



## QUESTIONNAIRE FOR INITIAL EVALUATION

NR. \_\_\_\_\_

Examination date: \_\_\_\_\_

<i>Name and surname</i>	
<i>Sex</i>	
<i>Birth Date</i>	
<i>Studies</i>	
<i>Occupation</i>	
<i>I live alone or with my parents</i>	
<i>Incomes</i>	<ul style="list-style-type: none"> <li>• From family members</li> <li>• I have a job and my own income</li> <li>• Other sources</li> </ul>
<i>Hobby</i>	

**In the programme I want to learn about myself**

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**In the programme I want to develop the following skills**

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**Read the following statements and indicate in the next grid the degree that suits you best:**

- 1 point – strongly disagree;  
2 points – disagree;  
3 points – slightly disagree;  
4 points – slightly agree;  
5 points - agree;  
6 points - strongly agree;

**Items**

Question	Strongly agree	Agree	Slightly agree	Slightly disagree	Disagree	Strongly disagree
When I have a problem/an obstacle, I wonder first if I have the resources to solve it						
I am checking my phone for important or urgent activities when talking to someone						
I think a lot before taking a decision						
If I don't understand something, I try to figure it out later by myself						
Most of the time I prefer to rely on my own skills and abilities when I have a task or a project to work on						
I don't feel comfortable saying "no" to						



people.						
I always say what I think, assuming that if the other person doesn't perceive it correctly, we will talk about it later.						
I avoid taking big decisions if I haven't talked with my significant ones						
In a group I prefer, I prefer not to get in front with my ideas, but to listen first to the other ones.						
I expect people to understand me and I am surprised to find that they did not understand what I've said.						
I usually organize activities for me and my friends/family to do together.						
I can easily see things from the other people's perspectives.						
I rather prefer to go on the known paths in solving problems than trying alternative ways.						
When I have a difficult situation I manage to control my emotions.						
When talking to someone I think about what I'm going to say next to the person to make sure I express my point correctly.						
Sometimes I feel like that some people put more effort into achieving their personal goals than into working together as a team.						
I am very flexible and can easily adjust to new groups or new members of a group.						
I mostly take emotional decisions than rational ones.						