

Parent Conflict Resolution Project Student Self-Assessment 25

[Parent Conflict Resolution Project Module](#)

To Be Done Immediately After the Conversation

Person Initiating the Conversation: _____

Other Person: _____

Problem-Solving: What Were My Solutions to Meet My Needs (those you identified before and during the conversation)? List them below.

Problem-Solving: What Were the Other Person's Solutions? List them below.

Problem-Solving: What Did We Decide?

Directions for Questions 1-18: To what extent did you use each of these skills during this conflict conversation?

When evaluating your use of these skills, consider that you may be using some of them for the first time or may need to change your approach to dealing with conflict. Hopefully, based on what we have studied in class, you understand the specific skills but may have trouble applying them, especially when using them for the first time.

5: Very Effective. I mastered the use of this skill for someone my age.

For someone my age who may not have used this skill, I have a deep understanding of this specific skill and how to use it, and I was very effective in the use of this skill for someone my age.

4: Effective. I am proficient in the use of this skill for someone my age.

For someone my age who may not have used this skill, I have a deep understanding of this specific skill and how to use it, and I was effective in the use of this skill for someone my age.

3: Somewhat Effective. I used this skill without significant error.

For someone my age who may not have used this skill, I understand how to use it. I was somewhat effective in using the skill, but it could have been better for someone my age.

1: Not Effective

I do not understand this specific skill and/or may have severe misconceptions about it. I made critical errors in applying it, which resulted in me not being effective or not using it at all.

Understand the Problem from Your Perspective

1. You: How effective were you at thinking about, writing out, and understanding the problem and your needs before initiating the conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Understand the Problem from The Other Person's Perspective

1A. You: How effective were you at thinking about, writing out, and understanding the problem and the other person's needs before initiating the conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Initiate the Conversation

2. You: How effective were you in inviting the person into the conversation by saying something like, “I would like to have a difficult conversation with you,” or “I would like to talk with you about something that is very important to me,” or “Is now a good time?”

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Use “I” Statements to State Your Needs & to Ask for What You Want

3. You: How effective were you at using “I” Statements to state your needs and ask for what you want in a way that made the person want to listen to you, understand your needs, consider your needs, and consider changing?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Ask Genuine Inquiry Questions to Help You Understand the Other Person's Needs Without Making Them Feel Defensive

4. You: How effective were you at asking genuine inquiry questions to help you understand the other person's needs without making them feel defensive?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

**Listen/Paraphrase/Summarize What They Are Saying to Make Sure You Understood
& to Communicate That You Understand and Are Taking Them &
The Situation Seriously**

5. You: How effective were you at listening to/paraphrasing/summarizing what they were saying to ensure you understood and communicated that you took them and the situation seriously?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Invent Options That Meet Both Your and the Other Person's Most Important Needs and Concerns

6. You: How effective were you at inventing options that meet your and the other person's most important needs and concerns?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

State What is Most Important to You and What You are Willing to Do and/or Give Up

7. You: How effective were you at stating what was most important to you and what you would do and/or give up?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Summarize What You Both Agreed To
(even if nothing has changed)

8. You: How effective were you at summarizing what you both agreed to (even if nothing has changed)?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

End the Conversation & Leave the Relationship in a Positive Place

9. You: How effective were you at ending the conversation and leave the relationship in a positive place?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Passively Listen

10. You: How effective were you at passive listening (using good eye contact and other non-verbal cues) throughout the conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Actively Listen/Summarize the Content

11. You: How effective were you at active listening (summarizing/paraphrasing the content of what they were saying) throughout the entire conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Actively Listen/Summarize Feeling

12. You: How effective were you at active listening (summarizing/paraphrasing their feelings) throughout the conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Avoid You Statements

13. You: How effective were you at avoiding “you” statements (criticism, put-downs, preaching, threats, being demanding) and thus making the person feel defensive?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Avoid Blame

14. You: How effective were you at avoiding blaming the other person?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Use “I” Statements

15. You: How effective were you at using “I” statements (telling the person what you are feeling and why you are feeling that way and how you would appreciate the person being in the future: “I would appreciate it if...”) throughout the entire conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Avoid Attacking

16. You: How effectively did you avoid attacking your parent during this conversation?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

If your score for question # 16 is a three or higher, answer the question below:

Reframing

16A. You: When you felt attacked or blamed, how effective were you at reframing by either summarizing what they said or asking her why they felt that way?

1-----2-----3-----4-----5
Not Effective Somewhat Effective Very Effective

Evaluation of the Outcome

To what extent did the following happen as a result of this conflict conversation?
Place a (√) on the response line that best describes how you feel as a result of this difficult conversation.
Where indicated, discuss the reasons for your answers.

Strength of the Relationship

17. You: Is the relationship stronger, and can you interact or work together better?

_____ The Relationship Is Much Worse (0)
_____ The Relationship is Worse (1)
_____ There is No Change in the Relationship (2)
_____ The Relationship is Somewhat Stronger (3)
_____ The Relationship is Much Stronger (4)

Trust and Liking

18. You: Do you like and trust the other person more?

_____ I like/trust the person a lot less (0)
_____ I like/trust the person less (1)
_____ There is No Change in my like for and trust of the other person (2)
_____ I like and trust the person more (3)
_____ I like and trust the person much more (4)

Improved Your Ability to Resolve Future Conflicts With This Person

19. You: Have you improved your ability to resolve future conflicts with the other person?

- _____ It will be much more difficult to resolve conflicts with this person in the future. (0)
- _____ It will be more difficult to resolve conflicts with this person in the future. (1)
- _____ There is No Change in my ability to resolve conflicts with this person. (2)
- _____ I will be easier to resolve conflicts with this person in the future (3)
- _____ I will be much easier to resolve conflicts with this person in the future (4)

Improved Your Ability to Resolve Future Conflicts In General

20. You: Have you improved your ability to resolve future conflicts with others?

- _____ It will be much more difficult for me to resolve conflicts with others in the future. (0)
- _____ It will be more difficult to resolve conflicts with others in the future. (1)
- _____ There is No Change in my ability to resolve conflicts with others in the future. (2)
- _____ I will be easier to resolve conflicts with others in the future (3)
- _____ I will be much easier to resolve conflicts with others in the future (4)

Satisfaction With the Process

21. You. Are you satisfied with the process?

- _____ I am very unsatisfied with the process (0)
- _____ I am unsatisfied with the process (1)
- _____ I am pleased with the process (2)
- _____ I am very pleased with the process (3)

Satisfaction With the Outcome

21. You. Are you satisfied with the outcome (did you get what you needed/wanted)?

- _____ I am very unsatisfied with the outcome (0)
- _____ I am unsatisfied with the outcome (1)
- _____ I am pleased with the outcome (2)
- _____ I am very pleased with the outcome (3)

22. Discuss why you are unsatisfied or pleased with the process and the outcome. Write in complete sentences and turn the questions into a topic sentence. Write your response using I Statements (I think... because.. or I felt... when you... or I felt...).

**Overall Satisfaction With Your Use of All the Conflict Conversation
Skills & Procedures.**

23. You. How satisfied are you with your overall use of all the conflict conversation skills & procedures?

- _____ I am very unsatisfied with my use of the skills & procedures. (0)
- _____ I am unsatisfied with my use of the skills & procedures. (1)
- _____ I am pleased with my use of the skills & procedures. (2)
- _____ I am very pleased with my use of the skills & procedures. (3)

Before answering the questions on the pages below, sit down with the parent you had the conversation with and take turns reviewing your answer to all the questions, going one answer at a time. For example, you first share your answer to question # 1, and they share their answer to question #1; you share your answer to question # 2, and they share their answer, etc. If there is significant disagreement, it would be helpful to discuss that. Please provide specific examples and ask your parent for specific examples of when you used or failed to use the skill. After you and your parent have shared the answers to all the questions, use this information to complete the questions below.

Conflict Conversation Skills & Procedures I Used Well

24. Based on whatever success you had, discuss what it was that you did and/or avoided doing that contributed to whatever success you had.

Things that usually contribute to one's success when having a conflict conversation include:

- Approaching a conflict from a win-win perspective: being concerned about meeting your needs and the other person's needs.
- Doing a thorough job of understanding the problem from your and the other person's perspective before you have the conversation (thinking about and answering all the Step 1 Questions). Review your answers to the Step 1 Questions before answering this question.
- Avoiding certain behaviors, such as "you statements," sarcasm, rigidity, blaming the person, demanding, and disagreeing, just to assert your power.
- The use of conflict resolution skills.

In your answer, be very specific about **what** contributed to whatever success you had and **how** it contributed to your success. If using the specific Conflict Resolution Skills contributed to your success, include **which** skills were most helpful and how they were helpful. If thinking about and writing the answers to the Step 1 Questions before the conversation was helpful, discuss **which** questions/answers were most helpful and **how** they were useful. If you need more space, continue on the back. Answer in complete sentences. Neatness counts.

Conflict Resolution Skills & Procedures I Need to Work On

25. When you think about having a conflict conversation in the future with your parent or someone else, what will you do differently to ensure that you are successful? Focus on those things that you need to get better at. Since having conflict conversations is a complicated skill to master, everyone can improve significantly.

Things that usually contribute to one not being successful when having a conflict conversation include:

- Approaching a conflict from a win-lose perspective (you are trying to win) and only being concerned about your needs, and more concerned about winning than maintaining and/or strengthening the relationship.
- Not doing a thorough job of understanding the problem from your and the other person's perspective (not thinking about and writing all the Step 1 Questions). Review your answers to the Step 1 Questions before answering this question.
- Using certain behaviors like "you" statements, including sarcasm, being rigid, blaming the person, demanding, and disagreeing to assert your power.
- Not using the Conflict Resolution Skills or using them ineffectively.

In your answer, be very specific about **what** you can do to be more successful in the future when having a conflict conversation. If you need to get better at using specific conflict resolution skills, be sure to include **which** skills you need to improve and **why** you need to improve them. If you need to be more effective thinking about the answers to the Step 1 Questions before a conversation, be sure to discuss **which** questions/answers you need to focus on in the future and **why** you need to focus on them. If you need more space, continue below. Answer the questions in complete sentences. Neatness counts.

Using the Generic Rubric For Assessing Self-Awareness, Self-Insight, & Self-Knowledge below, give yourself a grade for your answers to questions 22, 23, 24, and 25 above, and your answers to the Step 1 Questions. Place your grades on the PCRCP Grade Summary below.

Using the Effort Rubric below, give yourself a grade for your effort throughout the project, including the effort you put into answering all the questions above and the Step 1 Questions.

Generic Rubric For Assessing Self-Awareness, Self-Insight, & Self-Knowledge

To earn a grade of 90 or higher, you must meet **all** of the criteria in the 90-100 range listed below. To earn a grade of 100, your work must be perfect. To earn a grade of 80-89, you must meet **all** of the criteria in the 80-89 range listed below. Even if one question was not answered, if the answers are incomplete, or if you hurried through parts of the assignment to get it done, the highest grade **you** can give yourself is a 79. Based on the quality of your work, I may give you a higher grade, but do not give yourself a grade higher than a 79 if it is incomplete.

90 – 100 = Advanced: Above and Beyond. My answers demonstrate deep and complex self-awareness, self-insight, and self-knowledge.

- Best Effort, Best Work
- All the Questions Have Been Answered
- The Answers are Complete and Fully Supported in Great Detail
- Answers Show **Deep & Complex** Insight: I Thought Very Deeply About The Answers to **Each** Question.

80 – 89 = Proficient: At Standard. My answers demonstrate significant self-awareness, self-insight, and self-knowledge.

- Good Effort, Good Work, but Not My Best
- All the Questions Have Been Answered
- The Answers are Complete and Supported
- Answers Show **Significant Insight**: I Thought Deeply About The Answers to **Most** of the Questions.

70 – 79 = Needs Improvement. My answers demonstrate some but incomplete self-awareness, self-insight, and self-knowledge.

- This is Not Good Work or Good Effort for Me
- Some of the Questions Are Incomplete or Have Not Been Answered
- Some Answers are Not Well Developed: I Didn't Think Deeply About the Answer to Some of the Questions
- I Hurried Through Parts of the Assignment to Get It Done
- Answers show **Incomplete** Self-Awareness, Self-Insight, & Self-Knowledge

60-69 = Needs Significant Improvement. My answers demonstrate a lack of self-awareness, self-insight, and self-knowledge.

- Poor Effort and Poor Quality of Work for Me
- Many of the Questions Are Incomplete or Have Not Been Answered
- Many Answers are Not Well Developed: I Didn't Think Deeply About the Answers to Most of the Questions, and My Answers Lack the Necessary Details and Support.
- I Hurried Through Large Parts of the Assignment to Get it Done
- Answers show a **Lack** of Self-Awareness, Self-Insight, & Self-Knowledge

50 = Not Acceptable. The Task Needs to be Completed or Done Over.

40 = The Assignment Wasn't Turned In

Parent Conflict Resolution Project Effort Rubric

Using the criteria below, give yourself a grade for the effort you put into this project.

90 – 100 = Advanced: Above and Beyond. I gave my **best effort** throughout this project and used all the skills whenever I had the opportunity.

80 – 89 = Proficient: At Standard. My effort was **good**, but it was not my best effort. I used all the skills in most but not all situations when I had the opportunity or when it was appropriate.

70 – 79 = Needs Improvement. This was **not a good** effort for me. There were more than a few opportunities when I could have used the skills but didn't.

60-69 = Needs Significant Improvement. This was a **poor** effort for me. There were multiple opportunities when I could have used the skills and didn't.

50 = Not Acceptable. I **didn't try** to use the skills.

40 = I **never used these skills or didn't turn the project in.**

Based on my effort to become more proficient using these skills, I believe I deserve the following grade:

Explain why you believe you deserve this grade.

Parent Conflict Resolution Project Grade Summary

Student Self-Evaluation of the Completeness & Depth of Their Answers

Students grade themselves using the criteria on the Generic Rubric for Assessing Self-Awareness, Self-Insight, and Self-Knowledge

_____ My Self-Evaluation Grade For The Completeness & Depth of My Answers The Completeness & Depth of My Answers on the Conflict Resolution Step1 Questions.

_____ My Self-Evaluation Grade For The Completeness & Depth of My Answers on Questions 22, 23, 24, and 25 on the PCRP Student Assessment

Student Self-Evaluation of Their Effort

_____ My Self-Evaluation Grade For My Effort

Teacher Evaluation of the Completeness & Depth of Their Answers.

Teachers grade students using the criteria on the Generic Rubric for Assessing Self-Awareness, Self-Insight, and Self-Knowledge.

_____ Teacher Grade For The Completeness & Depth of Student Answer on the Conflict Resolution Step1 Questions.

_____ Teacher Grade For The Completeness & Depth of Student Answer on questions 22, 23, 24, and 25 on their PCRP Student Assessment

_____ Grade for student return of the PCRP Parent Signature Page on the day it was due. Students lose 5 points per day after the due date.

(Student signature indicates all the self-evaluation information is a complete, accurate, and honest assessment!)