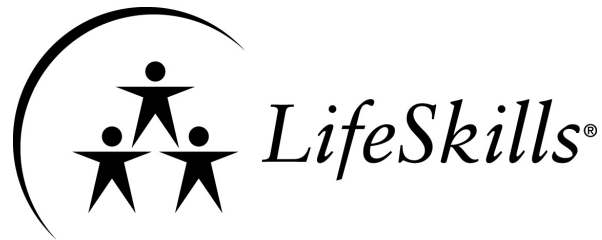


Tear-Off Sheet

Student Name: _____

Student Code #: _____

Note to Data Collector: Prior to distributing the LSTQ, complete the information above, and also write in the Student Code #, School Code #, and Collection Point on bottom of next page. Tear off this sheet when questionnaire is handed out to the student.



Life Skills Training Questionnaire

Transitions (LSTQ-T)

This survey is designed to give us information about your health knowledge, attitudes and behaviors.

None of your answers will be seen by parents, employers, teachers or anyone at your school.

Please answer all of the questions honestly.

Student Code #:	_____
School Code #:	_____
Date	____ / ____ / _____
Data Collection Point:	
Pretest	___
Posttest	___
Follow-Up	___

Note to Data Collector: Prior to distributing the LSTQ, complete the Student Code #, School Code #, and Collection Point on sections a

Section A

1. My birthday

Month of my birthday		Day of my birthday		Year of my birthday	
Jan	<input type="radio"/>	2 digits (‘01’ to ‘31’)		1988	<input type="radio"/>
Feb	<input type="radio"/>	①	①	1989	<input type="radio"/>
Mar	<input type="radio"/>	①	①	1990	<input type="radio"/>
Apr	<input type="radio"/>	②	②	1991	<input type="radio"/>
May	<input type="radio"/>	③	③	1992	<input type="radio"/>
Jun	<input type="radio"/>		④	1993	<input type="radio"/>
Jul	<input type="radio"/>		⑤	1994	<input type="radio"/>
Aug	<input type="radio"/>		⑥	1995	<input type="radio"/>
Sep	<input type="radio"/>		⑦	1996	<input type="radio"/>
Oct	<input type="radio"/>		⑧	1997	<input type="radio"/>
Nov	<input type="radio"/>		⑨		
Dec	<input type="radio"/>				

2. Are you: ① Male ② Female

3. Who do you live with most of the time? (Pick only one)

- | | | |
|-------------------------|-------------------------------------|-----------------------------|
| ① Mother and father | ④ Only father | ⑦ Other relative |
| ② Only mother | ⑤ Stepmother and father | ⑧ Guardian or foster parent |
| ③ Mother and stepfather | ⑥ Some with mother/some with father | ⑨ Alone or with friends |

4. Are you Hispanic or Latino?

- ① Yes ② No

5. What is your race? (SELECT ONE OR MORE.)

- | | | |
|---------------------------------|---|---------|
| ① American Indian/Alaska Native | ③ Native Hawaiian or Other Pacific Islander | |
| ② Asian | ④ Black or African America | ⑤ White |

6. What grade are you in?

- ① 9th grade ② 10th grade ③ 11th grade ④ 12th grade

7. What grades do you generally get in school? (Pick only one)

- | | | |
|-----------------------|----------------------|-------------------------------|
| ① Mostly A’s (90-100) | ③ Mostly C’s (70-79) | ⑤ D’s or lower (less than 60) |
| ② Mostly B’s (80-89) | ④ Mostly D’s (60-69) | |

8. About how many days were you absent from school last year? (Pick only one)

- ① None ② 1-2 days ③ 3-6 days ④ 7-15 days ⑤ 16 or more days

9. Do you currently have a job? (Pick only one)

- ① I'm not currently employed ③ Yes, I usually work from 10 to 20 hours per week
② Yes, I usually work less than 10 hours per week ④ Yes, I usually work more than 20 hours per week

Section B

Directions: Read each statement below and indicate whether you think each is True or False by filling in the appropriate circle.

	True ①	False ②
1. Transitions can involve developing new roles, responsibilities, and relationships.	①	②
2. A long-term goal is achieved through a series of short-term goals.	①	②
3. Short-term goals are not meant to be meaningful, realistic, measurable, or manageable.	①	②
4. Effective communication involves the respectful exchange of thoughts, feelings, and beliefs.	①	②
5. Passive listening is a way to demonstrate that you are paying attention during a conversation.	①	②
6. Informal communication is always appropriate to use with a boss or supervisor.	①	②
7. Resilience is the ability to respond to a challenge and adapt to changed circumstances.	①	②
8. A trigger is a situation, person, place, or thing that can cause you to feel stress.	①	②
9. It is impossible to cultivate resilience through the use of stress management techniques.	①	②
10. A risk can have beneficial and/or harmful consequences.	①	②
11. Decision-making involves prioritizing options.	①	②
12. A step-by-step decision-making method is only useful for complex decisions.	①	②
13. Budgeting is the act of managing one's financial resources to support priorities.	①	②
14. Prioritizing involves the consideration of values, goals, or needs.	①	②
15. A variable expense is a regular expense that rarely changes.	①	②
16. Collaborating involves people coordinating their skills, efforts, and knowledge to reach a common goal.	①	②
17. Healthy relationships include trust, honesty, and respect.	①	②
18. Negotiating is a process in which only one side benefits from the resolution of a disagreement.	①	②

Section C

Directions: Please fill in the circle to show how much you agree or disagree with each statement. Please select only one answer for each statement.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
	①	②	③	④	⑤
1. Peers my age who drink alcohol are more grown-up.	①	②	③	④	⑤
2. Smoking marijuana makes you look cool.	①	②	③	④	⑤
3. Smoking cigarettes makes you look cool.	①	②	③	④	⑤
4. Peers my age who smoke marijuana are more grown-up.	①	②	③	④	⑤
5. Peers my age who drink alcohol have more friends.	①	②	③	④	⑤
6. Peers my age who smoke have more friends.	①	②	③	④	⑤
7. Smoking marijuana lets you have more fun.	①	②	③	④	⑤
8. Drinking alcohol makes you look cool.	①	②	③	④	⑤
9. Peers my age who use cocaine or other drugs have more friends.	①	②	③	④	⑤
10. Peers my age who use cocaine or other drugs are more grown-up.	①	②	③	④	⑤
11. Smoking cigarettes lets you have more fun.	①	②	③	④	⑤
12. Peers my age who smoke cigarettes are more grown-up.	①	②	③	④	⑤
13. Using cocaine or other drugs lets you have more fun.	①	②	③	④	⑤
14. Using cocaine or other drugs makes you look cool.	①	②	③	④	⑤
15. Drinking alcohol lets you have more fun.	①	②	③	④	⑤
16. Peers my age who use marijuana have more friends.	①	②	③	④	⑤

Section D

Directions: Please fill in the circle to show how you would handle the following situations. Please select only one answer for each statement.

	Definitely Would ①	Most Likely Would ②	Not Sure ③	Most Likely Would Not ④	Definitely Would Not ⑤
How likely would you be to:					
1. ...say "no" when someone offers you a cigarette?	①	②	③	④	⑤
2. ...say "no" when someone offers you beer, wine, or liquor?	①	②	③	④	⑤
3. ...say "no" when someone offers you marijuana or hashish?	①	②	③	④	⑤
4. ...say "no" when someone offers you cocaine or other drugs?	①	②	③	④	⑤
5. ...say "no" when someone offers you glue, paint, gas, or other things you inhale to get high?	①	②	③	④	⑤

	Definitely Would ①	Most Likely Would ②	Not Sure ③	Most Likely Would Not ④	Definitely Would Not ⑤
How likely would you be to do the following things?					
6. Tell someone if they give you less change (money) than you're supposed to get back after you pay for something	①	②	③	④	⑤
7. Say "no" to someone who asks to borrow money from you	①	②	③	④	⑤
8. Tell someone to go to the end of the line if they try to cut in line ahead of you	①	②	③	④	⑤

	Never ①	Almost Never ②	Sometimes ③	Almost Always ④	Always ⑤
When you feel anxious, you:					
9. Relax all the muscles in your body	①	②	③	④	⑤
10. Breathe in slowly while you count to four then hold your breath for four and breathe out for a count of four	①	②	③	④	⑤

In general:	Strongly Disagree ①	Disagree ②	Neither Agree Nor Disagree ③	Agree ④	Strongly Agree ⑤
11. If you find that something is really difficult, you get frustrated and quit	①	②	③	④	⑤
12. You stick to what you're doing until you're finished with it	①	②	③	④	⑤

Thank you for completing this survey!