

SOCIAL SKILLS

9TH -12TH GRADES

1. How well do you get along with people in these areas of your life?

	Very well	Well	O.K.	Poorly	Very poorly	N/A
Friends						
Family						
Peers at school						
Teachers at school						
Boyfriend/Girlfriend						
Work						
Community						
Other:						

2. Describe the difference between how you act at home, school, work and with your friends.

3. Why do you think you act differently in these areas of your life?

4. How do you use body language and eye contact to show respect to peers and adults?

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5. What body language and eye contact do other youth use to show disrespect to a teacher, parent, coach or referee? Give three examples.

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6. How well you communicate in these areas of your life?

I am easy to get along with.

Never	Rarely	Sometimes	Very Often	Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I listen well to others.

Never	Rarely	Sometimes	Very Often	Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When I disagree, I still listen well.

Never	Rarely	Sometimes	Very Often	Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am good at expressing my thoughts, ideas, and feelings through what I say and don't say.

Never	Rarely	Sometimes	Very Often	Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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7. In thinking about getting along with others, what are you good at? Where would you like to improve?

8. An important social skill is the ability to adjust "walk", talk and dress appropriately for different settings, cultures, and ages. In your life ahead, where can you grow this skill?

Social skills are knowing what's expected and how to act in differing social situations, and with people of different ages and walks of life. Social skills are demonstrated through body language and eye contact, and by what you say or don't say.

9. Overall, I have optimal level of social skills.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Further Reflections