

# Prioritising Indicators for Assessing Life Skills

Enclosed you will find a number of options for indicators for assessing the Life Skills Competences with Students in VET. The indicators are formulated in a statement which express relevant behavioural competence for a Life Skill. The formulation of the indicators has been derived from the contribution of the project partners, existing tools for assessing Life Skills, information provided in training events about Life Skills.

The final statements will be used in a Self-Assessment instrument (Excel file) using a Likert 7-Point scale:

1. Never
2. Rarely
3. Occasionally
4. Sometimes
5. Frequently
6. Usually
7. Every time

The Self-Assessment Instrument will have 50 statements. 5 statements about each Life Skill.

## Assignment

You are kindly asked to prioritise the statements which can be considered as a relevant indicator for the Life Skill. The scale for identifying the priority is a 5-point scale.

- 1 = No priority
- 2 = Low priority
- 3 = Some priority
- 4 = High Priority
- 5 = Highest Priority

You can select a statement by putting a 'X' in cell which express your choice for priority.

Based on the analysis of the priority choices of the project partners, the final indicators for assessing Life Skills will be selected and included in the self-assessment Instrument for assessing Life Skills with Students in VET.

Please send your list of priorities to Birgit Grimbergen ([grimbergen@reacollege.nl](mailto:grimbergen@reacollege.nl)) before 30 September 2023

		Priority				
	<b>Self-Awareness</b>	1	2	3	4	5
1	I am satisfied with myself.					
2	In team activities, I take my responsibilities.					
3	I feel that I can clearly express what I need.					
4	I know my strengths.					
5	I know my weaknesses.					
6	I have a clear view on what I am not good at.					
7	I am able to keep a positive attitude towards myself (in positive/negative circumstances)					
8	All in all, I'm inclined to feel I am a failure					
9	I feel I am a valuable person					
10	I take care of my wellbeing					

		Priority				
<b>Critical thinking</b>		1	2	3	4	5
1	I explore (consider) various possible options for results before I take any action.					
2	I check the author when I read a piece of news that seems inconsistent					
3	I want to know the source where the information comes from					
4	I show difficulties in expressing my thoughts on a problem.					
5	I easily believe what people tell me					
6	I speak about rumours					
7	I do not believe in teachers because they get their information from television					
8	I develop my ideas by gathering information					
9	When I disagree with others, I stop listening to their ideas					
10	When I think about a topic, I compare more ideas					

		Priority				
<b>Effective Communication</b>		1	2	3	4	5
1	I use the tone my voice to emphasise what I try to say.					
2	I use words that are appropriate					
3	I show to others that I am listening actively					
4	I know when to listen and when to talk					
5	I am not listening what another person is saying, because I think about what I want to tell myself.					
6	I use words that are not appropriate					
7	I do not ask questions					
8	I do not talk at all					
9	I am often misunderstood					

		Priority				
<b>Decision making</b>		1	2	3	4	5
1	I take enough time to think before making a choice.					
2	I decide to finish my school work and not to join a party					
3	I think that for an important decision I have to evaluate the consequences for the future					
4	I am asked to help another student who faces problems (peer education)					
5	I do not take a decision based on what others tell me what to do.					
6	I think that intuition is enough to make the right decision					
7	I have difficulties to commit myself to choices					
8	I make decision quickly without thinking much about them					
9	I regret choices I made impulsively					
10	If I have to make an important choice, emotions take over me					

		Priority				
<b>Creative thinking</b>		1	2	3	4	5
1	When problems occur, I am more observing the situation than proposing a solution.					
2	I am willing to carry out new type of tasks					
3	I am excited to learn from new experiences					
4	I prefer to have a quick and fixed solution when problems occur.					
5	I am anxious to try out a new different solution					
6	I am bored					
7	I use to brainstorm before identifying the best solution					
8	I like to do artistic works where I can use my fantasy					
9	I know how to transform old things by giving them a new form					
10	I hate doing things without clear instructions (or without a precise model)					
11	If I am with my friends, we don't know what do together.					

		Priority				
<b>Interpersonal relationship</b>		1	2	3	4	5
1	I show that I can rely on others					
2	I prefer to work in a group					
3	I dare to ask help from others					
4	I think to know that I have a stable relationship with others					
5	I am able to stimulate others					
6	I have difficulties in building up a trustful relationship with other students.					
7	I am afraid to ask help					
8	I can count on my friends					
9	I share concern, ideas and opinions with my peer					
10	I don't get into arguments and conflicts					

		Priority				
<b>Problem solving</b>		1	2	3	4	5
1	When I have a problem, I first figure out exactly what the problem is.					
3	I enjoy exploring different perspectives of a problem, a challenge or a process					
4	I am a good mediator					
5	I come into action, immediately after identifying the problem					
6	I feel completely lost					
7	I feel alone, abandoned					
8	Friends usually ask me for help if they need to solve a problem					
9	When faced with an obstacle, I prefer to let go rather than try to overcome it					
10	When faced with an obstacle, I get quickly discouraged and I usually feel completely lost					

		Priority				
<b>Empathy</b>		1	2	3	4	5
1	I become excited when others are excited.					
2	I prefer to help others					
3	I do not judge others					
4	I easily feel emotions of others					
5	Misfortunes of others disturb me					
6	I cannot handle the stress of somebody else					
7	I avoid persons who have big problems					
8	I can see how other people feel.					
9	If I see someone crying, I make fun of them					
10	I am annoyed by those who show their emotions too much					

		Priority				
<b>Coping with Stress</b>		1	2	3	4	5
1	I mostly have control of any situation					
2	I get angry on things I have not control of					
3	I often see problems which cannot be solved					
4	In new situations, I feel tension in my body					
5	I am able to reduce my stress					
6	When I'm under pressure, I have difficulty focusing on different things.					
7	When I feel a lot of stress in my life, I find ways to express and release my emotions (writing, playing music, painting, etc).					
8	When the stress come up, I seek out emotional support from others.					
9	When I feel strained, I hole up in my house and avoid friends and family as much as possible.					
10	To get my mind off my real problems, I throw myself into reckless behaviour (i.e. drugs, alcohol, impulsive spending, gambling etc).					

		Priority				
<b>Coping with Emotions</b>		1	2	3	4	5
1	I express my appreciation when others have done something right					
2	I am often confused about what I feel					
3	I pay attention to how I feel					
4	I have difficulty making sense out of my feelings					
5	I care about what I am feeling					
6	When I'm upset, I acknowledge my emotions					
7	When I'm upset, I become embarrassed for feeling that way					
8	It's easy for me to adapt my behaviour in different life context (family, friends, etc.)					
9	When I'm upset, I have difficulty controlling my behaviours.					
10	When I'm upset, I believe there is nothing I can do to make myself feel better.					
11	I tend to dismiss my emotions					

