NEUROHEADWAY
Neuroscience Into Education

People Skills Assessment – Test 2

	Completely true 1	Mostly true 2	Somewhat true/false 3	Mostly false 4	Completely false 5
I hate situations in which I am expected to socialize.	○	○	○	○	○
I feel uneasy in situations where I am expected to share my emotions.	○	○	○	○	○
I adjust my social behaviour according to the situation I am in or the person I am interacting with.	○	○	○	○	○
I try to steer conversations away from subjects that might be upsetting to a member of the group.	○	○	○	○	○
I don't end a conversation until I feel that I have really grasped what the other person is trying to convey to me.	○	○	○	○	○
Looking back at typical conversations, I realize that I talked mostly about myself.	○	○	○	○	○

In conversation, I _____ use gestures to emphasize my point.

- constantly
- often
- occasionally
- rarely
- never

When I am speaking with someone, I make eye contact.

- True - I maintain constant eye contact.
- True - I make eye contact often.
- True - I make eye contact from time to time.
- False - I feel uncomfortable making eye contact with others.

When I am wrong, I am not afraid to admit it.

- ○ Always true
- ○ Often true
- ○ Sometimes true
- ○ Rarely true
- ○ Never true - admitting a mistake would be a sign of weakness.
- ○ I am rarely, if ever, wrong.

When someone explains how he/she is feeling, I paraphrase to verify that I understand.

- ○ Always true
- ○ Often true
- ○ Sometimes true
- ○ Rarely true
- ○ Never true
- ○ No, that would be ridiculous!

I am able to control a bad mood when necessary, like when I'm at a social event or a business meeting.

- ○ Very easily
- ○ Easily
- ○ With some difficulty
- ○ With considerable effort
- ○ No - if I am in a bad mood, everybody knows it.

If I feel that a friend is making a poor decision I...

- insist that he/she change his/her mind.
- tell him/her repeatedly that he/she is making a mistake.
- tell him/her that I disagree, but reluctantly support his/her choice.
- will encourage him/her to consider all the options, but will be able to respect his/her choice without being overly critical.
- let him/her make his/her own mistakes without sharing my opinion.

If someone who is usually even-tempered snaps at me I:

- Assume that he/she is probably having a bad day.
- May be hurt initially, but often conclude that it was probably unintentional or a result of being upset about something unrelated to me.
- Get defensive and snap back.
- Reconsider my opinion about that person.

If a friend asks me for my honest opinion, I'll tell the truth even if it hurts.

- Yes, but I am as gentle as possible when the news isn't good.
- Yes, and I don't bother to sugarcoat the news - the truth may hurt but it needs to be heard.
- No, I don't want to be the bearer of bad news.
- No, people don't really want to hear bad news.
- No, I try to stay out of other people's affairs.

If I receive praise for an achievement that I reached with the help of others,

- I say thanks and try to spread the credit to others along with myself.
- I say thanks and modestly leave it at that.
- I launch into a long discussion about how hard I had worked, what it entailed, and just how difficult it was for me to achieve this accomplishment.