

## Interpersonal Skills Quiz

For each statement, check the column that best describes you. Please answer questions as you actually are (rather than how you think you should be). Notice that there is a number under each of the qualifiers; these numbers represent the amount of points awarded. At the end of the quiz add up your total. See back of quiz for your score interpretation

Always	Never	Rarely	Some	Often	
	(1)	(2)	times (3)	(4)	(5)
I make sure that I display the same standards of behavior that I expect from other people.					
When providing feedback, I wait until I've observed enough incidents of a behavior to make a generalized statement that is accurate.					
When working with others I give my opinions on a subject and don't just go along with whatever everyone else is saying.					
I say "thank you to the people with whom I have class					
During times of conflict I think about how to preserve the relationship and still get my needs met.					
While actively talking with someone, I focus on what they are saying and wait for them to finish before I compose my answer.					
I look out for myself and others at school/work and do what is necessary to help my colleges and me succeed					
I think about how others perceive a problem or issue.					
I think first, and then speak.					
I collaborate with others to solve problems using a variety of problem solving tools and techniques.					
I am able to resolve conflicts when they arise.					
When someone gives me feedback, I ask him or her to provide examples so that I can better understand the issue.					
I pay attention to other people's body language.					
Where team agreement is necessary, I figure out the best solution to a problem and then explain why it's the right decision.					
I study my audiences' needs, decide what I want to say and then figure out the best way to say it.					
I let other group members know that their contributions were helpful no matter how big or small they are.					

Score	Interpretation
16-36	Your technical skills may have taken precedence over your people skills in your life to date. You aren't making the most of the relationships you have at school, and this may be limiting your academic/group growth. It's time to assess how you can work better with others in the classroom and develop a more collaborative, understanding, and open approach to getting your needs met – while still achieving team and organizational objectives.
37-58	You recognize that working well with others in school is important; and you are trying to work collaboratively while still making sure your needs are met. There is room for improvement, however, as old habits may creep in during times of stress and pressure. Make a plan to work actively on your people skills so that they form the natural basis for how you approach workplace relationships
59-80	Your people skills are good. You understand the give and take involved in complex issues involving people. You might not always approach situations perfectly; however you have a sufficiently good understanding to know when and where you need to take steps to rectify things. Keep working on your people skills, and set an example for the rest of your team.