

RATE YOUR CHILD'S PROBLEM SOLVING AND SOCIAL SKILLS

Rate each statement as follows:

1= Rarely 2= Sometimes, when under stress or in a bad mood 3= Many times

PROBLEM SOLVING SKILLS

A. Stop and Think: Interpretations about Problems

- Tends to jump to conclusions; gets angry easily
- Is easily hurt by others at school
- Is easily hurt by siblings or parents at home
- Reports that others "don't like me"
- Reports that others are mean

B. Perspective Taking

- Has difficulty understanding reasons for rules or limits
- Has difficulty understanding other children's motives
- Sees problems from own perspective only
- Shows little concern for others' feelings

C. Setting Goals and Generating Alternative Solutions

- Acts impulsively, without thinking
- Shows poor planning
- Is easily bored unless there is a planned activity at home
- Gets stuck easily; asks for help at all times

D. Pluses and Minuses: Choosing a Course of Action

- Has difficulty predicting consequences of actions
- Gets locked into one way of handling problems, even if it doesn't work very well
- Has difficulty making own decisions; constantly asks for assistance

E. Trying Again When a Solution Fails

- Gets frustrated easily when goals are not met
- Acts dissatisfied even when something works out well
- When something doesn't work, gives up or gets angry

SOCIAL SKILLS

F. Assertiveness

- Needs help to address a problem with a teacher or friend
- Pouts or whines when unhappy with rules at home
- Is overly aggressive with peers; has reputation as bully or bossy
- Is overly passive with peers; lets him/herself be taken advantage of

G. Negotiation

- Has difficulty working out compromises with friends
- Pouts when doesn't get his/her way
- See all solutions as losses or wins; sees no shades of gray

Scoring: Review each category. If you answered 2 or 3 for any statement, there is some difficulty in that area. If you answered 3 on two or more statements in any category, there is serious difficulty in that area.