



Youth Engagement, Motivation and Beliefs Survey

Youth Version

Instructions: The purpose of this survey is to find out more about youth and youth programs in King County. Our goal is to help make out-of-school time programs better for you and other young people. This survey should take about 20 Minutes. Below are questions that ask about you and some of the things you think and feel about yourself and your afterschool program. This is not a test. There are no “wrong” answers. Please choose the answer that is most true or most like you.

This survey is completely voluntary. You do not have to answer any of the questions if you don’t want to, and you can stop doing this survey at any time. This survey does not have your name on it, so everything you write is confidential, which means that no one (not your parents, teachers, school staff or other students) will be allowed to know how you answer these questions.

1. Young people might describe themselves in many ways. We have listed some things youth might say or think about themselves. For each statement below, pick the answer that is most true for you.

	<i>Not at all true</i>	<i>Somewhat true</i>	<i>Mostly true</i>	<i>Completely true</i>
I don't give up easily	1	2	3	4
I can calm myself down when I'm excited or upset	1	2	3	4
I listen to other people's ideas	1	2	3	4
I can do a good job if I try hard enough	1	2	3	4
I trust my future will turn out well	1	2	3	4
When I'm sad, I do something that will make me feel better	1	2	3	4
I expect good things to happen to me	1	2	3	4
I feel bad when someone gets their feelings hurt	1	2	3	4
I try things even if I might fail	1	2	3	4
I make step-by-step plans to reach my goals	1	2	3	4
When my solution to a problem is not working, I try to find a new solution	1	2	3	4
I can handle stress	1	2	3	4
If I set goals, I take action to reach them	1	2	3	4
When I make a decision, I think about how it will affect other people	1	2	3	4
I work well with others on group projects	1	2	3	4



	<i>Not at all true</i>	<i>Somewhat true</i>	<i>Mostly true</i>	<i>Completely true</i>
I can stop myself from doing something I know I shouldn't do	1	2	3	4
I feel excited about my future	1	2	3	4
I think of my past choices when making new decisions	1	2	3	4
I finish whatever I begin	1	2	3	4
I respect what other people think, even if I disagree	1	2	3	4
I stay positive when things don't go the way I want	1	2	3	4
I try to help when I see someone having a problem	1	2	3	4
I have goals in my life	1	2	3	4
I can solve difficult problems if I try hard enough	1	2	3	4
I stay focused on my work even when it's boring	1	2	3	4
I can control my temper	1	2	3	4

2. Below are some statements that might describe how you feel about your after school program. For each statement, please indicate how true the statement is for you.

	<i>Not at all true</i>	<i>Somewhat true</i>	<i>Mostly true</i>	<i>Completely true</i>
There are things happening in this program that I feel excited about	1	2	3	4
This program has helped me get better at controlling my temper	1	2	3	4
This program has helped me learn how to calm myself down when I'm excited or upset	1	2	3	4
This program helps me build new skills	1	2	3	4
This program has helped me learn to stop doing something I know I shouldn't do	1	2	3	4
This program has helped me get better at staying focused on my work	1	2	3	4
What we do in this program is challenging in a good way	1	2	3	4
What we do in this program is important to me	1	2	3	4
This program has helped me to handle stress	1	2	3	4



	<i>Not at all true</i>	<i>Somewhat true</i>	<i>Mostly true</i>	<i>Completely true</i>
This program helps me explore new ideas	1	2	3	4
What we do in this program will help me succeed in life	1	2	3	4
This program has helped me learn that my feelings affect how I do in school	1	2	3	4
I fit in at this program	1	2	3	4
This program has helped me learn how to be patient with others	1	2	3	4
The adults in this program take the time to get to know me	1	2	3	4
I feel proud to be part of this program	1	2	3	4

SAMPLE



3. What is your gender (please check the appropriate box)?

- Female
- Male
- Other

4. What grade are you in?

- 6th
- 7th
- 8th
- 9th
- 10th
- 11th
- 12th
- Other

5. How often is English spoken in your home?

- Always
- Most of the time
- Sometimes
- Rarely or never

6. How often do you attend this program?

- Rarely
- Some sessions
- Most or all sessions

Thank you for your time!