

“Communication”

Name:		
Grade:	Class:	Date:

1. I understand that communication happens through actions as well as words, and I am aware of my body language. I can practice nonverbal cues.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

2. I can actively focus my attention on the speaker, confirm what I hear, and respond to what is said. I understand that being an active listener is a key to good communication.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

3. I understand that words are very powerful, and I take responsibility for the words that I speak.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

4. I can recognize the difference between “passive behavior,” “aggressive behavior,” and “assertive behavior.” I understand that assertive behavior is the best way to achieve my goals.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree

5. I can express my opinions to keep a friendly disagreement from becoming an argument. I understand that good communication skills are needed when expressing my opinions.

☐ Disagree ☐ Unsure ☐ Agree ☐ Strongly Agree