

EBOS Summary

The Essential Behavior Outcome Skills [EBOS] provides a framework of the key skills needed for life success. Review the resource found [HERE](#) to help prioritize skills to develop.

Student:		Your Name:	
Date:		Relationship to Student:	

Problem Solving	Defining/Evaluating	Problem-Solution	Implementation
	<i>Enter 0,1,2,3, or 4:</i>		

Flexibility	Attention/Working Memory	Hypothetical	Metacognition

Self-Awareness	Identify Emotions	Self-Perception	Self-Efficacy

Self-Management	Impulse Control	Manage Stress	Self-Discipline / Motivation

Social Awareness	Perspective Taking	Empathy	Respect for Others

Relationship Skills	Communication	Interactions	Conflict Management

