

Name: _____ Date: _____

Directions:

1. This assessment contains 31 items. It will take you approximately 20 minutes to complete.
2. Print out this assessment.
3. Read each question carefully. Circle A, B, or C for each item.
 - A = Almost always; I am really good at this.
 - B = Sometimes; I am ok with this.
 - C = Rarely; I am not very good at this.
4. Respond to each question as honestly as you can.
5. If you are not sure about a question or do not understand it, you can circle the "?" for "Not sure."
6. If you need help completing this assessment, ask someone (a family member, teacher, etc...) to assist you.
7. Add up your total number of A's, your total number of B's, and your total number of C's when you are finished (ask for help if needed).
8. Write your totals on the last page of the assessment.

	Questions:	Almost Always	Sometimes	Rarely
1.	When someone asks me a question, I answer them.	A	B	C
2.	I can start a new conversation with someone (i.e. "Hey, did you see that lightning storm last night?").	A	B	C
3.	I join in on conversations with other people.	A	B	C
4.	I change conversation topics appropriately (i.e. "Speaking of Atlanta, did you hear that U2 is performing there in June?").	A	B	C
5.	I speak clearly so others can understand what I am saying.	A	B	C
6.	When I am talking to someone, I use appropriate body language (i.e. turn body in their direction, look at them, smile, etc...).	A	B	C
7.	I am able to stay out of other people's personal space (i.e. keep an arm's length distance).	A	B	C
8.	When someone is talking to me, I show them that I am listening by looking towards them and nodding my head.	A	B	C
9.	I use greetings ("Hi, how are you?").	A	B	C
10.	I use farewells ("It was good to see you. Bye!").	A	B	C
11.	I choose topics of conversation that other people would find interesting as well.	A	B	C
12.	When I am talking to someone who I don't know well, I avoid such topics as religion, sex, politics, and personal information.	A	B	C
13.	I use the telephone appropriately to give and obtain information.	A	B	C
14.	Even when I get frustrated, I am able to stay calm.	A	B	C
15.	If I disagree with someone, I still show them that I respect their ideas.	A	B	C
16.	If someone points out that I made a mistake, I can accept it without becoming angry.	A	B	C
17.	I apologize when I make a mistake ("I'm sorry, I should have been here at 10am.").	A	B	C

	Questions:	Almost Always	Sometimes	Rarely
18.	I am comfortable working with a group.	A	B	C
19.	I accept the ideas and suggestions of others ("That is a good idea. I might start doing that instead.").	A	B	C
20.	I stay calm when a supervisor or teacher tells me that I have made a mistake.	A	B	C
21.	When a supervisor or teacher tells me to correct a mistake, I do it.	A	B	C
22.	I can handle it when someone tells me no.	A	B	C
23.	I can explain things (instructions, directions, events) to other people in a way that they can understand.	A	B	C
24.	I do not touch or use other people's belongings without their permission.	A	B	C
25.	I ask for help if I need it.	A	B	C
26.	If I do not understand what someone is telling me, I ask them to explain it again.	A	B	C
27.	I offer to help others ("Hey, do you need me to fix that for you?").	A	B	C
28.	I wear appropriate clothing to school and work (i.e. clean, neat clothing).	A	B	C
29.	I maintain good personal hygiene (i.e. shower and brush teeth every day, comb hair, wash hands).	A	B	C
30.	I avoid showing strange behaviors (i.e. making noises, rocking, waving hands) in public.	A	B	C
31.	When it is break time, I do the same things that other classmates or co-workers do during their breaks (i.e. read, chat, snack).	A	B	C
	Total number of:			