



# YOUTH ENGAGEMENT, MOTIVATION, AND BELIEFS SURVEY

## Self-Management, Program Effects Module

### DEFINITION

This module assesses the experiences that young people have in programs. Specifically, it asks young people to reflect on the extent to which the program has affected their ability to handle stress, and to manage their own emotions and behaviors.

### ITEMS AND RESPONSE OPTIONS

<b>Prompt:</b> This survey is confidential. <i>Read each of the following statements and decide how true they are for you.</i>				
	<i>N</i> = 64*	<i>M</i> = 2.79	<i>SD</i> = 0.965	$\alpha$ = 0.895
<b>Variable</b>	<b>Description</b>		<b>Coding</b>	
SMR_Stress	This program has helped me to handle stress		"1" = Not at all true "2" = Somewhat true "3" = Mostly true "4" = Completely true	
SMR_Temper	This program has helped me get better at controlling my temper		"1" = Not at all true "2" = Somewhat true "3" = Mostly true "4" = Completely true	
SMR_Feelings	This program has helped me learn that my feelings affect how I do in school		"1" = Not at all true "2" = Somewhat true "3" = Mostly true "4" = Completely true	
SMR_Patient	This program has helped me to be more patient with others		"1" = Not at all true "2" = Somewhat true "3" = Mostly true "4" = Completely true	
SMR_CalmDown	This program has helped me learn how to calm myself down when I'm excited or upset		"1" = Not at all true "2" = Somewhat true "3" = Mostly true "4" = Completely true	



SMR_StayFocused	This program has helped me get better at staying focused on my work	<p>"1" = Not at all true</p> <p>"2" = Somewhat true</p> <p>"3" = Mostly true</p> <p>"4" = Completely true</p>
SMR_Stop	This program has helped me to stop doing something when I know I shouldn't do it	<p>"1" = Not at all true</p> <p>"2" = Somewhat true</p> <p>"3" = Mostly true</p> <p>"4" = Completely true</p>

## NOTES

Items adapted from the Adolescent Self-Regulatory Inventory (Moilanen, 2007) and from an impact study of the Youth Program Quality Intervention (Smith et. al., 2012)

\*Scale statistics are based on a pilot administration of this survey in April-May of 2015; Item means, standard deviations, and Cronbach's alpha statistic ( $\alpha$ ) are calculated using SPSS. All are averaged across scale items for respondents who provided valid answers for all items within the scale.

## SOURCE INFORMATION

Moilanen, K. L. (2007). The Adolescent Self-Regulatory Inventory: The Development and Validation of a Questionnaire of Short-Term and Long-Term Self-Regulation. *Journal of Youth and Adolescence*, 36(6), 835-848. doi: 10.1007/s10964-006-9107-9

Smith, C., Akiva, T., Sugar, S. A., Lo, Y.-J., Frank, K. A., Peck, S. C., & Cortina, K. (2012). Continuous quality improvement in afterschool settings: Impact findings from the Youth Program Quality Intervention study. Ypsilanti, MI: Forum for Youth Investment.