

Appendix III

Life Skills Inventory

Name of Student Teacher: _____ Roll No: _____

Dear Student Teachers,

This Life Skills Inventory has 80 questions in total. Each of them describes a situation that you might have come across in every day life. Each statement has five choices namely *Always, Very Often, Sometimes, Rarely and Never*.

The choice suggests the level of your agreement to the statement. Read each of the statement carefully and tick mark (✓) in any one of the choice.

The information and data provided by you will be used exclusively for the research purpose and will be kept secret. So, please answer without any fear whatever and exactly as you would act or behave in real life.

Do you have any doubt or questions about the task you are supposed to carry out ? If Yes, Please feel free to ask the investigator.

Sr. No.		Always	Very Often	Sometime	Rarely	Never
1	For taking decision, I take help of others.					
2	I analyze information provided by others.					
3	I enjoy carrying out work in different manner.					
4	I think nobody understands my feelings.					
5	I feel uneasy whenever I am not able to manage my stress.					
6	I give more importance to relationships in my life.					
7	I use facial expression at the time of communicating.					

Sr. No.		Always	Very Often	Sometime	Rarely	Never
8	I am confident to carry out any given task.					
9	I help others without own interest.					
10	I am ready to bear consequences of my decisions.					
11	I enjoy working in a group.					
12	I like to work independently.					
13	My ideas are different than that of others.					
14	I express my feelings very easily.					
15	I feel my life is meaningless for me.					
16	If some body approaches, then only I make relationship/ friendship.					
17	I am much conscious at the time of communicating.					
18	I don't like to listen to my criticism.					
19	Whenever I see somebody in trouble, I get emotional.					
20	I am optimistic of my decisions.					
21	I have new/ innovative ideas as soon as I take up a task.					
22	I hesitate to present my views in front of people.					
23	I like to go by directions.					
24	I get angry very quickly.					
25	I have large numbers of friends.					
26	I don't like to talk to others.					
27	I use non verbal cues for communication.					
28	I have clarity about my goal.					
29	I learn from my mistakes.					

Sr. No.		Always	Very Often	Sometime	Rarely	Never
30	I feel happy, whenever I help others.					
31	After addressing the problem, I analyze the result.					
32	Whenever some body is in trouble I think that I am in his/ her state.					
33	Problem solving task is difficult for me.					
34	I pay attention to verbal and non verbal communication channel to understand the message.					
35	I change my friendship very fast.					
36	I feel my life is full of problems.					
37	I keep my feeling with me.					
38	I have to think for long to generate new/ innovative ideas.					
39	I listen to information provided by others carefully.					
40	To solve problem, I require help of others.					
41	I get bored very quickly while doing same kind of work					
42	I hesitate to take decision.					
43	Before taking action, I reflect/ think on impact of action.					
44	I analyze behaviour of the others before reacting to that behaviour.					
45	I think I will never be happy.					
46	I like to spend time with my friends and family.					
47	I confirm the information provided to me.					

Sr. No.		Always	Very Often	Sometime	Rarely	Never
48	Whenever I have problem, I withdraw my self.					
49	Whenever I help others, I feel satisfaction.					
50	To solve problem, I attempt all the aspects of the problem.					
51	Whenever I see somebody in trouble, I feel it's my duty to help him/her.					
52	I take task depending up on my strengths.					
53	I hesitate to speck in the group.					
54	I hesitate to solve the problem.					
55	At the time of taking decision, I have clear vision of the result.					
56	To understand the information, I try to interrelate it logically.					
57	I don't change my working style frequently.					
58	I get up set very fast.					
59	Whenever I see some body is happy I get upset.					
60	I share all the things with my friends and family.					
61	I feel that I may not be able to communicate properly.					
62	Whenever I see somebody in trouble, I feel understand him/her problem.					
63	I enjoy problem solving.					
64	Whenever I see somebody in trouble, I neglect him/her.					

Sr. No.		Always	Very Often	Sometime	Rarely	Never
65	I take decision very confidently.					
66	I share my new ideas with my friends.					
67	For understanding information, I do rational thinking.					
68	I get hurt very fast.					
69	I don't have any kind of feeling when I see somebody in trouble.					
70	I accept my criticism as opportunity for my improvement.					
71	I don't accept others view very quickly.					
72	I don't think before communicating.					
73	I enjoy all my life roles.					
74	I analyze my behaviour.					
75	I find difficulty in expressing my feelings.					
76	I feel uncomfortable at the time of taking decisions.					
77	I hesitate to present my ideas.					
78	I accept information as provided by others without mental process.					
79	I attribute to myself if any thing happens to me.					
80	I think that it is my, my family and friends duty to take care of each others.					