

## Life Skills: Skills for Everyday Living

Post - then - Pre Evaluation (ages 11 to 19)

**Program / Activity:** \_\_\_\_\_

**Instructions:** The following statements describe how you might communicate, solve problems, make decisions, and achieve goals in everyday life. In the first column, circle the number that best fits your knowledge based on what you have learned. In the second column, circle the number that best describes your knowledge before the beginning of this program. For example, if you circle 5 for a statement that means you always do what is described in the statement.

<b>When I have a decision to make:</b>	<b>What I Now Know After Completing the Program/project</b>					<b>What I Knew Before you Started the Program / Project</b>				
1. I look for information to help me understand the problem.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
2. I think before making a choice.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
3. I consider the risks of a choice before making a decision.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
<b>When I think:</b>										
4. I can easily express my thoughts on a problem.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
5. I usually have more than one source of information before making a decision.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
6. I compare ideas when thinking about a topic.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
<b>When I communicate with others:</b>										
7. I try to keep eye contact.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
8. I organize the thoughts in my head before speaking.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
9. I try to see the other person's point of view.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1

<b>When setting a goal:</b>										
10. I look at the steps needed to achieve the goal.	Always 5	Often 4	S sometimes 3	Rarely 2	Never 1	Always 5	Often 4	S sometimes 3	Rarely 2	Never 1
11. I think about how and when I want to achieve it.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
12. After setting a goal, I break goals down into steps so I can check my progress.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
<b>When solving a problem:</b>										
13. First, I figure out exactly what the problem is.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
14. I try to determine what caused the problem.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1
15. I compare each possible solution with the others to find the best one.	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1	Always 5	Often 4	Sometimes 3	Rarely 2	Never 1

**About You:**

1. I am \_\_\_\_\_ years old.

2. I have been in 4-H for \_\_\_\_\_ years.

3. How would you best describe yourself?

- \_\_\_\_\_ White, not Hispanic Origin
- \_\_\_\_\_ American Indian, Alaskan Native
- \_\_\_\_\_ African American
- \_\_\_\_\_ Asian/Pacific Islander
- \_\_\_\_\_ Hispanic / Latino
- \_\_\_\_\_ Biracial / Multiracial

4. I am

- \_\_\_\_\_ female
- \_\_\_\_\_ male.

5. How do you most frequently participate in 4-H?

- \_\_\_\_\_ 4-H Club or Project Club
- \_\_\_\_\_ 4-H Special Interest
- \_\_\_\_\_ Member-at-Large
- \_\_\_\_\_ 4-H Day Camp
- \_\_\_\_\_ 4-H Afterschool Program
- \_\_\_\_\_ 4-H School Enrichment
- \_\_\_\_\_ 4-H Camp (overnight camping)