

## *Life Skills Pre-Test/Post-Test*

*This test is designed to assess participant' knowledge and understanding of basic life skills in the areas of social etiquette, communication, self-esteem, and personal hygiene.*

### **I. Social Etiquette and Communication Skills**

1. When you are at a new place and you do not know anyone there, you should
  - a. smile and stay to yourself
  - b. introduce yourself
  - c. leave
  - d. do nothing until someone approaches you
  
2. When beginning a conversation with someone you do not know, you should
  - a. be yourself
  - b. think of something nice to say
  - c. ask them about themselves
  - d. all of the above
  
3. When someone wants to shake your hand, you should use which hand
  - a. right hand
  - b. left hand
  - c. neither hand
  - d. it doesn't matter

4. When someone invites you to dinner at a restaurant, you should sit in your chair with
  - a. both feet flat on the floor and your back straight
  - b. your legs crossed
  - c. the chair leaned back from time to time
  - d. all of the above
  
5. Before eating your food, you should make sure you
  - a. wash your hands
  - b. place your napkin in your lap
  - c. a & b
  - d. neither a or b
  
6. If you need to clean your mouth while eating, you should use a
  - a. cloth napkin
  - b. your shirt
  - c. your hands
  - d. whatever is near you
  
7. When someone is speaking to you, you should
  - a. look around at something else
  - b. hold your head down
  - c. smile and look them in the eye
  - d. smile and rock from side to side

8. How do you know if you are listening to someone?
  - a. when you nod your head
  - b. when you interrupt them to share your thoughts
  - c. when you let them finish talking and then you are able to repeat what was said to you
  - d. when you interrupt them and then tell them you were listening
  
9. After someone does something nice for you, you should
  - a. do nothing and smile
  - b. nod your head and smile
  - c. look away and say thank you
  - d. smile and say thank you
  
10. If you disagree or do not like what someone is saying, you should
  - a. start talking loud and argue with them
  - b. walk away
  - c. interrupt them
  - d. be polite and respectful until it's your turn to speak
  
11. When your friend is talking to someone else and you want to talk also, you should
  - a. stand in your friend's face
  - b. give them their personal space and wait your turn
  - c. wave your hands up and down to get their attention
  - d. add your comment into the conversation

12. Which is a utensil?
- a. ketchup or mustard
  - b. a napkin or paper towel
  - c. a fork or knife
  - d. none of the above
13. If you need to leave the table at a restaurant to use the restroom, what should you say?
- a. "Please excuse me."
  - b. "I need to go potty."
  - c. Nothing. Just get up and leave.
  - d. "Where is the bathroom?"
14. When shaking someone's hand, you should
- a. have an open hand
  - b. look them in the eye and smile
  - c. move your hand up and down
  - d. all of the above
15. When eating meat, you should use
- a. a fork and cutting knife
  - b. your hands
  - c. whatever you want
  - d. a fork only

16. When you see someone and it is 4:30 p.m., you should smile and say
- a. good afternoon
  - b. good morning
  - c. good evening
  - d. good night
17. When you are eating at a restaurant, you should begin eating
- a. when your food is served
  - b. when everyone at your table is served
  - c. neither
  - d. it doesn't matter

## **II. Self Esteem and Hygiene**

18. Someone is beautiful only when
- a. He/she wears nice clothes
  - b. He/she has long hair
  - c. He/she believes he/she is
  - d. He/she has a pretty/handsome face
19. Love is
- a. kind and not rude
  - b. patient and not easily angered
  - c. not selfish
  - d. all of the above

20. Someone is special only when he/she
- a. lives in a nice house
  - b. has lots of things/clothes
  - c. believes he/she is
  - d. has a lot of friends or is popular
21. Someone is selfish when he/she
- a. only cares about him or herself or makes everything about him/her
  - b. does not want to help others
  - c. is bossy or wants everyone to do things his/her way
  - d. all of the above
22. You know you love yourself when you
- a. don't hurt yourself
  - b. don't allow others to hurt you
  - c. don't always put yourself down
  - d. all of the above
23. Happiness should come from
- a. you doing what others expect you to do
  - b. other people liking you
  - c. you doing what makes others happy even when your not
  - d. within yourself or you liking you first

24. Most of the time, people earn good grades when they
- a. work hard at being the one the teacher likes
  - b. don't pay attention because they are smart
  - c. study
  - d. play in class
25. Someone with a "bad attitude"
- a. will always be this way
  - b. can change if they choose to
  - c. are good friends to have
  - d. doesn't want to be this way
26. Having a "bad attitude"
- a. makes you tough
  - b. makes you better than others
  - c. is the only way to make others respect you or like you
  - d. will most often get you in trouble
27. You are smart when you
- a. quit or give up whenever something is too hard
  - b. don't do your best work in class so others will like you
  - c. listen, take good notes, and get help when you don't understand something
  - d. don't take notes in class and study the night before the test

28. When you believe in yourself, you will tell yourself
- a. I can do it as long as someone helps me
  - b. I can do it if I try
  - c. I will fail at everything
  - d. nothing good will happen to me
29. Part of being healthy is
- a. combing / brushing your hair
  - b. washing your face and body
  - c. brushing your teeth
  - d. all of the above
30. Having a healthy body includes
- a. eating right and exercising
  - b. eating candy, hamburgers, and drinking sodas all the time
  - c. not drinking alcohol or smoking
  - d. both a and c

Bonus:

31. A bully can be someone who
- a. teases you or calls you names and then says he/she was just playing
  - b. tries to tell you who to be friends with or hang out with
  - c. hits on you or make threats to you
  - d. all the above

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Life Skills Pre/Post-Test Answer Key:

*Noted Recommendations: This pre/post test should be used as a way to elicit dialogue/discussion and/ or baseline data about the areas tested for self-development purposes only and not for clinical diagnosis.*

Participants scoring 80% or higher appear to have some **basic knowledge and understanding** in the areas of social etiquette, communication, self-esteem/worth, and personal hygiene. Parents if you feel your child needs additional help, please consult with your school counselors, school psychologists, and other helping professionals that are trained to help participants in the areas assessed in this test.

1. b. 2. d 3. a 4. a 5. c 6. a 7. c 8. c 9. d 10. d 11. b 12. c  
13. a 14. d 15. a 16. a 17. b 18. c 19. d 20. c 21. d 22. d 23. d 24. c  
25. b 26. d 27. c 28. b 29. d 30. d 31.(Bonus) d

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