

Survey Data Collection Form

LSTQ_LS -- Life Skills - Life Skills Scale

When you need to make a decision how often do you think about your choices and what will happen?

- ☐ Never
☐ Sometimes
☐ Most of the Time

When you see or hear an ad on TV or the radio how often do you remember that ads might not be telling the truth?

- ☐ Never
☐ Sometimes
☐ Most of the Time

When you feel nervous or stressed out how often do you take deep breaths to relax?

- ☐ Never
☐ Sometimes
☐ Most of the Time

When you feel nervous or stressed out how often do you imagine something in your head to relax?

- ☐ Never
☐ Sometimes
☐ Most of the Time

When you want to communicate with someone better how often do you try to say things that are clear and easy to understand?

- ☐ Never
☐ Sometimes
☐ Most of the Time

How often do you ask questions when you dont understand something?

- ☐ Never
☐ Sometimes
☐ Most of the Time