

## PERSONAL & SOCIAL

Please rate how confident you are that you could successfully perform the following tasks related to understanding yourself and others.

1 = Very Low	5 = Somewhat High
2 = Low	6 = High
3 = Somewhat Low	7 = Very High
4 = Neither Low or High	

**Circle the number that indicates the level of your confidence for each item.**

<b>I AM CONFIDENT:</b>	<b>LEVEL OF CONFIDENCE</b>						
1. I can identify my values, attitudes, and beliefs.	1	2	3	4	5	6	7
2. I understand that change is a part of growth.	1	2	3	4	5	6	7
3. I respect alternative points of view.	1	2	3	4	5	6	7
4. I am able to use effective communication skills.	1	2	3	4	5	6	7
5. I know that communication involves speaking, listening, and nonverbal expression.	1	2	3	4	5	6	7
6. I use decision-making and problem-solving models.	1	2	3	4	5	6	7
7. I can identify alternative solutions to a problem.	1	2	3	4	5	6	7
8. I have developed effective coping-skills.	1	2	3	4	5	6	7
9. I know when peer pressure is influencing my decisions.	1	2	3	4	5	6	7
10. I am able to use persistence and perseverance in gaining knowledge and skills.	1	2	3	4	5	6	7
11. I can differentiate between situations requiring peer support and those that require adult help.	1	2	3	4	5	6	7
12. I can solve problems and make decisions that lead to safe and healthy choices.	1	2	3	4	5	6	7
13. I have learned about the emotional and physical dangers of substance use and abuse.	1	2	3	4	5	6	7
14. I have learned how to work with peer pressure.	1	2	3	4	5	6	7