Dream Life Skills Assessment Scale (DLSAS)

Please complete this scale while observing, or as soon as possible after observing, the child. You may need to spend some time observing before you decide on your rating. Do not spend too long thinking about each question, just record your impression. For each question, consider age appropriateness (think of actual age, rather than physical appearance).

Mark the most relevant number in the boxes for each question. The comments box can be used to provide example observations that helped you decide on your rating, or for other comments (optional).

<table>
<thead>
<tr>
<th>Name of child</th>
<th>Gender</th>
<th>Name of assessor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actual age</td>
<td>How old does the child look?</td>
<td>Is the child having difficulty working in a language other than his/her native language?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Does not yet do</th>
<th>Does with lots of help</th>
<th>Does with some help</th>
<th>Does with a little help</th>
<th>Does independently</th>
</tr>
</thead>
</table>

10. Interacting with others
For example, does X interact appropriately with peers, staff, opposite sex? Does X communicate effectively? Does X show sensitivity to others' needs and feelings?

Comments

DP. Overcoming difficulties and solving problems
For example, does X find a way around obstacles that arise? Does X ask for help appropriately? Does X solve problems successfully?

Comments

TI. Taking Initiative
For example, does X carry out tasks without being told? Does X show age-appropriate leadership?

Comments

MC. Managing Conflict
For example, does X show appropriate assertiveness? Does X resolve disagreements appropriately? Does X accept appropriate discipline? Does X do this without violence or foul language or running away?

Comments

UI. Understanding and following instructions
Does X understand appropriate instructions when given? Does X comply with instructions? Does X ask for clarification when needed?

Comments

OS. FOR THE OVERALL SCORE, ADD ALL ITEMS AND DIVIDE BY 5

Comments

Dream Life Skills Assessment Scale (DLSAS) has been developed by Dr. David Pearson and Dr. Fiona Kennedy from the UK who have been working together with Dream a Dream since 2007 to develop and publish a standardised and reliable impact measure for Dream a Dream’s life skills programmes for young people from vulnerable backgrounds.

Their immense work has resulted in a paper co-authored by them along with Dream a Dream co-founder and CEO, Vishal Talreja. This has been accepted for publication in Social Behaviour and Personality: An International Journal for March 2014 (Kennedy, F., Pearson, D., Brett Taylor, L. & Talreja, V.). The Life Skills Assessment Scale: Measuring life skills of disadvantaged children in the developing world. Social Behaviour and Personality: An International Journal 42(2), 197-210.

MEASURING PROGRAMME IMPACT
Find out how effective interventions are at increasing life skills among disadvantaged children in India.

GETTING A SKILLS PROFILE FOR AN INDIVIDUAL CHILD
Look at five different skills to see relative strengths in an individual child.

COMPARING AN INDIVIDUAL’S SCORES WITH NORMS
See how one child compares with the average scores for their age group.

ALLOCATING A CHILD TO THE PROGRAMME BEST FOR THEM
See how a child thrives in different programmes and help them choose the best one for them.

COMPARING ONE PROGRAMME WITH ANOTHER
Discover which life skills are best developed by a given programme.

FEEDBACK ON PROGRESS
Let stakeholders (donors, parents, teachers, careers, children) see progress visually.

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NGOs
Give feedback to stakeholders, inform strategy and maximise effectiveness.

DONORS
Make better informed decisions about funding allocation and support.

RESEARCHERS
Advance the study of life skills

CLINICIANS
Use life skills as an outcome measure alongside mental health measures and know it is appropriate for disadvantaged children.

PROGRAMME DEVELOPERS
Check out programme performance at an early stage

FEEDBACK ON PROGRESS
Keep track of the progress of children in your care.

ABOUT THE AUTHORS

Dr. DAVID PEARSON
Consultant Clinical Psychologist, is a specialist in child and adolescent mental health, formerly an NHS Head of Psychology and Honorary Tutor at the University of Southampton. He has worked for government hospitals (NHS) for over twenty years including heading the Psychology Department for both adult and child services as a part of the Isle of Wight (NHS) Trust, UK. Research interests and publications have included clinical applications in child hyperactivity, food additives, hallucinations and effects of child adversity. He has also published a wide range of international scientific journals and edited a mental health text book with Fiona Kennedy.

Dr. FIONA KENNEDY
Consultant Clinical Psychologist, was formerly an NHS Director of Psychology and Honorary Tutor at Manchester, Southampton and Exeter Universities. She is Associate Fellow of the British Psychological Society (BPS) and previously Chief Examiner for the Statement of Equivalence. She is an Accredited Trainer, Supervisor and Therapist with the British Association for Behaviour and Cognitive Therapists. She has published journal articles and book chapters on consequences of child trauma and personality problems, and recently edited a book on dissociation along with David Pearson.

Mr. VISHAL TALREJA
Co-founder & CEO, Dream a Dream has been working with young people from disadvantaged backgrounds in India for over 15 years. He has been instrumental in scaling the impact of Dream a Dream’s work to over 75,000 young people with support from over 3000 volunteers. He is an Ashoka Fellow and Eisenhower Fellow and also sits on the boards of organisations such as India Cares Foundation and Unltd India.

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