

Communication Skills Rating Scales

Speaking clearly
and confidently

Getting on with people,
communicating in
friendships and
relationships

Understanding and
remembering what
people are talking
about

Saying what I want to
say – using words and
sentences clearly



Thinking, planning
and doing tasks -
working out what to
do

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:

Date:

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