

COMMUNICATIONS

Answer the following questions to help you improve your communication skills. Please place a "X" in the column after each question. Choose only one column per question.

Age: **14-19**

Never Some Always

DO YOU ...	1	2	3	4	5
HEAD					
- Avoid saying mean things to others?					
- Hear what others are saying when you are angry?					
- Say what you really mean when speaking?					
- Use words that might make others feel happy?					
- Get to the point when speaking?					
HEART					
- Share with others when speaking?					
- Let others ask questions?					
- Look at the other person when talking?					
- Let the person talking finish before asking questions?					
- Stick to one topic?					
HANDS					
- Let others have different ideas without getting angry?					
- Let everyone speak in the group?					
- Tell people when you are wrong?					
- Begin sentences with "I" when you talk rather than "you"?					
- Remain quiet when others speak?					
HEALTH					
- Focus on the speaker when they are talking?					
- Try to see others point?					
- Speak nicely to others?					
- Ask questions nicely when you don't understand?					
- Wait for the speaker to finish?					
SCORING: Total number of "X's" in each column ...	Col. 1	Col. 2	Col. 3	Col. 4	Col. 5
TOTALS FOR EACH COLUMN ...					

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How did you do?

- _____ If you answered most of the questions with an "always" (column 4 or 5), you are doing a good job with communication's skills.
- _____ If you answered most question with a "sometimes" (column 3), you are on your way to good communication's skills.
- _____ If you answered most questions with a "never" (column 1 or 2), you are beginning to improve your communication's skills.

NAME: _____ Age: _____ Date: _____

