

# Rate Yourself:

## My Social Skills Rating List

Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

- \_\_\_\_\_ Show Empathy
- \_\_\_\_\_ Good Manners
- \_\_\_\_\_ Listening
- \_\_\_\_\_ Eye Contact
- \_\_\_\_\_ Good Body Language
- \_\_\_\_\_ Share
- \_\_\_\_\_ Take Turns
- \_\_\_\_\_ Greet Others
- \_\_\_\_\_ Show Gratitude
- \_\_\_\_\_ Caring
- \_\_\_\_\_ Give Compliments
- \_\_\_\_\_ Problem Solve
- \_\_\_\_\_ Make Eye Contact
- \_\_\_\_\_ Pay attention
- \_\_\_\_\_ Accept Compliments
- \_\_\_\_\_ Self regulate
- \_\_\_\_\_ Facial Expressions
- \_\_\_\_\_ Good Sport
- \_\_\_\_\_ Follow Rules
- \_\_\_\_\_ Good Sportsmanship
- \_\_\_\_\_ Cooperate

1.) Rate yourself on each of the social skills listed.

2.) Circle the habits you feel you could improve on.

Write a goal about how you could change a social skill you circled that would help you to have a great next term.