

Teen Life Skills and Social-Emotional Self-Assessment Survey

This survey is designed to help you reflect on various life skills and social-emotional competencies. Remember, there are no right or wrong answers – this is an opportunity for self-reflection. Choose the option that best describes you for each question.

1. When faced with a challenging task, I usually:
 - a) Break it down into smaller, manageable steps
 - b) Ask for help from others
 - c) Try to complete it all at once
 - d) Postpone it until I feel more prepared

2. In group projects, I tend to:
 - a) Take on a leadership role
 - b) Focus on my assigned tasks
 - c) Mediate conflicts between team members
 - d) Adapt to whatever role is needed

3. When I experience stress, I most often:
 - a) Exercise or engage in physical activities
 - b) Talk to friends or family
 - c) Practice relaxation techniques like meditation
 - d) Distract myself with entertainment

4. If I disagree with a friend, I typically:
 - a) Express my opinion directly
 - b) Try to see things from their perspective
 - c) Avoid the topic to prevent conflict
 - d) Seek a compromise

5. When setting goals for myself, I usually:
 - a) Write them down and create a plan
 - b) Keep them in mind but don't formalize them
 - c) Share them with others for accountability
 - d) Focus on short-term objectives

6. If I make a mistake, I generally:
 - a) Analyze what went wrong to learn from it
 - b) Try to fix it immediately
 - c) Feel discouraged but eventually move on
 - d) Ask for advice on how to improve

7. When it comes to managing my time, I:
 - a) Use a planner or digital calendar religiously

- b) Make mental notes of important tasks and deadlines
 - c) Tend to procrastinate but usually meet deadlines
 - d) Often feel overwhelmed by my commitments
8. In new social situations, I usually:
- a) Introduce myself and initiate conversations
 - b) Wait for others to approach me
 - c) Stick close to people I already know
 - d) Observe the dynamics before engaging
9. When I need to make an important decision, I:
- a) Weigh the pros and cons carefully
 - b) Go with my gut feeling
 - c) Seek advice from others
 - d) Consider the potential long-term consequences
10. If I don't understand something in class, I:
- a) Ask the teacher for clarification
 - b) Try to figure it out on my own
 - c) Ask a classmate for help
 - d) Make a note to research it later
11. When it comes to my emotions, I:
- a) Can usually identify and express them easily
 - b) Sometimes struggle to understand what I'm feeling
 - c) Prefer to keep them to myself
 - d) Feel comfortable sharing them with close friends
12. If a friend is going through a tough time, I:
- a) Offer advice and solutions
 - b) Listen without judgment
 - c) Try to cheer them up
 - d) Give them space but let them know I'm available
13. When faced with a setback, I typically:
- a) View it as a learning opportunity
 - b) Feel frustrated but try again
 - c) Seek encouragement from others
 - d) Consider alternative approaches
14. In terms of organization, I:
- a) Keep my spaces neat and well-organized
 - b) Have a system that works for me, even if it looks messy to others

- c) Struggle to stay organized but try my best
 - d) Don't worry much about organization
15. When working on a difficult problem, I:
- a) Persist until I solve it
 - b) Take breaks and come back to it with fresh eyes
 - c) Look for creative or unconventional solutions
 - d) Ask for help if I get stuck
16. In terms of self-care, I prioritize:
- a) Getting enough sleep
 - b) Eating a balanced diet
 - c) Regular exercise
 - d) Mental health practices like meditation
17. When it comes to technology use, I:
- a) Set strict limits on my screen time
 - b) Use it primarily for productivity and learning
 - c) Enjoy it for entertainment but try to balance with other activities
 - d) Find it challenging to manage my usage
18. If I witness bullying or unfair treatment, I:
- a) Speak up and intervene directly
 - b) Report it to a teacher or authority figure
 - c) Offer support to the person being targeted
 - d) Feel uncomfortable but unsure how to respond
19. When thinking about my future, I:
- a) Have a clear plan for my career and personal goals
 - b) Feel excited but uncertain about what's ahead
 - c) Prefer to focus on the present
 - d) Feel anxious about making big decisions
20. In terms of financial management, I:
- a) Budget my money and save regularly
 - b) Spend freely but avoid debt
 - c) Find it challenging to manage money effectively
 - d) Rely on others to handle financial matters for now
21. When it comes to my work ethic, I:
- a) Always give 100% effort, regardless of the task
 - b) Work hard on things that interest me
 - c) Do what's required but rarely go above and beyond
 - d) Struggle to stay motivated and often procrastinate

22. When faced with an uncomfortable situation, I:
- a) Push myself to face it head-on as a growth opportunity
 - b) Try to approach it gradually to build confidence
 - c) Avoid it if possible, but deal with it if necessary
 - d) Seek support or guidance to help me through it