

Life Skills Scale short (LSS_{short})

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To get the best from a situation, one must act in accordance with the circumstances of that particular situation

It is typical that one masters some tasks (that is, in most situations, but perhaps not all).

It is also typical that one doesn't master other tasks quite so well (even if they sometimes go very well).

Some abilities are developed gradually. But how is your situation just now?

The topics in the following questions are probably not equally relevant for you. Please answer anyway with how typical it would be for you to master a task within that specific area, if it became relevant for you just now.

<i>Is it typical for you, that you master the following...</i>	Just now not typical for me	Just now typical for me
1. <i>Is it typical for you, that you master the following...</i> having a warm relationship with people close to you.	① ② ③ ④ ⑤ ⑥ ⑦	
2. <i>Is it typical for you, that you master the following...</i> having confidence in people close to you.	① ② ③ ④ ⑤ ⑥ ⑦	
3. <i>Is it typical for you, that you master the following...</i> creating conditions that benefit your way of life.	① ② ③ ④ ⑤ ⑥ ⑦	
4. <i>Is it typical for you, that you master the following...</i> having an overview of the conditions that create the basis for your way of life.	① ② ③ ④ ⑤ ⑥ ⑦	
5. <i>Is it typical for you, that you master the following...</i> making a personal effort for a community, an organization or an important cause.	① ② ③ ④ ⑤ ⑥ ⑦	
6. <i>Is it typical for you, that you master the following...</i> helping in a community, an organization or an important cause.	① ② ③ ④ ⑤ ⑥ ⑦	
7. <i>Is it typical for you, that you master the following...</i> being attentive in the present situation.	① ② ③ ④ ⑤ ⑥ ⑦	
8. <i>Is it typical for you, that you master the following...</i> concentrating on what you participate in for the moment.	① ② ③ ④ ⑤ ⑥ ⑦	
9. <i>Is it typical for you, that you master the following...</i> making a plan to reach a goal.	① ② ③ ④ ⑤ ⑥ ⑦	
10. <i>Is it typical for you, that you master the following...</i> having an overview regarding how you best reach a goal.	① ② ③ ④ ⑤ ⑥ ⑦	

11. <i>Is it typical for you, that you master the following...</i> reflecting over what you think one ought to do in a specific situation.	① ② ③ ④ ⑤ ⑥ ⑦
12. <i>Is it typical for you, that you master the following...</i> thinking about what it means to be a good person.	① ② ③ ④ ⑤ ⑥ ⑦
13. <i>Is it typical for you, that you master the following...</i> being aware of the body language of yourself and others.	① ② ③ ④ ⑤ ⑥ ⑦
14. <i>Is it typical for you, that you master the following...</i> being aware of sensory input from your surroundings (sounds, feelings on your skin, smells, etc.).	① ② ③ ④ ⑤ ⑥ ⑦
15. <i>Is it typical for you, that you master the following...</i> knowing what you think.	① ② ③ ④ ⑤ ⑥ ⑦
16. <i>Is it typical for you, that you master the following...</i> knowing your own opinion to a situation or a challenge.	① ② ③ ④ ⑤ ⑥ ⑦
17. <i>Is it typical for you, that you master the following...</i> to become familiar with what others think.	① ② ③ ④ ⑤ ⑥ ⑦
18. <i>Is it typical for you, that you master the following...</i> to become familiar with what others feel.	① ② ③ ④ ⑤ ⑥ ⑦
19. <i>Is it typical for you, that you master the following...</i> to become familiar with the explanation behind different sets of rules, regulations, knowledge, or beliefs about the world and life.	① ② ③ ④ ⑤ ⑥ ⑦
20. <i>Is it typical for you, that you master the following...</i> to become familiar with the intention with different sets of rules, regulations, knowledge, or beliefs about the world and life.	① ② ③ ④ ⑤ ⑥ ⑦
