

Communicating Survey

Name _____

Date _____

ABOUT ME...

- | | |
|---|--|
| <p>1. I am _____ years old.</p> <p>2. I have been in 4-H for _____ years.</p> <p>3. Check one:
 _____ I am girl.
 _____ I am boy.</p> | <p>4. Birthdate (MM/DD/YY) _____</p> <p>5. How do you describe yourself? (check one)</p> <p><input type="checkbox"/> African –American, not of Hispanic origin</p> <p><input type="checkbox"/> American Indian or Alaskan Native</p> <p><input type="checkbox"/> Asian/Pacific Islander</p> <p><input type="checkbox"/> Hispanic</p> <p><input type="checkbox"/> White, not of Hispanic origin</p> <p><input type="checkbox"/> Other- please specify _____</p> |
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Instructions: Circle the number that best corresponds to how often you did what is described in the last 30 days. For example, if you circle 5 for a statement, that means you **always** do what is described in the statement.

	Never	Rarely	Sometimes	Often	Always
1. I use my tone of voice to reinforce what I am trying to say.	1	2	3	4	5
2. I don't hear everything a person is saying, because I am thinking about what I want to say.	1	2	3	4	5
3. When talking to someone, I try to maintain eye contact.	1	2	3	4	5
4. My body language reinforces what I am trying to say.	1	2	3	4	5
5. I interrupt other people to say what I want to say before I forget it.	1	2	3	4	5
6. I recognize when two people are trying to say the same thing, but in different ways.	1	2	3	4	5
7. I try to watch other people's body language to help me trying to say.	1	2	3	4	5
8. I recognize when people are using their hands to reinforce what they are saying.	1	2	3	4	5
9. I recognize when a person is listening to me, but not hearing what I am saying.	1	2	3	4	5
10. I use my own experiences to let my friends know that I understand what they are going through.	1	2	3	4	5
11. When I am listening to someone, I try to understand what they are feeling.	1	2	3	4	5
12. I try to see the other person's point of view.	1	2	3	4	5
13. I change the way I talk to someone based on my relationship with them (i.e., friend, parent, teacher, etc.)	1	2	3	4	5
14. I try to respond to what someone is saying, rather than just reacting to their tone of voice.	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
15. To help a person understand me, I change the way I speak based on how the other person is talking to me.	1	2	3	4	5
16. I find it easy to get my point across.	1	2	3	4	5
17. I use my hands to illustrate what I am trying to say.	1	2	3	4	5
18. I organize thoughts in my head before speaking.	1	2	3	4	5
19. I use body language to help reinforce what I want to say.	1	2	3	4	5
20. I make sure I understand what another person is saying before I respond.	1	2	3	4	5
21. I rephrase what another person said, to make sure that I understood them.	1	2	3	4	5
22. When someone gets mad, I change my tone of voice to help calm them down.	1	2	3	4	5
23. I find ways to redirect the conversation when people rattle on and on.	1	2	3	4	5