



Rate Your Confidence in Your Communication Skills

Maintaining good communication during a research study will help things go more smoothly. This quiz was designed to help you see how confident you feel after practicing the research communication skills in this toolkit. If you haven't practiced the skills yet, we encourage you to do that, but you can still use this scale now to assess your confidence in each of the areas below.

For the following questions, imagine that you are involved in a research project where a conflict arises. Indicate how much you agree with each statement.

1. I feel confident I can share concerns with the right people.
 - Definitely not
 - Probably not
 - Probably yes
 - Definitely yes

2. I feel confident I can practice compassion for others, even when we disagree.
 - Definitely not
 - Probably not
 - Probably yes
 - Definitely yes

3. I feel confident I can listen to others without judgment.
 - Definitely not
 - Probably not
 - Probably yes
 - Definitely yes

4. I feel confident I can practice breathing and self-reflection in order to listen to and learn from my emotions and inform my next steps for productive decision making.
 - Definitely not
 - Probably not
 - Probably yes
 - Definitely yes

5. I feel confident I can use supportive language during a conflict with others.
 - Definitely not
 - Probably not
 - Probably yes
 - Definitely yes

6. I feel confident speaking up on behalf of myself and/or my organization to make sure everyone's needs are taken into consideration.

- Definitely not
- Probably not
- Probably yes
- Definitely yes

7. I feel confident saying no in a respectful way.

- Definitely not
- Probably not
- Probably yes
- Definitely yes

Score your responses using the following scale, and add the scores for each question to get your total:

Definitely not: 0

Probably not: 1

Probably yes: 2

Definitely yes: 3

Learn more from your scores.

If your total score was between:

14 – 21

You feel a high level of overall confidence in your ability to practice communication strategies that will help you productively handle and transform conflicts that arise during a team project. Use the interactive tools and keep practicing these valuable skills – there is always more to learn!

If there are any statements where you scored a 1 or lower, you may want to check out the resources below.

0 – 13

There may be some areas you'd like to strengthen to better transform conflicts that arise during a team project. That's great, because these are skills that can be learned and improved with practice! You can start by revisiting Phase 4: Conducting Research or the Interactive Tools from that phase. Additionally, consider reading through the communication tip sheets in this toolkit which relate to the practices of empathy, active and reflective listening, boundary setting, and self-advocacy.

On any statement where you scored a 1 or lower, we suggest reviewing the resources below.

- [Communication Tip Sheet](#) (Information on “I” Statements, Conflict Resolution, & Listening Skills)
- [Emotion Check-In Checklists](#) (Information on Empathy, Self-Awareness, Self-Regulation, & Reflective Listening)