



Skills Assessment for Parents, Teachers, and Related Service Providers

This assessment may be used as a guideline for transition services and IEP goal development for students who are interested in GOAL.

Student Name:

Rating Scale:

1- Requires 1:1 support

(physical or verbal support throughout task)

2- Requires adult or peer prompting throughout task

(verbal, gestural, or environmental prompts)

3- Requires 1-2 daily reminders

(written or verbal)

4- Independent

(no prompts, reminders, or support)

NA- Hasn't had the opportunity

**All answers that are 'NA,' '1,' '2,' or '3' rating should be used to determine areas for growth unless otherwise noted.

Domain: Personal Care	Rating
Bathe or Shower Daily	
Wash Hair	
Wash Body	
Shave (if necessary)	
Skin Care	
Nail Care	
Dental Care	
Wears deodorant	
Wears clean clothes	
Can do laundry (sort, wash, dry)	
Dresses appropriately for weather conditions	
Dresses appropriately for activities or events (fitness, formal occasions, etc)	
Folds/hangs clothing and puts clothing away (after washing)	

Domain: Self-Determination	Rating
Advocates for personal needs	
Advocates for academic needs	
Makes personal decisions	
Makes informed decisions for leisure activities	
Makes informed decisions for community participation	
Makes informed decisions for interpersonal relationships	
Knows disability	
Understands personal strengths and limitations	
Explains impact of disability on various life situations	
Sets goals based on personal preferences, interests, strengths, and needs	
Creates plan for reaching goals	
Knows basic legal rights	
Knows how to make legal decisions	



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*Must be '4' to be considered for GOAL

Domain: Independent Living	Rating
Can cook simple meals	
Knows how to shop for food	
Keeps personal areas tidy	
Keeps personal items together	
Knows when to change bed linens	
Can handle fragile items	
Knows how to use locks (combination and keys)	
Participates in chores	
Can use cleaning supplies safely	
Can use cleaning tools effectively (vacuum, duster, etc)	
*Manages medication	
*Manages dietary needs	

Domain: Safety & Relationships	Rating
Knows the difference between acquaintances, friends, and strangers	
Knows the difference between romantic behaviors and friendly behaviors	
Knows effects of alcohol and drugs	
Knows how to avoid dangerous situations on the internet	
Knows how to avoid dangerous situations in the environment	
Knows how to ask for assistance if feeling threatened	
Knows how to report concerns to an authority figure	
Knows when it is okay to give out personal information	
Understands safe and unsafe behaviors	
*Controls anger and anxiety in public	
*No disciplinary/behavioral concerns	
Can follow rules and expectations	
*Can be alone and unsupervised for extended periods of time without safety or behavioral concerns	



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Academic Domain: Reading	Rating
Uses traditional or alternative reading processes to access information	
Identifies main idea in text	
Identifies setting in text	
Identifies plot in text	
Makes judgments and draws conclusions when reading text	
Summarizes information in text	
Distinguishes fact from fiction in text	
Practices strategies to increase comprehension skills	
Reads labels and follows directions	
Chooses reading medium and/or assistive technology that is efficient for a specific reading task.	
Comprehends text at a 3rd-4th grade reading level	

Academic Domain: Writing	Rating
Produces text for others to read	
Writes complete sentences or phrases	
Writes short paragraphs	
Satisfactorily completes a 2-3 page assignment	
Satisfactorily completes a 5-7 page assignment	
Differentiates between informal and formal writing	
Writes in a variety of styles appropriate for situation and/or purpose (email, letter, essay)	
Evaluates, edits, and modifies written work	
Operates a familiar software program independently (word, excel, etc)	
Maintains a calendar or schedule	
Chooses writing medium and/or assistive technology that is efficient for a specific task	
Knows how to advocate for an alternative assistive writing device	



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Academic Domain: Math	Rating
Identifies coins and bills and their values	
Manipulates money (selecting coins to make a total or make change)	
Knows how to use a debit card	
Can input a variety of numbers and signs into a calculator	
Can complete basic mathematical functions using a calculator	
Uses correct denomination of bills and coins to purchase items	
Verifies that change given on a purchase is correct	
Access assistance, if necessary, when making purchases	
Compares prices on purchases of interests	
When given a small budget, can manage money for personal purchases	

Academic Domain: Technology	Rating
Manages an email account	
Sends and receives text messages (must be 4)	
Makes and receives phone calls	
Describes what constitutes inappropriate online messages	
Describes the potential impact of sending inappropriate electronic information and images	
Knows how to use an ATM	
Checks items out from the library	
Creates presentations using computer applications	
Uses efficient techniques for keyboarding	
Knows how to attach a document to an email	
Memorizes passwords	
Uses navigation apps on cell phone	
Uses online banking*	



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Domain: Communication	Rating
Engages in conversational speech (several exchanges on single or related topics)	
Uses expressive language without drawing attention because of vocabulary, syntax, or grammar	
Initiates conversations with others	
Ends conversations appropriately	
Solicits information for a specific cause	
Demonstrates active listening skills	
Comprehends simple and complex verbal directions	
Recognizes concluding or summarizing phrases	