



LIFE SKILLS EDUCATION

High School Student Survey

On a scale of 1-4, please rate the following:

1. I can identify five of my strengths.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

2. My decisions affect others.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

3. I break my long-term goals into medium-range and short-term goals.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

4. I spend a lot of time considering the consequences of my decisions.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

5. I prefer to resolve conflicts by talking instead of fighting.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

6. It is hard for me to control my anger.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

7. Cooperation reduces problems at home and/or school.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

8. I can list three ways to manage my stress.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

9. I prepare for exams at least one week in advance.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

10. I have thought about tuition, location, and majors in preparation for college applications.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

11. I have built an effective résumé.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

12. I am confident when I communicate with people.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

13. I show respect to people even when I disagree with them.

Never 1	Sometimes 2	Often 3	Always 4
------------	----------------	------------	-------------

What are your strongest skills?

With what do you need the most help?

Thank you for taking time to complete this survey.