



Resiliency

To what extent do the following statements apply to you?	Not at all	A little	Somewhat	Quite a bit	A lot
1. I cooperate with people around me	1	2	3	4	5
2. Getting an education is important to me	1	2	3	4	5
3. I know how to behave in different social situations	1	2	3	4	5
4. I am treated fairly in my community	1	2	3	4	5
5. I have opportunities to show others that I am becoming an adult and can act responsibly	1	2	3	4	5
6. I can develop skills that are useful later in life (like job skills and skills to care for others)	1	2	3	4	5
7. I enjoy my family's/caregiver's cultural and family traditions	1	2	3	4	5

Everyday Skills (communicate, solve problems, make decisions and achieve goals in everyday life)

Circle the number that best fits how often you did what is described in the <u>last 30 days</u>	Never	Rarely	Sometime	Often	Always
1. I think before making a choice.	1	2	3	4	5
2. I can easily express my thoughts on a problem.	1	2	3	4	5
3. I keep my mind open to different ideas when planning to make a decision.	1	2	3	4	5
4. I recognize when two people are trying to say the same thing, but in different ways.	1	2	3	4	5
5. I try to see the other person's point of view.	1	2	3	4	5
6. I make sure I understand what another person is saying before I respond.	1	2	3	4	5
7. I think about how and when I want to achieve the goal.	1	2	3	4	5
8. Both positive and negative feedback helps me work towards my goal.	1	2	3	4	5
9. I first figure out exactly what the problem is	1	2	3	4	5
10. I do what I have done in the past to solve it.	1	2	3	4	5
11. I compare each possible solution with the others to find the best one.	1	2	3	4	5
12. Once I have solved a problem, I think about how my solution worked.	1	2	3	4	5