Communication Pre-Survey

Please check the box that most closely matches what you think about the following statements.

Awareness of one's own styles of communication:	Never	Rarely	Sometimes	Most of the time	Always
1) I use my tone of voice to reinforce what I am trying to say.	○	○	○	○	○
2) I focus on what a person is saying even when 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 try not to interupt other people even when I have something to say.	○	○	○	○	○
Understanding and valuing different styles of communication	Never	Rarely	Sometimes	Most of the time	Always
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 really hearing what I am saying.	○	○	○	○	○
Practicing Empathy	Never	Rarely	Sometimes	Most of the time	Always
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.	○	○	○	○	○
12) I try to see the other person's point of view.	○	○	○	○	○
Adjusting one's own styles of communication to match another's style (Communication Adaptability)	Never	Rarely	Sometimes	Most of the time	Always
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.	○	○	○	○	○
Communication of Essential Information	**Never**	**Rarely**	**Sometimes**	**Most of the time**	**Always**
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) Â use body language to help reinforce what I want to say.	○	○	○	○	○
Interaction Management	**Never**	**Rarely**	**Sometimes**	**Most of the time**	**Always**
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.	○	○	○	○	○

When thinking about your experience in PSU 4-H Programs :	Not at all	A little	Somewhat	Very Much
1) How much choice did you have about this activity?	○	○	○	○
2) How important was this activity to you?	○	○	○	○
3) Was it interesting?	○	○	○	○
4) Was it challenging?	○	○	○	○
5) Did you enjoy what you were doing?	○	○	○	○
6) How hard were you concentrating?	○	○	○	○
7) Were you using your skills?	○	○	○	○
8) Did you wish you were doing something else?	○	○	○	○