

Appendix

DR. SHABANA

**Consumable booklet
Of
LIFE SKILL SCALE**

Fill The Following Details—

Name: _____

Father's Name: _____

Class: _____

City/Village: _____

Date Of Birth: _____ Age: _____

Gender: _____

Urban/Rural: _____

Educational Qualification: _____

Others (If any): _____

Instructions

In the following pages 75 statements related to life skills are given. Read each statement carefully and give your response in options provided. You are required to give your response by ticking one of the five boxes (✓) against a particular statement. The opinions are 'Always, Often, Occasionally, Rarely and Never, Take care that only one box is to be ticked for each statement. Yours response will be kept confidential. Make sure you give your response for each and every statement.

Score Table

Item No.	Response				
	Always	Often	Occasionally	Rarely	Never
	4	3	2	1	0

S.No.	Sub- dimensions	Dimensions	Raw Score	Intrepretation
i	Communication skill	Social skill		
ii	Empathy	"		
iii	Interpersonal skill	"		
iv	Resisting peer pressure	"		
v	Critical thinking	Cognitive skill		
vi	Problem solving	"		
vii	Decision making	"		
viii	Creative think	"		
ix	Coping with stress	Affective skill		
x	Managing emotions	"		
xi	Self awareness	"		
Total Raw Score				

Social Skills

S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
1.	In case of arguments I freely express my views.						
2.	I feel comfortable to share my feelings with others.						
3.	I talk after assuring the facial expression of other person.						
4.	I respect interpersonal commitment.						
5.	I easily understand the barriers while communicating.						
6.	I can predict the expectations of others from me.						
7.	I seek the correctness of grammatical mistakes in communication.						
8.	I actively participate in group and social activities.						
9.	I avoid situations or group where bad choices are more common.						
10.	I feel efficient in removing barriers of communication.						
11.	I appreciate other view point even if I don't agree with it.						
12.	I involve myself in positive activities.						
13.	I talk to myself in tough situation.						
14.	I tend to focus on listeners emotion while conversing.						

Appendix

S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
15.	I involve myself in group having healthier influences.						
16.	I respect different opinions people have about same thing.						
17.	I try to feel good about being myself.						
18.	I easily form social bonds.						
19.	I respect different opinions people have about same thing.						
20.	I use strong voice and take stand when required.						
21.	I have understanding to perceive the feelings of other person.						
22.	When I see sufferings, it makes me sad.						
23.	I found an outlet to express my emotions.						
24.	People feel free to share their experiences to me.						
25.	I make people realize what and how I feel.						

Cognitive Skills

S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
1.	I carefully consider and organize ideas before taking decision.						
2.	I develop an implementation plan after selecting a solution.						

S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
3.	I Analyse the situation/problem before seeking solution.						
4.	I review my decisions based on detailed analysis of factual information.						
5.	I become more innovative when I have a purpose.						
6.	I try to develop new patterns and connections.						
7.	I evaluate the pros and cons of each option.						
8.	I Prefer to view things from many point of views.						
9.	I identify and choose alternatives based on my values and preferences.						
10.	I see problems as an opportunity rather than as issues.						
11.	I ask different questions about the nature of the problem.						
12.	I Can figure out how to use ideas to solve problem.						
13.	I seek stake holders help to generate solution.						
14.	I evaluate potential solutions against predefined standards.						

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S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
15.	I can draw logical conclusions that reflect my ideas.						
16.	I feel a logical step by step method is best for solving problem.						
17.	I can predict complex relationship among ideas.						
18.	I create an implementation plan before communicating my decision.						
19.	When solving problem I rethink about issue to develop deeper insight.						
20.	I implement the decision on solution irrespective of any opposition.						
21.	I can anticipate the implication of various ways to solve problem.						
22.	I use a well defined process to structure and implement my decision.						
23.	Making a decision is the end of my problem solving process.						
24.	I seek informational, tangible and emotional support in difficult situation.						
25.	It is more important for me to feel that the decision is right than to have a rational reason for it.						

Affective Skills

S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
1.	I am aware of my strengths and limitations.						
2.	I try to accurately identify my feelings and its source.						
3.	I adopt analytical approach to solve the problem.						
4.	I am a decisive and practical problem solver.						
5.	I am a balanced and positive person.						
6.	I try to understand the underlying issue that needs to be addressed.						
7.	I avoid blaming others, self criticism, emotional suppression and social withdrawal.						
8.	I have strong self image and self respect.						
9.	I think about something that triggers a positive feeling.						
10.	I detach myself to minimize the significance of the saturation.						
11.	I think of something which can be learnt from the situation.						
12.	I develop few strategies to avoid the source of stress.						

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S. No.	Content	Response					Obtained
		Always	Often	Occasionally	Rarely	Never	
13.	I give emphasis on self satisfaction while doing work.						
14.	Redefining the problem minimizes negative emotions.						
15.	I try to be open and accept what is going on around.						
16.	I do self control by regulating my feelings and actions.						
17.	I reach out to a friend or family member for counseling.						
18.	I acknowledge my role and try to put things right.						
19.	I am conscious of the impact of my behavior on me and other.						
20.	I boost my emotional self awareness.						
21.	I try to maintain positive attitude.						
22.	My decisions and actions directly reflect my values.						
23.	I try to focus on positive things rather than negative things.						
24.	I am a doer rather than thinker.						
25.	I identify the problems and help others with the resources.						