

Rate Yourself:

My Social Skills Rating List

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

1

2

3

4

5

_____ *Introducing yourself*

_____ *Introducing others*

_____ *Joining a group*

_____ *Apologizing*

_____ *Aware of your own emotions*

_____ *Showing concern*

_____ *Standing up for others*

_____ *Handling the anger of others*

_____ *Asking a question*

_____ *Saying thank you*

_____ *Showing affection*

_____ *Handling fear*

_____ *Sharing*

_____ *Starting a conversation*

_____ *Avoiding trouble*

_____ *Responding to peer pressure*

_____ *Responding to failure*

_____ *Being flexible*

_____ *Dealing with unwanted change*

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.