Child - Skills for Everyday Living

Instructions: The following statements describe how you might communicate, solve problems, make decisions and achieve goals in everyday life. Circle the smiley face that best fits how often you did what is described in the last 30 days. For example, if you circle the face with the biggest smile for a statement that means you **always** do what is described in the statement.

	Never [1]	Rarely [2]	Some-times [3]	Often [4]	Always [5]
When I have a decision to make:					
1. I look for information to help me understand the problem.	☺	☺	☺	☺	☺
2. I think before making a choice.	☺	☺	☺	☺	☺
3. I consider the risks of a choice before making a decision.	☺	☺	☺	☺	☺
4. I think about all the information I have about the different choices.	☺	☺	☺	☺	☺
5. I think of past choices when making new decisions.	☺	☺	☺	☺	☺
When I think:					
6. I can easily express my thoughts on a problem.	☺	☺	☺	☺	☺
7. I usually have more than one source of information before making a decision.	☺	☺	☺	☺	☺
8. I compare ideas when thinking about a topic.	☺	☺	☺	☺	☺
9. I keep my mind open to different ideas when planning to make a decision.	☺	☺	☺	☺	☺
10. I am able to tell the best way of handling a problem.	☺	☺	☺	☺	☺
When I communicate with others:					
11. I try to keep eye contact.	☺	☺	☺	☺	☺
12. I recognize when two people are trying to say the same thing, but in different ways.	☺	☺	☺	☺	☺
13. I try to see the other person's point of view.	☺	☺	☺	☺	☺
14. I change the way I talk to someone based on my relationship with them (i.e. friend, parent, teacher, etc.).	☺	☺	☺	☺	☺
15. I organize thoughts in my head before speaking.	☺	☺	☺	☺	☺
16. I make sure I understand what another person is saying before I respond.	☺	☺	☺	☺	☺

OVER

When setting a goal:					
17. I look at the steps needed to achieve the goal.	☺	☺	☺	☺	☺
18. I think about how and when I want to achieve the goal.	☺	☺	☺	☺	☺
19. After setting a goal, I break goals down into steps so I can check my progress.	☺	☺	☺	☺	☺
20. Both positive and negative feedback helps me work towards my goal.	☺	☺	☺	☺	☺
When solving a problem:					
21. I first figure out exactly what the problem is.	☺	☺	☺	☺	☺
22. I try to determine what caused the problem.	☺	☺	☺	☺	☺
23. I do what I have done in the past to solve it.	☺	☺	☺	☺	☺
24. I compare each possible solution with the others to find the best one.	☺	☺	☺	☺	☺
25. After selecting a solution, I think about it for a while before putting it into action.	☺	☺	☺	☺	☺
26. Once I have solved a problem, I think about how my solution worked.	☺	☺	☺	☺	☺

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY!