

## Appendix F: Life Skills Assessment Tool

### DOCTORAL RESEARCH ON LIFE SKILLS ASSESSMENT OF VIII STANDARD URBAN SCHOOL-GOING ADOLESCENTS IN UDAIPUR

Name:

Class:

School:

Date of Birth:

Age:

Sex: Girl / Boy

Code No.: Please do not fill the box below. For investigator's use only.

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#### INSTRUCTIONS

1. The Instructions are given in English. Kindly answer in English only.
2. Please take your own time to write each answer.
3. Please ask if you do not understand something.
4. Please read all the instructions and questions carefully.
5. This is not an examination and there are no marks or grades for the answers given or not given.
6. If you 'do not know' are 'not sure' or is 'not applicable' in your case, please specify honestly.
7. The Worksheet 5 requires you to mark the answer from the multiple choices. Please circle or tick clearly against the selected answer.
8. Please do not leave any activity unanswered.
9. Please check the booklet carefully for the following: Total five worksheets and Total pages 10.

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## **PROFILE OF ADOLESCENTS**

### **A.1. BACKGROUND INFORMATION**

- 1. NAME**
- 2. MOTHER TONGUE**
- 3. CASTE**
- 4. RELIGION: HINDU / MUSLIM / SIKH / CHRISTIAN**
- 5. FAMILY INCOME**
- 6. TYPE OF FAMILY (JOINT / NUCLEAR / EXTENDED)**
- 7. BIRTH POSITION IN YOUR FAMILY (ELDEST / MIDDLE / YOUNGEST)**
- 8. NUMBER OF BROTHERS:** \_\_\_\_\_ **SISTERS:** \_\_\_\_\_
- 9. QUALIFICATION OF MOTHER** \_\_\_\_\_ **PROFESSION** \_\_\_\_\_
- 10. QUALIFICATION OF FATHER** \_\_\_\_\_ **PROFESSION** \_\_\_\_\_
- 11. ADDRESS (RESIDENCE)** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_
- 12. INTERESTS AND HOBBIES** \_\_\_\_\_
- 13. A. HEIGHT** \_\_\_\_\_ **B. WEIGHT** \_\_\_\_\_
- 14. INVOLVEMENT IN CO-CURRICULAR ACTIVITIES : YES / NO ? SPORTS / DEBATE /**  
**MUSIC / ART / LITERATURE** \_\_\_\_\_

## A.2 MEDIA HABITS

S. No.	MEDIA	USAGE (YES/NO)	PURPOSE OF USAGE	DURATION ( IN HOURS/DAY)
1.	TELEVISION			
2.	NEWSPAPER			
3.	MAGAZINES / BOOKS			
4.	RADIO			
5.	INTERNET			
6.	ANY OTHER, SPECIFY			

## A.3 FRIENDSHIP PATTERNS

Number of friends and level of friendship					AVERAGE AGE DIFFERENCE
	IN SCHOOL	OUT OF SCHOOL			
	NUMBER	HOME	TUITION	OTHER	SAME AGE/ ELDER/ YOUNGER
<b>SAME SEX</b> • JUST FRIENDS • BEST FRIENDS					
<b>OPPOSITE SEX</b> • JUST FRIENDS • BEST FRIENDS					

**16.DO YOU HAVE A COMMON FRIEND CIRCLE OR GROUP? YES/ NO**

**IF YES, NATURE AND NUMBER OF FRIENDS**

**ONLY BOYS (   )    ONLY GIRLS (   )    BOTH GIRLS AND BOYS (   )**

## **WORKSHEET – 1**

### **Activity 1.1**

**What are your strengths OR what are the qualities that you like the most in yourself?**

- 1.
- 2.
- 3.

**What are your weaknesses OR what are the qualities that you don't like in yourself?**

- 1.
- 2.
- 3.

**When do you feel most anxious or nervous ( for example – talking in front of a group)?**

- 1.
- 2.
- 3.

**Which person would you like to be? Why would you like to be that person?**

**What does being successful mean to you ?**

From the below written list of eight values, rank **THREE** values in the order of your priority.

- To be responsible and committed (     )
- To be brave (     )
- To respect others (     )
- To help others in need (     )
- To be patient (     )
- To be polite (     )
- To be hard working (     )
- To be truthful and honest (     )

**Activity 1.2**

**1. What do important people in your life think about you. Write words that describe their opinion.**

My father

My mother

My brother

My sister

My teacher

My best friend

### **Activity 1.3**

**Write all the emotions or feelings you know of.**

**I.**

**II.**

**III.**

**IV.**

**V.**

**VI.**

**VII.**

**VIII.**

**IX.**

**X.**

**Now classify them as positive and negative emotions. Write P for positive and N for negative against each.**

#### **Activity 1.4**

**1. What is the most important goal you would like to achieve in this year?**

**A. What steps will you take to achieve it?**

a.

b.

c.

**B. What problems would you expect in the process of achieving your goal?**

a.

b.

c.

**C. How would you solve these problems?**

a.

b.

c.

#### **Activity 1. 5**

**List three situations where you have faced a problem or felt tensed in the past .**

1.

2.

3.

Select one situation from the above and answer the following. Tick mark (✓ ) the situation chosen to react to the following questions.

**a. What did you do to solve that situation?**

**b. What did you feel in that situation?**

**c. What did you learn from the experience?**

## WORKSHEET 2

### Activity 2.1

**X gives wrong answer in the test. Teacher discusses the answer in the class.  
Everybody laughs.  
What will be ...**

***a. X's feeling:***

***b. Your feeling as a classmate:***

**c. Would you like to help X?      Yes / No**

**What will you do to help X?**

### Activity 2.2

**How are you feeling today? Express by way of drawing and explain your drawing in 2-3 lines.**



## WORKSHEET 3

### Activity 3.1

**Rate the statements according to your usage as (N-never, S-sometimes and O-often)**

1. Don't worry! It will get done. ☐
2. Why me God? ☐
3. Hurray! I did it! ☐
4. No one cares about me! ☐
5. My friends understand me very well. ☐
6. I am a good person. ☐
7. I am blamed for everything that goes wrong at home. ☐
8. I cannot do anything correct by myself. ☐
9. Everyone is proud of me! ☐
10. It is difficult for me to say no. ☐

### Activity 3.2

**Would you like to become the monitor / prefect of your class or house? If yes, then what qualities would you mention to justify your stand? If no, then give the reason for the same.**

## **WORKSHEET 4**

### **Activity 4**

**1. Rita and Vishal want to go to a party. Their parents do not allow them as there would be both boys and girls in the party. What would you do if you were Rita**

**Vishal**

**2. Meera's teacher is forcing her to buy photographs of an exhibition. She is not interested in buying. Meera has complained thrice about her teacher to the principal and no action has been taken as yet. What would you do if you were Meera?**

**3. Shyam belongs to a group of boys. These boys are following their classmate Sheila, to her house, to her tuition and every place she goes to. She does not like this. What would you do if you were -**

**Shyam**

**Sheila**

## WORKSHEET 5

### Activity 5

**Read the following statements carefully and encircle the right answer clearly.**

1. Drinking and smoking are signs of manhood.
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
2. Any demand for dowry is illegal.
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
3. It is alright not to wash the genital areas while taking a bath.
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
4. It is a woman's body that decides the sex of a baby.
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
5. Masturbation as a practice is harmful for health.
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
6. Eve teasing (passing obscene comments or remarks on someone) is not a criminal offense
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
7. Anemia is caused due to lack of salt in the body.
  - a. Agree
  - b Slightly agree
  - c. Disagree
  - d. Don't know
8. Malaria is spread through contaminated food.
  - a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
9. Junk food like pizzas, samosas, chips are good for health.
  - a. Agree

- b. Slightly agree
  - c. Disagree
  - d. Don't know
10. In India, a girl does not have property rights.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
11. When you burn yourself, the first step should be to wash the burnt area with cold water.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
12. Cigarette contains a harmful substance called nicotine.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
13. During menstruation, when using a cloth which is to be reused, it should be washed and disinfected by drying in the shade.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
14. Guava, lemon, amla, oranges are good sources of Vitamin C.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
15. In India, a boy can be married legally at the age of 20 years and a girl at 16 years.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
16. AIDS spreads through touching.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
17. A woman can get pregnant by kissing a man.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
18. Boys should have higher educational standard than girls.

- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
19. If given a choice, women should not work outside the home.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know
20. It is shameful if boys or men do household activity like serving tea or coffee washing vessels and cooking.
- a. Agree
  - b. Slightly agree
  - c. Disagree
  - d. Don't know



**THANK YOU FOR YOUR VALUABLE TIME AND EFFORTS**

