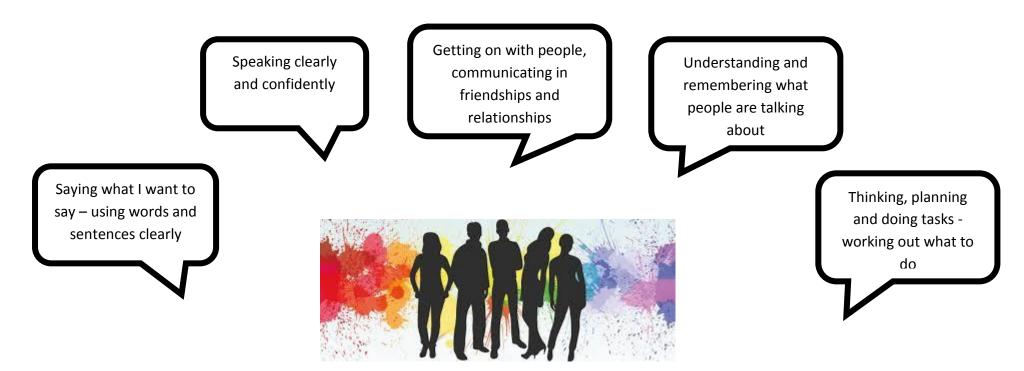
## **Communication Skills Rating Scales**



Date:

These Rating Scales are to find out about your Communication and Learning Skills.

Rate what you think you are like from 1-10 on the scale.

Name:

Clare O'Driscoll, Speech and Language Therapist

Swindon Borough Council







What am I like at	1	2	3	4	5	6	7	8	9	10	Comment on things you've noticed
Understanding and remembering											
instructions – in class, at work, YOT											
Understanding a lot of information											
in one go – spoken or written.											
Asking for help or telling people I've not											
understood something.											
Staying calm when I don't understand or											
don't know what I should be doing.											
Thinking of the right words to say what I											
want to say clearly											
Describing or explaining things that have											
happened (like telling your story)											
Talking about how I feel or talking when											
I'm feeling angry, anxious or upset											
Complicated talking like disagreeing,											
negotiating or persuading people.											
Reading – working out the words											
(spellings) and understanding the ideas											





What am I like at	1	2	3	4	5	6	7	8	9	10	Comment on things you've noticed
Talking clearly – saying words correctly,											
not mumbling, stuttering etc.											
Talking at the right speed – not too fast or											
slow											
<b>Communicating</b> with friends and/or people											
my own age.											
Talking to adults i.e. at school, College,											
Work, Police, YOT etc											
Communicating confidently in a group of											
people											
Keeping a conversation going, knowing											
what to say in a social situation.											
Using good non-verbal skills like eye											
contact, listening, facial expression, turns.											
Working out how to do a task, breaking it											
down step by step and problem solving.											
Motivation – getting started, keeping											
going until it's done, asking for help.											