

## COMMUNICATION Evaluation Scale

**Directions:** Select the answer that best corresponds to how often you did what is described in the last 30 days. For example, if you select 4 for a statement that means you always do what is described in the statement.

| #   | Item   | 0     | 1      | 2         | 3     | 4      |
|-----|--|-------|--------|-----------|-------|--------|
|     |  | Never | Rarely | Sometimes | Often | Always |
| 1.  | I use my tone of voice to reinforce what I am trying to say.                                   |       |        |           |       |        |
| 2.  | I don't hear everything a person is saying, because I am thinking about what I want to say.    |       |        |           |       |        |
| 3.  | When talking to someone, I try to maintain eye contact.  |       |        |           |       |        |
| 4.  | My body language reinforces what I am trying to say.   |       |        |           |       |        |
| 5.  | I interrupt other people to say what I want to say before I forget it.                         |       |        |           |       |        |
| 6.  | I recognize when two people are trying to say the same thing, but in different ways.           |       |        |           |       |        |
| 7.  | I try to watch other people's body language to help me understand what they are trying to say. |       |        |           |       |        |
| 8.  | I recognize when people are using their hands to reinforce what they are saying.               |       |        |           |       |        |
| 9.  | I recognize when a person is listening to me, but not hearing what I am saying.                |       |        |           |       |        |
| 10. | I use my own experiences to let my friends know that I understand what they are going through. |       |        |           |       |        |
| 11. | When I am listening to someone, I try to understand what they are feeling.                     |       |        |           |       |        |

| #   | Item   | 0     | 1      | 2         | 3     | 4      |
|-----|--|-------|--------|-----------|-------|--------|
|     |  | Never | Rarely | Sometimes | Often | Always |
| 12. | I try to see the other person's point of view.   |       |        |           |       |        |
| 13. | I change the way I talk to someone based on my relationship with them (i.e., friend, parent, teacher, etc.). |       |        |           |       |        |
| 14. | I try to respond to what someone is saying, rather than just reacting to their tone of voice.                |       |        |           |       |        |
| 15. | To help a person understand me, I change the way I speak based on how the other person is talking to me.     |       |        |           |       |        |
| 16. | I find it easy to get my point across.   |       |        |           |       |        |
| 17. | I use my hands to illustrate what I am trying to say.  |       |        |           |       |        |
| 18. | I organize thoughts in my head before speaking.  |       |        |           |       |        |
| 19. | I use body language to help reinforce what I want to say.  |       |        |           |       |        |
| 20. | I make sure I understand what another person is saying before I respond.                                     |       |        |           |       |        |
| 21. | I rephrase what another person said, to make sure that I understood them.                                    |       |        |           |       |        |
| 22. | When someone gets mad, I change my tone of voice to help calm them down.                                     |       |        |           |       |        |
| 23. | I find ways to redirect the conversation when people rattle on and on.                                       |       |        |           |       |        |

Replicates the Communication Scale from the Youth Life Skills Evaluation Project  
(Barkman, S. & Machtmes, K., 2002).