Leadership & Resiliency Program
Program Forms

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Adventure/Alternative Activity Feedback

The following questions apply to your most recent adventure/alternative activity, taken as part of the Leadership and Resiliency Program. For the following questions, please circle the answer that best describes what you think or how you feel. Circle "Strongly Disagree" if you think the statement is not at all true for you and "Strongly Agree" if you think the statement is completely true for you.

1 **Strongly Disagree**	**2** **Disagree**	**3** **Agree**	**4** **Strongly Agree**

1. On this activity, I did something I have not done before.	1 2 3 4
2. I knew what to expect on this activity.	1 2 3 4
3. This activity was challenging, in a good way.	1 2 3 4
4. This activity was a positive experience.	1 2 3 4
5. We (the group and our facilitator) talked about the activity after it ended.	1 2 3 4
6. I got to help plan this activity.	1 2 3 4
7. I would do this adventure/alternative activity again.	1 2 3 4
8. The group worked well together on this activity.	1 2 3 4
9. Because of this activity, I feel like I can trust the people in my group.	1 2 3 4

10. Tell us something interesting that you learned on this activity, something you didn't know before….

Community Activity Feedback

The following questions apply to your most recent community activity, taken as part of the Leadership and Resiliency Program. For the following questions, please circle the answer that best describes what you think or how you feel. Circle "Strongly Disagree" if you think the statement is not at all true for you and "Strongly Agree" if you think the statement is completely true for you.

1 **Strongly Disagree**	**2** **Disagree**	**3** **Agree**	**4** **Strongly Agree**

1. During this activity, I did something I have not done before.	1 2 3 4
2. I knew what to expect for this activity.	1 2 3 4
3. Because of my involvement in this activity I feel good about myself. I learned something new about my community during this activity.	1 2 3 4
4. This activity was a positive experience.	1 2 3 4
5. We (the group and our facilitator) talked about the activity after it ended.	1 2 3 4
6. I got to help plan this activity.	1 2 3 4
7. I would do this activity again.	1 2 3 4
8. The group worked well together during this activity.	1 2 3 4
9. Because of this activity, I feel better about my community.	1 2 3 4

10. Tell us something interesting that you learned during this activity, something you didn't know before….

High School LRP – School Year 2015-2016

Permission Slip Received	Code	Name	Date											
			Group 9/23	9/30	10/7	10/14	10/21	10/28	11/4	11/18	11/22	12/2	12/9	
Yes	R1	Jane Doe												
Yes	R2													
Yes	R3													
Yes	R4													
Yes	R5													
Yes	R6													
Yes	R7													
Yes	R8													
Yes	R9													
Yes	R10													
Yes	R11													
Yes	R12													
	R13													

Activity: G = Group A = Adventure Activity C = Community Service P = Puppet Show V = Volunteer

High School LRP – School Year 2015-2016

Phone #	Name	Date Adventure 10/15	Comm 10/20	Vol 11/2	Pup show 10/15								
703-555-0967	Jane Doe												

Activity: G = Group A = Adventure C = Community Service P = Puppet Show V = Volunteer

Leadership and Resiliency Program Statistics 20__-20__

School: _____

Participant Code	Absences Last school year	Absences This school year	GPA Last school year	GPA This school year	Suspensions Last school year	Suspensions This school year	Group Sessions Possible	Group Sessions Attended	Community Service Activities Possible	Community Service Activities Attended	Adventure Activities Possible	Adventure Activities Attended

LRP Reporting Month: _____ School:_____ Staff:_____

GOALS	Healthy Relationships	Goal Setting	Coping Strategies	Use and Attitudes
SKILLS	1. Empathy 2. I-messages 3. Communication 4. Body Language 5. Peer support 6. Adult support 7. Peer refusal skill 8. Conflict resolution 9. Respecting others	1. Decision making 2. Flexibility 3. Self-efficacy 4. Persistence 5. Overcoming obstacles 6. Short-term planning 7. Long-term planning 8. Recognizing strengths 9. Values	1. Anger management 2. Stress management 3. Delay gratification 4. Self-soothing 5. Self-esteem 6. Honesty 7. Creativity 8. Awareness/insight 9. Spirituality	1. Alcohol 2. Tobacco 3. Other Drugs 4. Violence

Adventure Activity Date: _____ **Attendance:**_____
Goal: _____
Skills: _____
Outcome: _____
_____

Community Service Activity Date: _____**Attendance:**_____
Goal: _____
Skills: _____
Outcome: _____
_____

Group Date: _____**Co-facilitator Attended:** Yes/No **Attendance:** _____
Goal: _____
Skills: _____
Outcome: _____
_____

Group Date: _____ **Co-facilitator Attended:** Yes / No **Attendance:**_____
Goal: _____
Skills: _____
Outcome: _____
_____

Group Date: _____ **Co-facilitator Attended:** Yes / No **Attendance:**_____
Goal: _____
Skills: _____
Outcome: _____
_____

Group Date: _____ **Co-facilitator Attended:** Yes / No **Attendance:**_____
Goal: _____
Skills: _____
Outcome: _____
_____

Group Date: _____ **Co-facilitator Attended:** Yes / No **Attendance:**_____
Goal: _____
Skills: _____
Outcome: _____
_____

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Leadership and Resiliency Program Assessment Survey Question Sources

Pre-Post Instrument[1]

Question Number	Construct	Resiliency Factor	Source
First set of questions			
1-3	Empathy	Healthy Relationships	ARS
4	Communication	Healthy Relationships	Huebner, 2003
5 – 9	Goal Setting	Goal Setting	CSAP
10 – 13	Decision Making	Goal Setting	CSAP
14 – 17	Self Concept	Coping/Healthy Relationships	GREAT
Second set of questions			
1 – 3	Stress Management	Coping/Healthy Relationships	CSAP
4 – 7	Self-Efficacy	Coping	Fetsch, 1996
8 - 10	Self-Efficacy	Coping	Fetsch, 1996
11 – 12	Support	Healthy Relationships	Small & Rodgers
13 – 17	Identifying Strengths	Coping/Goal Setting	ARS
18 - 19	Impulsivity	Coping	CSAP
Third set of questions			
1 – 11	Peer Pressure		Santor, Messervey & Kusumakar, 2000
Fourth set of questions			
1 – 24	Problem-solving Skills	Coping	Barkman, S. & Machtmes, K. (2002)
Facilitator Questions (post only)	Style, competence, effectiveness		Ferguson, K.J. & Kreiter, C. (no date provided)[2]

[1] Based on "new" retrospective instrument

[2] Reliability and Validity of Evaluation Tools for Assessing Facilitators in Problem-Based Versus Reflective Small Groups, *University of Iowa*

INSTRUCTIONS FOR ADMINISTRATOR:

1. Provide a copy of the PRE-test to the students PRIOR to the start of the official program, perhaps during the introductory session. Instruct your students to select the response that best describes them or how they feel about each statement. If they ask about the interpretation of a question, instruct them to interpret it in whatever way that makes the most sense to them.

2. Provide a copy of the POST-test to the students during the last session of LRP.

3. If you have students in the program for whom Spanish is their first language, there is a Spanish language version of the survey available.

Some tips for encouraging your participants to fill out the survey:

1. Be positive when presenting the survey, but don't make a big deal out of it. It is a simple fact that they need to complete it, whether they want to or not. Your job is to help them **want** to complete it.

2. Importantly, completing the survey provides the participants with an opportunity to give their input and feedback on the program. **Tell them this.** Help them to understand that their input is important and we want to have it. Also, the survey information will help us understand the strengths and weaknesses of the program – from their perspective. Their perspective can help us make the program the best it can be.

3. Acknowledge that the survey requires a bit of reading and thinking, but that it shouldn't take more than about 30 minutes to complete and they only have to do it twice – at the beginning of the program and again at the end. If students complain, remind them that this is an opportunity for them to give input about the program, input that will help us understand if the program is working or not. That's important.

Please fill in the following information. This information will help us match your pre- and post-tests without the ability to identify you personally.

1. **Please provide us with the first initial of your FIRST name** (for example, if your first name is John, you would write the letter "J").

   The first letter of my first name is: _____

2. **Please fill in the first initial of your LAST name name** (for example, if your last name is Smith, you would write the letter "S").

   The first letter of my last name is: _____

3. **What is your birthday? Please provide the month and day, only** (May 2, for example)

   My birthday is: Month _____ and Day _____

1. **How old are you?** _____

2. **In what grade are you?** _____

3. **How many times have you participated in the Leadership and Resiliency Program?**

   ____once _____twice _____three times _____four times

4. **How would you describe yourself?**

   _____White _____African American _____Hispanic _____Asian

   _____Native American _____Mixed/Biracial _____Other

5. **Who do you live with most of the time?**

   _____Mom and Dad (biological or adoptive) _____Mom only _____Dad only

   _____Half the time with Mom, half the time with Dad

   _____Mom and Stepdad _____ Dad and Stepmom

   _____Parent and non-relative (e.g., Mom and boyfriend)

   _____A relative (Grandparents, Aunts, Uncles, Sister) _____Alone

   _____With friends _____Other living arrangement (foster care, group home)

6. **Are your parents either divorced or separated?**

   _____No _____Yes _____Currently going through a divorce or separation

   _____They were never married

7. **What are the average grades you usually get in your courses at school?**

_____Mostly A's _____About half A's and half B's _____Mostly B's

_____About half B's and half C's _____Mostly C's

_____About half C's and half D's _____Mostly D's _____Mostly below D's

INSTRUCTIONS FOR COMPLETION: For each statement, please circle the response that best describes you or how you feel.

1	2	3	4
Never	**Seldom**	**Usually**	**Always**

1. **I regularly take care of a family member or pet.**	**1 2 3 4**
2. **Doing something for others makes me feel good.**	**1 2 3 4**
3. **Doing something for someone else is a waste of time.**	**1 2 3 4**
4. **I am aware of the messages my body language is sending to others.**	**1 2 3 4**
5. **How often do you set goals to achieve?**	**1 2 3 4**
6. **When I set a goal, I think about what I need to do to achieve that goal.**	**1 2 3 4**
7. **How often do you work on the goals you have set for yourself?**	**1 2 3 4**
8. **Once I set a goal, I don't give up until I achieve it.**	**1 2 3 4**
9. **I think about what I would like to be when I become an adult.**	**1 2 3 4**
10. **How often do you think about your options before you make a decision?**	**1 2 3 4**
11. **How often do you stop to think about how your decisions may affect others' feelings?**	**1 2 3 4**
12. **How often do you stop to think about all the things that may happen as a result of your decisions?**	**1 2 3 4**
13. **I make good decisions.**	**1 2 3 4**
14. **I am a useful person to have around.**	**1 2 3 4**
15. **I feel that I am at least as important as other people.**	**1 2 3 4**
16. **I feel good about myself.**	**1 2 3 4**
17. **When I do a job, I do it well.**	**1 2 3 4**

For the next questions, please circle the answer that best describes what you think. Circle "Strongly Disagree" if you think the statement is not at all true for you, and "Strongly Agree" if you think the statement is completely true for you.

1	2	3	4
Strongly Disagree	**Disagree**	**Agree**	**Strongly Agree**

1. Stressful situations are difficult for me to deal with.	**1 2 3 4**
2. I know how to relax when I feel too much pressure.	**1 2 3 4**
3. I know what to do to handle a stressful situation.	**1 2 3 4**
4. I believe there is really no way I can solve some of the problems I have.	**1 2 3 4**
5. Sometimes I feel that I am being pushed around in life.	**1 2 3 4**
6. I have little control over the things that happen to me.	**1 2 3 4**
7. I can do just about anything I really set my mind to.	**1 2 3 4**
8. I often feel helpless in dealing with the problems of life.	**1 2 3 4**
9. I believe that what happens to me in the future depends mostly on me.	**1 2 3 4**
10. I believe there is little I can do to change many of the important things in my life.	**1 2 3 4**
11. I have at least one good friend I can count on.	**1 2 3 4**
12. I have at least one adult who is not my parent that I can count on.	**1 2 3 4**
13. I can describe at least one personal strength that I have.	**1 2 3 4**
14. I can easily learn to do new things.	**1 2 3 4**
15. I have a skill that I am good at.	**1 2 3 4**
16. I don't believe that I have any personal strengths.	**1 2 3 4**
17. There are things about me that would make me a good role model.	**1 2 3 4**
18. It is important to think before I act.	**1 2 3 4**
19. I feel as if I have to do everything right away.	**1 2 3 4**

For these next questions, please circle the answer that best describes what you think. Circle "Strongly Disagree" if you think the statement is not at all true for you, and "Strongly Agree" if you think the statement is completely true for you.

1	2	3	4
Strongly Disagree	**Disagree**	**Agree**	**Strongly Agree**

1. My friends could push me into doing just about anything.	1 2 3 4
2. I give into peer pressure easily.	1 2 3 4
3. When at school, if a group of people asked me to do something, it would be hard to say no.	1 2 3 4
4. At times, I've broken rules because others have urged me to.	1 2 3 4
5. At times, I've done dangerous or foolish things because others dared me to.	1 2 3 4
6. I often feel pressured to do things I wouldn't normally do.	1 2 3 4
7. If my friends are drinking, it would be hard for me to resist having a drink.	1 2 3 4
8. I've skipped classes, when others have urged me to.	1 2 3 4
9. I've felt pressured to have sex, because a lot of people my own age have already had sex.	1 2 3 4
10. I've felt pressured to get drunk at parties.	1 2 3 4
11. At times I've felt pressured to do drugs, because others have urged me too.	1 2 3 4

For the next set of questions, please circle the number that best corresponds to how you react most often when problems arise. For example, if you circle 5 for a statement that means you always do what is described in the statement.

1	2	3	4	5
Never	**Rarely**	**Sometimes**	**Often**	**Always**

1. When I have a problem, I first figure out exactly the problem is.	1 2 3 4 5
2. I try to get all the facts before trying to solve a problem.	1 2 3 4 5
3. When I have a problem, I look at what is and what should be.	1 2 3 4 5
4. I look ahead and try to prevent problems before they happen.	1 2 3 4 5
5. When faced with a problem, I wait to see if it will go away.	1 2 3 4 5
6. I look at a problem from many different viewpoints (my own, my friends', my parents', etc.)	1 2 3 4 5
7. I keep an open mind about what caused a problem.	1 2 3 4 5
8. When faced with a problem, I try to determine what caused it.	1 2 3 4 5
9. When solving a problem, I do the first thing that comes into my head.	1 2 3 4 5
10. I look at the likely results for each possible solution.	1 2 3 4 5
11. When solving a problem, I look at all possible solutions.	1 2 3 4 5
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13. I try to look at the long term results of each possible solution.	1 2 3 4 5
14. When comparing solutions, I look how each solution will affect the people involved.	1 2 3 4 5
15. When I am solving a problem, I choose the easiest solution.	1 2 3 4 5
16. I compare each possible solution with the others to find the best one to solve my problem.	1 2 3 4 5
17. After putting my solution into action, I forget about it.	1 2 3 4 5
18. After choosing a solution, I put it into action.	1 2 3 4 5
19. After selecting a solution, I think about it for a while before I put it into action	1 2 3 4 5
20. I tend to doubt my decision after it has been made.	1 2 3 4 5
21. If my solution is not working, I will try another solution.	1 2 3 4 5
22. Once I carry out a solution, I never look back.	1 2 3 4 5
23. When a solution is not working, I try to figure out what is wrong.	1 2 3 4 5
24. Once I have solved a problem, I step back to see how my solution is working	1 2 3 4 5

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4. I look ahead and try to prevent problems before they happen.	1 2 3 4 5
5. When faced with a problem, I wait to see if it will go away.	1 2 3 4 5
6. I look at a problem from many different viewpoints (my own, my friends', my parents', etc.)	1 2 3 4 5
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23. When a solution is not working, I try to figure out what is wrong.	1 2 3 4 5
24. Once I have solved a problem, I step back to see how my solution is working	1 2 3 4 5

In the final section of this survey, please answer the following questions about your Leadership and Resiliency Program (LRP) facilitator. Please answer honestly. Your facilitator will not see your responses.

1	2	3	4
Strongly Disagree	**Disagree**	**Agree**	**Strongly Agree**

In general, my LRP facilitator...

F1. … has clear standards and expectations for us.	1 2 3 4
F2. … has clear ground rules for how we should behave during program sessions.	1 2 3 4
F3. … tries hard to involve all of us in any discussion we have.	1 2 3 4
F4. … presents information at a pace that helps us to understand it.	1 2 3 4
F5. … explains information in a manner that helps us to understand it.	1 2 3 4
F6. … encourages us to express our opinions, even if they are different from our facilitator's opinion or those presented in the program materials.	1 2 3 4
F7. … is very knowledgeable.	1 2 3 4
F8. … is very supportive of each of us even when we are having a bad day.	1 2 3 4
F9. … helps us become aware of our own feelings and thoughts.	1 2 3 4
F10. … is an effective facilitator	1 2 3 4

In the final section of this survey, please answer the following questions about the LRP program, overall.

1	2	3	4
Strongly agree	**Agree a little**	**Disagree a little**	**Disagree a lot**

1. I enjoyed being a part of the Leadership and Resiliency Program this year.	1 2 3 4
2. Being a part of the Leadership and Resiliency Program this year has helped me learn more about myself.	1 2 3 4
3. I would like to participate in the Leadership and Resiliency Program during next year.	1 2 3 4
4. I would encourage my friends to participate in the Leadership and Resiliency Program.	1 2 3 4