



Life Skills Pre & Post Test

This test is designed to assess students' knowledge and understanding of life skills in the areas of confidence, influence and peer pressure, problem solving and conflict resolution, and goal-setting.

Part 1: Confidence

1. I feel most confident when
 - a. I am wearing nice clothes or when I get a new hair cut
 - b. I get a good grade
 - c. Someone says nice things to me
 - d. None of the above. My confidence is not usually determined by the things that I see.
2. When someone is talking to me, I usually
 - a. Look around at something else because it is hard to look people in the eyes
 - b. Hold my head down
 - c. Smile and look them in the eye
 - d. Smile and try to keep my hands busy
3. Confidence means
 - a. Believing I can do just about anything I put my mind to
 - b. I may fail at some things, and that is fine
 - c. Other people may have to help me sometimes
 - d. All of the above
4. When I encounter a difficult challenge, I
 - a. Avoid it and find something that is easier to do
 - b. Continue ahead and get the resources I need to work through the challenge
 - c. I never encounter challenges. I am good at everything I do
 - d. Get upset and find ways to take out my frustrations
5. If I am given a choice between doing what is right according to my values, and what everyone else is doing, I will
 - a. Choose what everyone else is doing. Sometimes, things are much easier that way
 - b. Try my best to do both so that I don't lose my friends
 - c. Choose what is right according to my values
 - d. Not make a decision

Part 2: Influence and Peer Pressure

1. What is peer pressure?
 - a. Only negative influence to do bad things
 - b. Influence from others that encourages a person to change his attitudes, values or behavior to conform to the group's norms
 - c. Pressure from adults to do things that are outside of a young person's comfort zone
 - d. None of the above
2. Who is likely to give into peer pressure in order to seek their peers' approval?
 - a. People with low confidence who fear being rejected
 - b. People who tend to follow rather than lead
 - c. People who are unsure of their values
 - d. All of the above
3. Which of the follow is NOT true?
 - a. Adults, as well as youth, can be affected by peer pressure

- b. Those who lack confidence in their values and beliefs are more likely to give in to peer pressure
 - c. Peer pressure only comes from bullies
 - d. The way a person responds to peer pressure is directly related to how they feel about themselves.
4. Can peer pressure be a good thing?
 - a. Yes, some peer pressure can influence a person to do something good
 - b. Yes, sometimes a person might need someone to think for them
 - c. No, any kind of outside influence is bad and means that you cannot think for yourself.
 - d. Both A and B
 5. What is the best way to say no to negative peer pressure?
 - a. Suggest something else to do
 - b. Walk away from the situation
 - c. Explain why you are not interested and the consequences of the action
 - d. All of the above

Part 3: Problem Solving and Conflict Resolution

1. When I disagree or do not like what someone is saying to me, I usually
 - a. Start talking loudly to let them know that I disagree
 - b. Walk away from them. There is no point in listening to what they have to say
 - c. Listen to what they have to say then wait my turn to make my point.
 - d. None of the above
2. Which of the following will help to deescalate, or reduce an argument?
 - a. Interrupting the other person as often as you need to so that you can make your point
 - b. Focusing on the other person's faults instead of the issue of the conflict
 - c. Ignoring the other person
 - d. Listening to what the other person has to say and taking responsibility for your actions
3. Recognizing that the person you are in a conflict with may have legitimate points is a sign of
 - a. Maturity
 - b. Weakness
 - c. Respect
 - d. Both A and C
4. One benefit of conflict is that it challenges you to
 - a. Examine problems and work toward a solution
 - b. Get out your frustrations
 - c. Let people know not to disrespect you
 - d. All of the above
5. The first stage of healthy conflict resolution is to
 - a. Call the other person immediately and let them know they offended you
 - b. Think of a solution
 - c. Get advice from your best friend
 - d. Define and analyze the problem

Part 4: Goal-setting

1. S.M.A.R.T. goals are goals that are
 - a. Specific, Measurable, Attainable, Realistic, and Timely
 - b. Silly, Measurable, Attainable, Realistic, and Timely
 - c. Specific, Money-driven, Attainable, Realistic, and Timely
 - d. Specific, Measurable, Attainable, Responsible, and Timely
2. John is in the 9th grade. An example of a long-term goal for him is
 - a. Passing all of his classes so that he can advance to the 11th grade

- b. Leading the basketball team to this year's state finals
 - c. Excelling in his classes so that he can attend Howard University after graduating from high school
 - d. None of the above
3. How are values and goals related?
- a. The types of goals you set are determined by the things you value
 - b. They are not related
 - c. Your goals may change if your values change
 - d. Both A and C
4. What can prevent you from achieving your goals?
- a. Being influenced by people who discourage you
 - b. Not having a plan or strategy
 - c. Not having the appropriate resources needed
 - d. All of the above
5. When setting goals, are rewards important?
- a. No, the only thing that matters is the goal
 - b. No, after you achieve a goal, it is time to move on to the next one
 - c. Yes, rewards help to keep you motivated
 - d. Yes, rewards are the only reason for setting goals

Life Skills Pre/Post-Test Answer Key:

Each correct answer is worth 5 points. Students scoring 80% or higher have some basic knowledge and understanding the areas of confidence, purpose, problem-solving, influence and peer pressure, and conflict resolution.

Confidence

- 1. **D**
- 2. **C**
- 3. **A**
- 4. **B**
- 5. **C**

Problem-solving and Conflict Resolution

- 1. **C**
- 2. **D**
- 3. **D**
- 4. **A**
- 5. **D**

Influence and Peer Pressure

- 1. **B**
- 2. **D**
- 3. **C**
- 4. **A**
- 5. **D**

Goal-setting

- 1. **A**
- 2. **C**
- 3. **D**
- 4. **D**
- 5. **C**

¹Life skills pre and post-test developed by P.E.R.K. Consulting. For additional resources, visit www.perkconsulting.net