



LIFE SKILLS EDUCATION

Middle School Student Survey

On a scale of 1-4, please rate how often you apply the following:

1. I can identify five of my strengths.

Never 1	Sometimes 2	Often 3	Always 4
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2. My decisions affect others.

Never 1	Sometimes 2	Often 3	Always 4
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3. I break my long-term goals into medium-range and short-term goals.

Never 1	Sometimes 2	Often 3	Always 4
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4. I spend a lot of time considering the consequences of my decisions.

Never 1	Sometimes 2	Often 3	Always 4
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5. I prefer to resolve conflicts by talking instead of fighting.

Never 1	Sometimes 2	Often 3	Always 4
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6. It is hard for me to control my anger.

Never 1	Sometimes 2	Often 3	Always 4
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7. Cooperation reduces problems at home and/or school.

Never 1	Sometimes 2	Often 3	Always 4
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8. I can list three ways to manage my stress.

Never 1	Sometimes 2	Often 3	Always 4
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9. I prepare for exams at least one week in advance.

Never 1	Sometimes 2	Often 3	Always 4
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10. I am confident when I communicate with people.

Never 1	Sometimes 2	Often 3	Always 4
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11. I have strategies to deal with negative peer pressure.

Never 1	Sometimes 2	Often 3	Always 4
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12. I show respect to people who I don't agree with.

Never 1	Sometimes 2	Often 3	Always 4
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13. I am prepared for the changes of high school.

Never 1	Sometimes 2	Often 3	Always 4
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What are your strongest skills?

With what do you need the most help?

Thank you for taking time to complete this survey.