

Name : \_\_\_\_\_ Date : \_\_\_\_\_

## Social Skills

1. Active listening is one skill that is important when working in groups.
  - a. True
  - b. False
2. Body language is not an important clue to look for when considering someone's perspective.
  - a. True
  - b. False
3. Optimism is the tendency to see, anticipate, or emphasize only the bad or undesirable outcomes, results, conditions, problems, etc.
  - a. True
  - b. False
4. Having empathy helps us act in positive and thoughtful ways toward each other.
  - a. True
  - b. False
5. You can often resolve minor conflicts with a simple compromise.
  - a. True
  - b. False
6. One way to improve your communication is to
  - a. Look down when someone is talking to you.
  - b. Think about what you are going to say while the other person is talking.
  - c. Try and understand how the other person feels.
7. Disagreeing respectfully includes
  - a. Keeping Calm
  - b. Explaining your perspective clearly
  - c. Communicating in an aggressive tone of voice
  - d. All of the above
  - e. Both A and B
8. When you believe you know what is true about what people think or why people act the way they do, you are making
  - a. A Statement
  - b. Assumptions
  - c. Allies
  - d. None of the above
9. The key to conflict resolution is
  - a. knowing when to give up and quit arguing
  - b. believing in yourself enough to convince the other person you are right
  - c. having respect for the other person's rights
  - d. continuing the discussion until you get your way
10. A problem-solving method that results in a solution that satisfies everyone is:
  - a. Compromise
  - b. Cooperation
  - c. Tolerance
  - d. Respect