

Resilience Competencies Scale (RCS) – v.4 AfricAid_Eng

1. Scholar ID: _____
2. First name: _____ Middle name: _____ Last name: _____
3. What is your age: _____
4. Date: _____
5. Place: _____
6. What grade of school are you in (or highest grade completed, or year of graduation)? _____
7. Which program are you in? _____
8. Version given: Baseline: __ Midline: __ Endline: __
9. Have you recently, or are you currently experiencing a challenging or difficult event in your life?
Yes __ No __

If yes, briefly describe what happened. Then explain how you coped or dealt with the challenging situation?

Read each item carefully and consider the degree to which it describes you.

Write your answer next to the statement.

| | | | | |
|-------------|------------|----------------|-------------|------------|
| Always true | Often true | Sometimes true | Rarely true | Never true |
|-------------|------------|----------------|-------------|------------|

1. Can you find answers to problems in your life?

2. Does staying positive about your future help you get through difficult situations?

3. Can you deal with unexpected events positively?

4. Do challenging situations make you stronger?

5. When you have hard times, can you ask your family for help?

6. When you are having trouble do you know where to go to get help?

7. Can you find new information that can help you make your situation better?

8. When you experience hard times, does your religious/spiritual beliefs & prayers keep you going?

9. Are you a leader when times get rough?

10. Does involvement in your community (or organization, school, etc.) makes you feel better?

11. When a bad situation happens, do you know what to do?

12. Do you have at least one non-related friend in your life who you can trust and rely on?

13. During hard times, do you try to be helpful to others?

14. Does everything that you have learned in difficult times help you now and in the future?

15. Does laughing and joking help you stay calm in tough times?

16. Can you keep yourself together in any situation?

17. Can you ask your friends for help when you are in trouble?

18. While faced with tough times, do you know what to do just as well as your friends do?

19. Nothing stops you from going after your goals – how true?

20. Once you have your mind set, you will never give up – how true?