

LIFE SKILLS ASSESSMENT SCALE (LSAS)

Please complete this scale while observing, or as soon as possible after observing, the young person. You may need to spend some time observing before you decide. Do not spend too long thinking about each question, just record your impression. For each question, consider age appropriateness (think of actual age, rather than physical appearance).

Put an ✓ in **one** most relevant box for each question. The comments box can be used to note down things that you saw that helped you fill in the boxes or for any other comments. You do not always have to fill in the comments boxes.

Name of young person	Gender	Name of assessor
Actual age	How old does the young person look?	Is the young person having difficulty working in a language other than his/her native language?

Date of assessment	Does not yet do	Does with lots of help	Does with some help	Does with a little help	Does independently
IO. Interacting with others For example, does X interact appropriately with peers, staff, opposite sex? Does X communicate effectively? Does X show sensitivity to others' needs and feelings?					
Any other comments you would like to make:					
DP. Overcoming difficulties and solving problems For example, does X find a way around obstacles that arise? Does X ask for help appropriately? Does X solve problems successfully?					
Any other comments you would like to make:					
TI. Taking Initiative For example, does X carry out tasks without being told? Does X show age-appropriate leadership?					
Any other comments you would like to make:					
MC. Managing Conflict For example, does X show appropriate assertiveness? Does X resolve disagreements appropriately? Does X accept appropriate correction? Does X do this without violence or foul language or running away?					
Any other comments you would like to make:					
UI. Understanding and following instructions For example, Does X understand appropriate instructions when given? Does X comply with instructions? Does X ask for clarification when needed?					
Any other comments you would like to make:					
OS. Overall Score You get the Overall Score by changing each ✓ into numbers Does not yet do = 1 Does with lots of help = 2 Does with some help = 3 Does with a little help = 4 Does independently = 5 Add all the numbers and put the total in the box on the right, then divide by 5. This is the Overall Score. Put this in the Overall Score box	Total			=	Overall Score
	<div style="border: 1px solid black; width: 50px; height: 20px; margin: 0 auto;"></div> 5				
Any other comments you would like to make:					

Kennedy, F., Pearson, D., Brett-Taylor, L. & Talreja, V. (2014). The Life Skills Assessment Scale: Measuring life skills in disadvantaged children in the developing world. *Journal of Social Behavior and Personality: An International Journal*. 42(2). 197-210.

LIFE SKILLS ASSESSMENT SCALE

Life Skills Assessment Scale (LSAS) has been developed by Dr. David Pearson and Dr. Fiona Kennedy from the UK who have been working with Dream a Dream since 2007 to develop and publish a standardised and reliable measure for Dream a Dream's life skills programmes for young people from vulnerable backgrounds.

Their immense work has resulted in a paper co-authored by them along with Dream a Dream co-founder, Vishal Talreja. This has been published in a peer-reviewed academic journal: Kennedy, F., Pearson, D., Brett Taylor, L. & Talreja, V. The Life Skills Assessment Scale: Measuring life skills of disadvantaged children in the developing world. *Social Behaviour and Personality: An International Journal* 42(2), 197-210.

WHAT THE LSAS CAN DO FOR YOU

MEASURING PROGRAMME IMPACT

Find out how effective interventions are at increasing life skills among disadvantaged young people in India.

GETTING A SKILLS PROFILE FOR AN INDIVIDUAL CHILD

Look at five different skills to see relative strengths in an individual young person.

COMPARING AN INDIVIDUAL'S SCORES WITH NORMS

See how one young person compares with the average scores for their age group.

ALLOCATING A CHILD TO THE PROGRAMME BEST FOR THEM

See how a young person thrives in different programmes and help them choose the best one for them.

COMPARING ONE PROGRAMME WITH ANOTHER

Discover which life skills are best developed by a given programme.

FEEDBACK ON PROGRESS

Let stakeholders (donors, parents, teachers, careers, young people) see progress visually.

LSAS CAN BE USED BY

NGOs

Give feedback to stakeholders, inform strategy and maximise effectiveness.

DONORS

Make better informed decisions about funding allocation and support.

RESEARCHERS

Advance the study of life skills

CLINICIANS

Use life skills as an outcome measure alongside mental health measures and know it is appropriate for disadvantaged young people.

PROGRAMME DEVELOPERS

Check out programme performance at an early stage

FEEDBACK ON PROGRESS

Keep track of the progress of young people in your care.

ABOUT THE AUTHORS



Dr. DAVID PEARSON

Consultant Clinical Psychologist, is a specialist in child and adolescent mental health, formerly an NHS Head of Psychology and Honorary Tutor at the University of Southampton. He has worked for government hospitals (NHS) for over twenty years including heading the Psychology Department for both adult and child services as a part of the Isle of Wight (NHS) Trust, UK. Research interests and publications have included clinical applications in child hyperactivity, food additives, hallucinations and effects of child adversity. He has also published a wide range of international scientific journals, edited a mental health text book and is an award winning author of a self-help book with Dr. Fiona Kennedy about overcoming adversity and how to thrive.



Dr. FIONA KENNEDY

Consultant Clinical Psychologist, was formerly an NHS Director of Psychology and Honorary Tutor at Manchester, Southampton and Exeter Universities. She is Associate Fellow of the British Psychological Society (BPS) and Fellow of The British Association for Behaviour and Cognitive Psychotherapists (BABCP). She has published journal articles and book chapters on consequences of child trauma and personality problems. She edited a book on dissociation after trauma and has written an award winning self-help book with Dr. David Pearson about overcoming adversity and how to thrive.



Mr. VISHAL TALREJA

Co-Founder of Dream a Dream. 18 years of experience in the development sector. Vishal is an Ashoka Fellow & Eisenhower Fellow; Founder Director & Advisory Board Member at UnLtd India; Board Member of Partners for Youth Empowerment (PYE Global) and former Board Member of India Cares Foundation. He is a TEDx Speaker, active writer on development challenges and human interest stories and a poet.

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