

Social-Emotional Skills

(Ability to foster relationships, communicate, regulate emotions and make decisions)

Social-Emotional Skills	Definition	Survey Items
Self-Efficacy	Perceived capability to do a specific task	How much do you agree or disagree with the following? <ul style="list-style-type: none">• I feel confident that I can say, “No” to misusing substances.• I feel certain in my ability to resist misusing substances.
Evaluating	Process used to make informed decisions and identify appropriate options	For each of the following statements, please tell us how easy or difficult these behaviors are for you? <ul style="list-style-type: none">• Thinking about what might happen before making a decision to misuse substances.• Applying new knowledge to make decisions about whether to misuse substances.• Taking the time to List-Compare-Choose my options and consequences when making decisions about whether to misuse substances.
Identifying and Solving Problems	Noticing problems and working to find a solution	For each of the following statements, please tell us how easy or difficult these behaviors are for you? <ul style="list-style-type: none">• Asking for advice from a trusted adult before making an important decision about substance misuse.