

# Everyday Living Life Skills Questions

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Please check the box that most closely matches what you think about the following statements.

When I have a decision to make:	Never	Rarely	Sometimes	Most of the time	Always
1) I look for information to help me understand the problem.	<input type="radio"/>				
2) I think before making a choice.	<input type="radio"/>				
3) I consider the risks of a choice before making a decision.	<input type="radio"/>				
4) I think about all the information I have about the different choices.	<input type="radio"/>				
5) I think of past choices when making new decisions.	<input type="radio"/>				
When I think:	Never	Rarely	Sometimes	Most of the time	Always
6) I can easily express my thoughts on a problem.	<input type="radio"/>				
7) I usually have more than one source of information before making a decision.	<input type="radio"/>				
8) I compare ideas when thinking about a topic.	<input type="radio"/>				
9) I keep my mind open to different ideas when planning to make a decision.	<input type="radio"/>				
10) I am able to tell the best way of handling a problem.	<input type="radio"/>				
When I communicate with others:	Never	Rarely	Sometimes	Most of the time	Always
11) I try to keep eye contact.	<input type="radio"/>				
12) I recognize when two people are trying to say the same thing, but in different ways.	<input type="radio"/>				
13) I try to see the other person's point of view.	<input type="radio"/>				
14) I change the way I talk to someone based on my relationship with them (i.e., friend, parent, teacher, etc.).	<input type="radio"/>				

<b>15) I organize my thoughts in my head before speaking.</b>	<input type="radio"/>				
<b>16) I make sure I understand what another person is saying before I respond.</b>	<input type="radio"/>				
<b>When setting a goal:</b>	Never	Rarely	Sometimes	Most of the time	Always
<b>17) I look at the steps needed to achieve the goal.</b>	<input type="radio"/>				
<b>18) I think about how and when I want to achieve it.</b>	<input type="radio"/>				
<b>19) After setting a goal, I break goals down into steps so I can check my progress.</b>	<input type="radio"/>				
<b>20) Both positive and negative feedback helps me work toward my goal.</b>	<input type="radio"/>				
<b>When solving a problem:</b>	Never	Rarely	Sometimes	Most of the time	Always
<b>21) I first figure out exactly what the problem is.</b>	<input type="radio"/>				
<b>22) I try to determine what caused it.</b>	<input type="radio"/>				
<b>23) I do what I have done in the past to solve it.</b>	<input type="radio"/>				
<b>24) I compare each possible solution with the others to find the best one.</b>	<input type="radio"/>				
<b>25) After selecting a solution, I think about it for a while before putting it into action.</b>	<input type="radio"/>				
<b>26) Once I have solved a problem, I think about how my solution worked.</b>	<input type="radio"/>				

<b>When thinking about your experience in Young Spartan Program :</b>	Not at all	A little	Somewhat	Very Much
<b>1) How much choice did you have about this activity?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>2) How important was this activity to you?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>3) Was it interesting?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>4) Was it challenging?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>5) Did you enjoy what you were doing?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>6) How hard were you concentrating?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>7) Were you using your skills?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>8) Did you wish you were doing something else?</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Comments about the survey or  
Young Spartan Program?**

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