a point in my life where I realize I need the assistance of a coach to help me succeed. I see coaching as a worthwhile investment in my future.

- a. Yes
 - b. No
 - c. Not Sure
9. I'm not sure I'm in a position -- mentally or financially -- to handle a coach at this time.
- a. Yes
 - b. No
 - c. Not Sure
10. I have the maturity and mindset to keep appointments, listen to directions, and meet deadlines. I'm ready to work and be coached.
- a. Yes
 - b. No
 - c. Not Sure

Scoring Directions:

Give yourself points based on your answers.

- 1. a. - 1 point; b. - 3 points; c. - 2 points
- 2. a. - 3 points; b. - 1 point; c. - 2 points
- 3. a. - 1 point; b. - 3 points; c. - 2 points
- 4. a. - 1 point; b. - 3 points; c. - 2 points
- 5. a. - 3 points; b. - 1 point; c. - 2 points
- 6. a. - 1 point; b. - 3 points; c. - 2 points
- 7. a. - 1 point; b. - 3 points; c. - 2 points
- 8. a. - 1 point; b. - 3 points; c. - 2 points
- 9. a. - 3 points; b. - 1 point; c. - 2 points
- 10. a. - 1 point; b. - 3 points; c. - 2 points

Scoring Guide:

If you scored...

- 10 - 12 points: You are very coachable and ready for coaching.
- 13 - 20 points: You are coachable, but will need to stay focused and on task
- 21 - 30 points: You are not at a point in your life where you are ready for a coach.