

General communication (self-assessed)

Interaction (self-assessed)

Presentation (self-assessed)

The following statements relate to one's perspective on communication competences.
For each of the statements, please indicate how much you agree or disagree.

	1 Strongly Disagree	2 Disagree	3 Nor agree nor disagree	4 Agree	5 Strongly Agree
1. It is difficult to find the right words to express myself. 2. I accomplish my communication goals 3. I can persuade others to my position. 4. I express myself well verbally.. 5. Others would describe me as warm. 6. I reveal how I feel to others. 7. I tell people when I feel close to them. 8. Other people think that I understand them. 9. When I've been wronged, I confront the person who wronged me. 10. I take charge of conversations I'm in by negotiating what topics we talk about. 11. I have trouble standing up for myself. 12. I stand up for my rights. 13. I let others know that I understand what they say. 14. In conversations with friends, I perceive not only what they say, but also what they do not say 15. I allow friends to see who I really am. 16. My friends truly believe that I care about them. 17. I try to look others in the eye when I speak with them.					

Please, in the following list your strengths, weaknesses and tasks for improvement in communication.

Competences in communication/presentation which are my Strengths	Competences in communication/presentation that I need to improve	What can I do to improve?

General communication (peer- or teacher-assessed)

Interaction (peer- or teacher-assessed)

Presentation (peer- or teacher-assessed)

Now please think about **STUDENT NAME**.

Please write what are **STUDENT NAME** strengths and weaknesses in communication competences – and what **STUDENT NAME** could do to improve these competences.

Competences in communication/presentation which are STUDENT NAME 's strengths	Competences in communication/presentation that STUDENT NAME 's needs to improve	What can STUDENT NAME do to improve?

Items indicated as (R) are reverse scored.

The listed items were set to account for the following factors:

- Expressiveness (items n. 1, 4)
- Environmental control (items n. 2, 3)
- Supportiveness (items n. 5)
- Self-disclosure (items n. 6, 15)
- Immediacy (items n. 7, 16, 17)
- Empathy (item n. 8)
- Assertiveness (items n. 9, 11, 12)
- Interaction management (items n. 10, 14)
- Altercentrism (item n. 13)

The assessment score is obtained by summing and averaging the raw scores (transforming those reverse coded) on all items for each scale. Scores in the range 1.00-1.50 are considered low level of competence in communication; scores in the range 1.51-2.50 as medium level; and scores in the range 2.51-5.00 as high level.