

Teen Success Skills Development

	Present	Emerging	Lacking
Listening			
Avoids side conversation			
Sits still to listen			
Ignores distractions			
Looks at the speaker			
Presents calm, friendly face			
Actively listens & encourages talking			
Asks for clarification			
Avoids giving advice			
Totals			

	Present	Emerging	Lacking
Communication			
Identifies a range of own feelings			
Uses "I" messages			
Uses assertive communication style			
Asks for own needs/wants			
Asks open-ended questions			
Matches verbal and body language			
Voices support to member who speaks			
Validates others' feelings			
Practices non-judgmental communication			
Takes turns appropriately when talking and listening			
Totals			

	Present	Emerging	Lacking
Conflict Resolution			
Was instructed in resolution steps			
Demonstrates each step in safe structured setting			
Understands criticizing ideas, not people			
Accurately identifies issues in conflict			
Can state other person's point of view			
Identifies "Whose problem is it?"			
Brainstorms solutions			
Looks for win-win solutions			
Identifies consequences of each solution			
Chooses a solution and makes a plan			
Lets go of conflict once resolution is reached			
Totals			

	Present	Emerging	Lacking
Decision-Making/Problem-Solving			
Recognizes need to make a decision			
Identifies decision that needs to be made			
Identifies who is involved in decision and who is not			
Distinguishes between emotional (heart) and logical (head) considerations			
Brainstorms multiple alternatives			
Seeks necessary relevant information to evaluate alternatives			
Identifies factors that may affect outcome but that can't be controlled			
Chooses alternative that "makes sense and feels right"			
Follows through on decision action plan			
Understands that quality decisions may not always feel good			
Understands that good decisions may have good or bad outcomes			
Totals			