

APPENDIX F

PARTICIPANT PRE-TEST AND POST-TEST QUESTIONNAIRE

Name: _____ Date: _____

Instructions

Read each sentence. Put a tick (✓) at the number that shows how you rate your life skill (that shows how you think and feel right now):

Use the following scale:

- 3 = Much need for improvement
- 2 = Moderate need for improvement
- 1 = Slight need for improvement
- 0 = No need for improvement

Put a question mark (?) rather than a rating by any skill which meaning is not clear to you

Personal				
1. I know myself	0	1	2	3
2. I know my feelings	0	1	2	3
3. I know my thinking	0	1	2	3
4. I know my actions (behaviour)	0	1	2	3
5. I know my likes and dislikes	0	1	2	3
6. I know my personality characteristics	0	1	2	3
7. I am aware of my wants and wishes	0	1	2	3
8. I can share personal information	0	1	2	3
9. I can acknowledge the importance of my feelings	0	1	2	3
10. I know my personal capabilities	0	1	2	3
11. I need to build positive attitudes towards myself	0	1	2	3
12. I can influence what happens to me	0	1	2	3
13. I can contribute in meaningful ways to my family, school, community	0	1	2	3
14. I feel genuinely needed	0	1	2	3
15. I know my needs, rights and responsibilities	0	1	2	3
16. I take responsibility for myself	0	1	2	3
17. I need to improve my self-concept	0	1	2	3
18. I have the ability to express my feelings appropriately	0	1	2	3
Interpersonal				
19. I know and understand my family	0	1	2	3
20. I know the history and heritage of my school	0	1	2	3
21. I know and understand my friends	0	1	2	3
22. I know how I can start to build relationships with people	0	1	2	3
23. I know how to develop relationships with people	0	1	2	3
24. I know how to date and develop relationships with the opposite sex	0	1	2	3
25. I know my community	0	1	2	3
26. I know how can I contribute to develop my school and community	0	1	2	3
27. I know and understand our rainbow nation	0	1	2	3
28. I know how to appreciate differences in people	0	1	2	3
29. I know how to communicate effectively	0	1	2	3
30. I am able to be a good listener	0	1	2	3
31. I am able to be a good speaker	0	1	2	3
32. I am able to solve problems	0	1	2	3
33. I am able to share, communicate, listen and trust people	0	1	2	3
34. I can handle and deal with conflict	0	1	2	3
35. I can handle and deal with anger	0	1	2	3
36. I know and understand death and grieving	0	1	2	3
37. I know where I can go for help/ guidance/ counselling	0	1	2	3