

Name: _____ Date: _____

SOAR® Learning & Soft Skills Scorecard

Can you benefit from learning and soft skills? SOAR® covers solutions to the common homework and study problems below. Take this scorecard at the beginning *and* end of SOAR® to compare your responses!

DIRECTIONS: Rate your answers to each question below.

Do you...

Common Homework/Study Problems	Always		Occasionally		Never	
1. Ever feel “dumb” or “stupid” because of struggles you’ve had in school?	1	2	3	4	5	Lesson 1
2. Feel like you’re <i>not</i> talented or <i>don’t</i> have any strengths that will help you be successful in the world?	1	2	3	4	5	
3. Put off homework until late because it is boring or overwhelming?	1	2	3	4	5	Lesson 2
4. Have to give up too much time for “fun stuff” to get good grades?	1	2	3	4	5	
5. Get “off track” easily?	1	2	3	4	5	Lesson 3
6. Sometimes feel overwhelmed by schoolwork?	1	2	3	4	5	
7. Feel homework takes longer than it should?	1	2	3	4	5	Lesson 4
8. Ever forget what you have to do for homework?	1	2	3	4	5	
9. Sometimes lose points on homework assignments because you forgot to do them <i>on time</i> ?	1	2	3	4	5	
10. Ever forget books, folders, or notebooks at school that you needed for homework?	1	2	3	4	5	
11. Think your parent/guardian(s) frequently nags you about schoolwork?	1	2	3	4	5	
12. Think your parent/guardian(s) frequently plans things without giving you any warning?	1	2	3	4	5	Lesson 5
13. Lose homework before you get home to do it?	1	2	3	4	5	
14. Misplace homework you know you did?	1	2	3	4	5	
15. Bring the wrong folders or notebooks to class?	1	2	3	4	5	
16. Have a very heavy book bag?	1	2	3	4	5	Lesson 6
17. Have a hard time finding things you need in your bedroom?	1	2	3	4	5	
18. Waste a lot of time looking for supplies (pens, paper, etc.) when doing your homework?	1	2	3	4	5	
19. Have randomly stuffed papers filling your book bag?	1	2	3	4	5	
20. Have randomly stuffed papers filling your locker?	1	2	3	4	5	Lesson 7
21. Feel rushed or frustrated getting ready for school in the morning?	1	2	3	4	5	
22. Feel like you waste a lot of time in school “waiting” for class to start or others to finish their work?	1	2	3	4	5	

23. Miss out on “fun stuff” because you spend too much time on homework and/or studying?	1	2	3	4	5	
24. Find it challenging to clearly say what is on your mind?	1	2	3	4	5	Lesson 8
25. Find it challenging to listen carefully when others are speaking or lecturing?	1	2	3	4	5	
26. Find it challenging to comprehend what you read?	1	2	3	4	5	
27. Find it challenging to write clearly and easily?	1	2	3	4	5	
28. Struggle to ask good questions in class?	1	2	3	4	5	Lesson 9
29. Find it difficult to pay attention in class?	1	2	3	4	5	
30. Struggle to stay awake in class?	1	2	3	4	5	
31. Have conflicts with friends or peers?	1	2	3	4	5	
32. Find “group work” challenging?	1	2	3	4	5	
33. Find it difficult to read textbooks?	1	2	3	4	5	Lesson 10
34. Take a long time to read nonfiction, especially textbooks?	1	2	3	4	5	
35. Have a hard time remembering what you’ve read in a textbook or other nonfiction?	1	2	3	4	5	
36. Find it challenging to take good notes in class?	1	2	3	4	5	Lesson 11
37. Find it challenging to effectively study your notes?	1	2	3	4	5	
38. Feel overwhelmed when you have to study for a test?	1	2	3	4	5	Lesson 12
39. Spend hours studying for a test or <i>think</i> you should spend hours studying for a test?	1	2	3	4	5	
40. Study for tests, but still feel disappointed with your grades?	1	2	3	4	5	
41. Feel overwhelmed when you have to study for a unit test, mid-term, or final exam?	1	2	3	4	5	
42. Feel overwhelmed by writing assignments?	1	2	3	4	5	Lesson 13
43. Struggle to organize research for a research paper?	1	2	3	4	5	
44. Have a difficult time finding good resources online for research?	1	2	3	4	5	
45. Feel overwhelmed preparing for a presentation?	1	2	3	4	5	Lesson 14
46. Feel nervous about giving presentations?	1	2	3	4	5	
47. Find it challenging to remember all of the rules for spelling, grammar, and punctuation?	1	2	3	4	5	15
48. Ever feel shocked or disappointed by the grades on your report card?	1	2	3	4	5	16
49. Have good intentions of getting better grades or feeling less stress, but sometimes lose track of your grades?	1	2	3	4	5	17