

# Nurturing Skills Competency Scale (NSCS-3.0\*)

## Parents and Adolescents

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### Long Version for Parents

Check One:

Pretest \_\_\_\_\_  
Posttest \_\_\_\_\_

\* Items on Version 3.0 of the NSCS have been updated, added or revised in each of the six construct areas.  
This inventory can only be scored online at [AssessingParenting.com](http://AssessingParenting.com).

PLEASE PRINT:

1. Date Inventory was administered: \_\_\_\_\_ Name of person administering Inventory: \_\_\_\_\_

2. Last Name (or agency ID number): \_\_\_\_\_ 3. Middle Initial: \_\_\_\_ 4. First Name: \_\_\_\_\_

Agency Name \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Directions: Please circle the letter of your response in each item AND write the letter in the space provided. For example, for item #6, if you are Female, circle the letter b, and write the letter b in the space provided. Answer all the items.

#### PART A – About Me

5. Birthday: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month Day Year

6. Gender: 6. \_\_\_\_  
a. Male d. Transgender Woman  
b. Female e. Other: \_\_\_\_\_  
c. Transgender Man

7. Race/Nationality: 7. \_\_\_\_  
a. White f. Pacific Islander  
b. Black g. Bi-racial  
c. Asian h. Multi-racial  
d. Hispanic i. Other  
e. Native American  
Nationality: \_\_\_\_\_

8. Marital Status: 8. \_\_\_\_  
a. Single  
b. Married  
c. Unmarried Partners  
d. Separated/Divorced  
e. Widow/Widower

9. Number of children you have: \_\_\_\_\_ 9. \_\_\_\_

10. Highest grade you completed: 10. \_\_\_\_  
a. Grade School  
b. Middle School (grades 7 & 8)  
c. Some High School (grades 9 -11)  
d. High School Graduate  
e. Working on or Completed GED  
f. Two Year Tech School  
g. Some College  
h. College Graduate  
i. Post Graduate or above

11. Current Employment-School status: 11. \_\_\_\_  
a. Employed full-time  
b. Going to school full-time  
c. Employed part-time  
d. Going to school part-time  
e. Both going to school and working  
f. I am a stay-at-home Mom or Dad  
g. Currently unemployed and not going to school  
h. Retired  
i. Other

12. Annual Household Income: 12. \_\_\_\_  
a. Under \$15,000 e. \$40,001 to \$60,000  
b. \$15,001 to \$25,000 f. Over \$60,000  
c. \$25,001 to \$30,000 g. I don't know  
d. \$30,001 to \$40,000

13. Are or were you and/or your partner in the military? 13. \_\_\_\_  
a. Yes, only me  
b. Yes, only my partner  
c. Yes, both of us  
d. No

14. As a child, did you experience any type of physical, emotional or sexual abuse by someone outside of your family? 14. \_\_\_\_  
a. Yes  
b. No

15. As a child, did you experience any type of physical, emotional or sexual abuse by someone inside of your family? 15. \_\_\_\_  
a. Yes  
b. No

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## PART B – About My Childhood

*As a child between the ages of 4 to 18, did you:*

16. Ever feel that no one in your family loved you or thought you were special? 16. \_\_\_\_  
a. Yes  
b. No
17. Ever feel your needs were ignored? 17. \_\_\_\_  
a. Yes  
b. No
18. Ever feel that either of your parents used street drugs, abused alcohol, or misused prescription drugs? 18. \_\_\_\_  
a. Yes  
b. No
19. Feel the quality of your relationship with your mother or mother figure was: 19. \_\_\_\_  
a. Very Good  
b. Good  
c. Bad  
d. Very Bad
20. Feel the quality of your relationship with your father or father figure was: 20. \_\_\_\_  
a. Very Good  
b. Good  
c. Bad  
d. Very Bad
21. Ever feel your mother or mother figure was physically, verbally or sexually abused by her partner? 21. \_\_\_\_  
a. Yes, and I witnessed the abuse  
b. Yes, but I didn't witness the abuse  
c. No
22. Ever feel your father or father figure was physically, verbally or sexually abused by his partner? 22. \_\_\_\_  
a. Yes, and I witnessed the abuse  
b. Yes, but I didn't witness the abuse  
c. No
23. Ever feel your parents had marital problems? 23. \_\_\_\_  
a. Yes  
b. No
24. Ever feel any of your brothers or sisters were physically, verbally or sexually abused? 24. \_\_\_\_  
a. Yes, and I witnessed the abuse  
b. Yes, but I didn't witness the abuse  
c. No  
d. I have no birth or adopted brothers or sisters

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## PART C – About the Father/Mother of My Teen(s)

My responses to the following statements refer to (please circle one):

- a. The father of my teens (referred to as parent partner)  
b. The mother of my teens (referred to as parent partner)

*Note: If there are children from different parents, please refer to the parent partner of the most recent child.*

25. Is your parent partner a problem drinker or alcoholic; abuses prescription drugs or uses street drugs? 25. \_\_\_\_  
a. Yes  
b. No
26. Do you think your parent partner was abused or neglected as a child? 26. \_\_\_\_  
a. Yes  
b. No
27. Do you think your parent partner had brothers or sisters who were physically, verbally or sexually abused as children by their parents? 27. \_\_\_\_  
a. Yes and s/he witnessed the abuse  
b. Yes but s/he didn't witness the abuse  
c. No  
d. My parent partner has no brothers or sisters
28. Has your parent partner physically, verbally or sexually abused you? 28. \_\_\_\_  
a. Yes  
b. No
29. Have you physically, verbally, or sexually abused your parent partner? 29. \_\_\_\_  
a. Yes  
b. No
30. Please rate the quality of the relationship you have with your parent partner: 30. \_\_\_\_  
a. Very Good  
b. Good  
c. Bad  
d. Very Bad
31. If you were to do it all over again, would you still choose your parent partner as the mother or father of your children? 31. \_\_\_\_  
a. Yes  
b. Yes, but under different conditions  
c. Maybe  
d. No

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## PART D – About My Children/Family

32. Have any of your children ever experienced any type of physical, verbal or sexual abuse by a person outside your family? 32. \_\_\_\_  
a. Yes  
b. No
33. Have any of your children ever experienced any type of physical, verbal or sexual abuse by a person inside your family? 33. \_\_\_\_  
a. Yes  
b. No
34. Do any of your children currently have or had in the past problems with alcohol, prescription drugs or street drugs? 34. \_\_\_\_  
a. Yes  
b. No
35. Do any of your children have special learning needs that require a specialist or special education? 35. \_\_\_\_  
a. Yes  
b. No
36. Do any of your children have a history of mental health problems? 36. \_\_\_\_  
a. Yes  
b. No
37. Has anyone in your family ever been referred for psychological counseling? 37. \_\_\_\_  
a. Yes  
b. No
38. Overall, I would rate my parenting skills: 38. \_\_\_\_  
a. Very Good  
b. Good  
c. Bad  
d. Very Bad
39. Overall, the degree of happiness I feel being a parent is: 39. \_\_\_\_  
a. High  
b. OK  
c. Low  
d. Very Low
40. Knowing what you know now about being a parent, would you still be a parent if you could do it all over again? 40. \_\_\_\_  
a. Yes  
b. Probably  
c. Probably Not  
d. Absolutely Not

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## PART E – About My Knowledge of Nurturing Practices

41. Which of the following statements do you think best describes the philosophy of establishing discipline for teens? 41. \_\_\_\_  
a. Set the boundaries early for teens so they know what to expect  
b. Teens want to be told the rules they need to follow  
c. Obedience to parental authority is a necessary component in establishing discipline for teens  
d. Creating a plan of discipline must involve teens in setting up their boundaries and consequences.
42. Which statement best describes the brain development of teens? 42. \_\_\_\_  
a. The brains of teens are fully developed by the time they are 13 years old  
b. Brain development slows down dramatically during adolescence  
c. The majority of brain development in adolescence makes little difference in their overall functioning  
d. Adolescence is a period of rapid brain change and development second only to the first three years of life
43. Defiance on the part of teens is a natural part of their development: 43. \_\_\_\_  
a. Defiance is NOT a natural part of being a teenager - it is the result of poor parenting  
b. Teens learn to be defiant because of the friends they hang around with  
c. It is highly likely that defiance among teens has become instinctual as a way to develop their independence  
d. Arguing and being defiant are signs that parents need to set down the law and demand obedience
44. Which of the following is true? 44. \_\_\_\_  
a. Generally, teens have difficulty recognizing the emotions of others due to their brain functioning  
b. Teens only need around 7 hours of sleep to maintain their health  
c. Sex hormones are the cause of teens experimenting and becoming pregnant  
d. Early sexual activity among teens is related to the type of discipline they received as children
45. Which of the following statements best represents Praise for Being? 45. \_\_\_\_  
a. "Paul, great job on your grades - you make me so proud!"  
b. "Julia, I really love you sweetie"  
c. "You cleaned up your room - what a great daughter you are"  
d. "You make your mother so happy when you cooperate"

46. **Being a parent of a teen means:** 46. \_\_\_\_
- You have to be a good role model even if your teen gets angry
  - You try to fit in with your teen's friends
  - You and your teen have to be best friends for the relationship to work
  - You sometimes have to cover up for their poor choices
47. **If you're going to raise teens successfully, then:** 47. \_\_\_\_
- Parents need to treat them with respect
  - A parent must clearly establish the authority role
  - Parents need to stick to the rules no matter what, or they lose respect
  - All of the above
48. **Empathic parents of teens:** 48. \_\_\_\_
- Push them to achieve at the highest level
  - Allow them to make poor choices so they learn from their mistakes
  - Support them unconditionally
  - Don't let them make the same mistakes the parents made as teens
49. **Which of the following statements best describes Praise for Doing?** 49. \_\_\_\_
- "You can do better than that"
  - "Next time if you try harder you'll win the match"
  - "Your room is beautiful - I am really proud of you"
  - "You tried your best - good for you"
50. **Which of the following statements is true?** 50. \_\_\_\_
- Teens need parents to set firm rules and to stick to them, no matter what
  - Occasionally praising yourself in front of your teen sets a good example of self-pride
  - The basic needs of teens are different from the basic needs of adults
  - Teens are self-centered because they generally lack empathy
51. **There are two types of feelings:** 51. \_\_\_\_
- Desirable and Undesirable
  - Comfort and Discomfort
  - Good and Bad
  - Appropriate and Inappropriate
52. **The goal of expressing feelings of anger is:** 52. \_\_\_\_
- To clearly tell the other person why they made you angry
  - To keep the feelings inside and not make matters worse
  - To find an appropriate way to release the anger energy before talking
  - To rid yourself of the feeling in any way that works for you

53. **The most important characteristic of a positive parent-teen relationship is?** 53. \_\_\_\_
- Humor
  - Forgiveness
  - Friendship
  - Trust
54. **How is punishment different from discipline?** 54. \_\_\_\_
- Discipline means rules, values and morals – punishment is one consequence for not adhering to discipline.
  - Punishment lets teens know what is expected of them - if they disobey then they get disciplined
  - Discipline is the consequence the teens get for not obeying the rules
  - Punishment means being grounded - discipline means losing a privilege
55. **Family Rules are:** 55. \_\_\_\_
- Made by the parents for the teens to follow
  - Made by all family members for everyone to follow
  - Primarily made for teens as a means of parental control
  - Primarily to keep teens from getting too independent
56. **One way to reduce stress is to:** 56. \_\_\_\_
- Find solutions to the stressful situations
  - Distance yourself emotionally from the situations
  - Make sure your needs come first
  - Have a drink to unwind and relax
57. **The difference between criticism and confrontation is:** 57. \_\_\_\_
- Criticism tells people what they did wrong – confrontation means you want to pick a fight.
  - When you criticize people that means you care about them - confrontation means you really don't care how people feel.
  - When you confront people, you are telling them useful information - when you criticize people, you are pointing out only the bad things they've done
  - Constructive criticism tells people their bad faults – this is important for them to improve their behavior.
58. **Personal Power means:** 58. \_\_\_\_
- The degree of control you have over other people
  - Finding ways to get our needs met
  - The energy and drive behind all our behaviors
  - Our desire to control the things that happen in life
59. **Teens who have a strong sense of Personal Power:** 59. \_\_\_\_
- Often think they are better than others
  - Usually succeed in life
  - Are usually the troublemakers
  - Usually fail in life

60. Which of the following is a good way to empower your teen? 60. \_\_\_\_
- Give them opportunities for success
  - Give them choices with appropriate consequences
  - Encourage them to take responsibility for their feelings
  - All of the above
61. The process in which parents and teens get together to resolve differences is called: 61. \_\_\_\_
- Family Rules
  - Negotiation and Compromise
  - Obedience
  - Confrontation
62. When parents and teens can't resolve their differences, the process that is most helpful is called: 62. \_\_\_\_
- Family Rules
  - Obedience
  - Problem Solving
  - Confrontation
63. Discipline is a set of guidelines made up of: 63. \_\_\_\_
- Family Morals
  - Family Values
  - Family Rules
  - All of the above
64. When you are opposed to something your teen wants to do, it's a good idea to: 64. \_\_\_\_
- Honor their desire and discuss the pros and cons
  - Compromise your values
  - Require the teen to follow your demands
  - Let him learn the consequences of a bad choice
65. There are two kinds of consequences that are the result of any behavior. They are: 65. \_\_\_\_
- Good and Bad
  - Natural and Logical
  - Tangible and Intangible
  - Success and Failure
66. Rewards for cooperating and following the family rules can be: 66. \_\_\_\_
- Allowance
  - Praise for Being and Doing
  - Privileges
  - All of the above
67. Pick out the one consequence that is NOT appropriate to use as a punishment: 67. \_\_\_\_
- Losing a privilege.
  - Being grounded
  - Having allowance money taken away
  - Expressing disappointment in your teen's behavior
68. A good way to express anger is: 68. \_\_\_\_
- Punch a pillow to get all the anger energy out
  - Confront the person with whom you have the issue
  - Keep it inside and forget about what made you angry
  - Quit talking to the person who made you angry

69. Eating disorders among teens are: 69. \_\_\_\_
- A fad that many teens go through, especially girls
  - Generally the result of conflict between teens and their parents
  - A combination of brain chemistry, social and family issues
  - The result of an emphasis on eating healthy food
70. Which of the following risk factors are associated with teen suicide: 70. \_\_\_\_
- Lack of a support network of friends
  - Psychological problems
  - Poor relationship with parents
  - All of the above

## PART F – Use of Nurturing Skills

### INSTRUCTIONS:

Rate how often you practice the following nurturing parenting and nurturing self *behaviors*.

- 0 = Don't practice the skill at all  
 1 = Sometimes  
 2 = Often  
 3 = Regularly

### How often do I ...

- |  |   |   |   |   |
|--|---|---|---|---|
| 71. Make the time to nurture myself                                      | 0 | 1 | 2 | 3 |
| 72. Recognize my personal strengths                                      | 0 | 1 | 2 | 3 |
| 73. Respond to my teen's feelings with empathy                           | 0 | 1 | 2 | 3 |
| 74. Give my teen choices and consequences                                | 0 | 1 | 2 | 3 |
| 75. Have expectations for my teen to succeed                             | 0 | 1 | 2 | 3 |
| 76. Spend some time with my teen having fun                              | 0 | 1 | 2 | 3 |
| 77. Praise my teen for "being" a wonderful young man or young woman      | 0 | 1 | 2 | 3 |
| 78. Praise my teen for "doing" their best, for cooperating, trying, etc. | 0 | 1 | 2 | 3 |
| 79. Model appropriate ways to manage my stress                           | 0 | 1 | 2 | 3 |
| 80. Utilize negotiation and compromise to agree on differences           | 0 | 1 | 2 | 3 |
| 81. Help my teen improve their self-worth                                | 0 | 1 | 2 | 3 |
| 82. Refer to our family rules to help guide my teen                      | 0 | 1 | 2 | 3 |

- |   |   |   |   |   |
|---|---|---|---|---|
| 83. Use discipline techniques that maintain my teen's personal dignity and self-worth | 0 | 1 | 2 | 3 |
| 84. Model appropriate ways to express my anger  | 0 | 1 | 2 | 3 |
| 85. Have awareness of my own needs  | 0 | 1 | 2 | 3 |
| 86. Make time to get my needs as a man or woman met in healthy ways                   | 0 | 1 | 2 | 3 |
| 87. Help my teen learn positive ways to manage and express their feelings             | 0 | 1 | 2 | 3 |
| 88. Express unconditional love for my teen  | 0 | 1 | 2 | 3 |
| 89. Praise myself for being a nice person or doing good at some task                  | 0 | 1 | 2 | 3 |
| 90. Model appropriate ways to express feelings of discomfort (bad feelings)           | 0 | 1 | 2 | 3 |