



Social Skills

Communication Skills

Questionnaire

Available in the format below:



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Communication Skills Questionnaire

A motivated student becomes a successful learner. I like to ask my new students (or previous students at the start of a new school year) which skills are most important to them, and I also want to find out in which areas they believe they need help. This questionnaire lets students check which skills they'd like to work on in the following categories: conversational skills (e.g., maintaining and shifting eye contact, picking a good topic), practical skills (e.g., asking for help in a store, ordering in a restaurant), non-verbal (e.g., understanding others' personal space, reading facial expressions and body language), dating (e.g., asking someone out, choosing an activity), and conflicts (e.g., handling misunderstandings, sticking up for oneself). The questionnaire lets teachers, speech language pathologists, and therapists know which skills are important to individual students, and gives them insight into which skills their students or clients feel they need help with, at the same time increasing their students' or clients' self-awareness and providing them with information regarding possible skills on which to focus.

Name _____

Date _____

Communication Skills I'd Like To Work On

Put a check next to any skills you'd like to work on:

Conversational Skills

- ___ Starting up a conversation
- ___ Entering a conversation already in progress
- ___ Picking a good topic
- ___ Keeping a conversation going
- ___ Switching topics
- ___ Getting out of a conversation
- ___ Feeling comfortable during conversations
- ___ Maintaining and shifting eye contact during conversations
- ___ Being a good listener
- ___ Balancing taking turns
- ___ Not interrupting
- ___ Handling communication breakdowns

Other:

Practical Skills

- ___ Ordering fast food
- ___ Ordering in a restaurant
- ___ Asking for help in a store
- ___ Setting up a get-together with friends
- ___ Making a formal appointment by phone (e.g., doctor, bank)
- ___ Getting someone's attention
- ___ Leaving a formal message
- ___ Leaving an informal message
- ___ Being introduced / meeting someone
- ___ Making introductions

Other:



Non-Verbal

- ___ “Reading” body language and facial expressions
- ___ Recognizing sarcasm
- ___ Understanding and respecting others’ personal space
- ___ Shifting eye gaze during conversations
- ___ Shaking hands
- ___ Using tone of voice to accurately convey emotions and intentions

Other:

Dating

- ___ Approaching someone
- ___ Asking someone out
- ___ Choosing an activity
- ___ Conversation on a date
- ___ Figuring out if someone’s interested in me
- ___ Figuring out what contact is appropriate
- ___ Letting someone down easy
- ___ Handling rejection

Other:

Conflicts

- ___ Sticking up for myself
- ___ Disagreeing with a friend or sibling (a peer)
- ___ Disagreeing with a parent or teacher (an authority figure)
- ___ Handling it when someone’s mad at me
- ___ Handling it when I’ve made a mistake
- ___ Handling it when I’ve been misunderstood
- ___ Handling it when something’s too difficult

Other:

