

Skills for Success Survey—Counselor

Directions: Below is a list of skills your clients may or may not have. In your opinion, how important is it that your clients know (or that you teach them) these skills in order to be a good learner? For each item, please circle **2** if you believe the item is **very important**, **1** if you believe the item is **somewhat important**, or **0** if you believe the item is **not important**. Please try to respond to all the items, but if you feel unable to rate a particular item, circle **DK** for **don't know**.

		DK = Don't Know	0 = Not Important	1 = Somewhat Important	2 = Very Important						
1.	Seeing the good in others	DK	0	1	2	26.	Managing money	DK	0	1	2
2.	Exercising	DK	0	1	2	27.	Showing empathy	DK	0	1	2
3.	Managing actions	DK	0	1	2	28.	Turning problems into opportunities	DK	0	1	2
4.	Showing appreciation	DK	0	1	2	29.	Refusing to abuse (engage in unhealthy food, substances, behaviors)	DK	0	1	2
5.	Learning that there is a positive way to do everything	DK	0	1	2	30.	Treating others the way you want to be treated	DK	0	1	2
6.	Making good decisions	DK	0	1	2	31.	Showing fairness	DK	0	1	2
7.	Managing feelings (love, anger, worry, jealousy, pride, fear, loneliness, discouragement, thankfulness)	DK	0	1	2	32.	Avoiding illnesses	DK	0	1	2
8.	Getting enough sleep and rest	DK	0	1	2	33.	Learning that you feel good about yourself when you do positive actions	DK	0	1	2
9.	Not blaming others	DK	0	1	2	34.	Managing thoughts	DK	0	1	2
10.	Showing personal cleanliness	DK	0	1	2	35.	Being able to solve problems well	DK	0	1	2
11.	Being motivated to learn	DK	0	1	2	36.	Having good thinking skills	DK	0	1	2
12.	Avoiding bullying	DK	0	1	2	37.	Telling others the truth	DK	0	1	2
13.	Setting intellectual goals	DK	0	1	2	38.	Managing possessions	DK	0	1	2
14.	Managing time	DK	0	1	2	39.	Believing in your potential	DK	0	1	2
15.	Setting physical goals	DK	0	1	2	40.	Avoiding harmful substances	DK	0	1	2
16.	Being in touch with reality	DK	0	1	2	41.	Understanding the relationship between positive thoughts, actions, and feelings	DK	0	1	2
17.	Maintaining good nutrition	DK	0	1	2	42.	Telling yourself the truth	DK	0	1	2
18.	Broadening your horizons	DK	0	1	2	43.	Managing energy	DK	0	1	2
19.	Not making excuses	DK	0	1	2	44.	Showing cooperation	DK	0	1	2
20.	Saying nice things to others	DK	0	1	2	45.	Persisting	DK	0	1	2
21.	Having courage to try	DK	0	1	2	46.	Having good study habits	DK	0	1	2
22.	Making good choices	DK	0	1	2	47.	Refusing to rationalize	DK	0	1	2
23.	Managing talents	DK	0	1	2	48.	Maintaining good dental hygiene	DK	0	1	2
24.	Respecting others	DK	0	1	2	49.	Showing kindness	DK	0	1	2
25.	Knowing your strengths and weaknesses	DK	0	1	2	50.	Setting social and emotional goals	DK	0	1	2