

Name \_\_\_\_\_

Date \_\_\_\_\_

## **Adult Roles (part I)**

### **Performance Evaluation**

- \_\_\_\_\_ 1. Set a long-term goal, consistent with personal values.
- \_\_\_\_\_ 2. Set a short-term goal that is necessary to complete the long-term goal.
- \_\_\_\_\_ 3. Implement and evaluate progress on one short-term goal.
- \_\_\_\_\_ 4. Make a significant decision using the decision-making process.
- \_\_\_\_\_ 5. List sources of personal stress. Implement and evaluate a stress-management strategy.
- \_\_\_\_\_ 6. Demonstrate the ability to use at least two constructive communication skills.
- \_\_\_\_\_ 7. Select, implement, and evaluate one strategy to strengthen family relationships.
- \_\_\_\_\_ 8. Explain the violence cycle by using an example to show how the cycle promotes abuse.
- \_\_\_\_\_ 9. Set personal rules/responsibilities related to dating behaviors that support your personal values.