

## Examples of Surveys to measure Program effectiveness

A Family Questionnaire for Mushing Program CODEBOOK

A Family Questionnaire for Mushing Program

A Student Questionnaire for Mushing Program CODEBOOK

A Student Questionnaire for Mushing Program

A Teacher Questionnaire for Mushing Program CODEBOOK

A Teacher Questionnaire for Mushing Program

# CODEBOOK

## Family Questionnaire

Test Form: \_\_\_ Pre-Test = 1 Post-Test = 2

Child's Name: \_\_\_ \_\_\_ \_\_\_ (code each child/student in numerical order starting with 001)  
(match these code numbers to the same numbers used in the teacher questionnaire codebook)

Date Completed: \_\_\_ (set up codes for separate dates of completion if needed)

Parent or Guardian's Name: \_\_\_ \_\_\_ \_\_\_ (code each parent/guardian in numerical order starting with 001)

Relationship of Parent/Guardian to Child: \_\_\_

Father = 1

Mother = 2

Grandparent = 3

Aunt or Uncle = 4

Other = 5 (this code may be broken down into other categories as needed)

Sex: \_\_\_ Male = 1 Female = 2

Age: \_\_\_ \_\_\_ (years of age)

1. In general, how happy and satisfied with life does your child appear to be? \_\_\_

Very happy and satisfied = 4

Somewhat happy and satisfied = 3

Somewhat unhappy and dissatisfied = 2

Very unhappy and dissatisfied = 1

2. How expressive is your child of his or her emotions? \_\_\_

Very expressive = 4

Somewhat expressive = 3

Somewhat inexpressive = 2

Very inexpressive = 1

3. How would you describe your child's behavior at home? \_\_\_

Very well behaved = 4

Somewhat well behaved = 3

Somewhat disruptive = 2

Very disruptive = 1

4. How self-confident is your child? \_\_\_\_

Very self-confident = 4

Somewhat self-confident = 3

Somewhat lacking in self-confidence = 2

Very lacking in self-confidence = 1

5. How resilient is your child in dealing with stress? \_\_\_\_

Highly resilient = 4

Somewhat resilient = 3

Somewhat rigid and lacking in resilience = 2

Highly rigid and lacking in resilience = 1

6. How well does your child get along with other family members? \_\_\_\_

Very well = 4

Somewhat well = 3

Not very well = 2

Very badly = 1

NOTE: To prepare questionnaire responses for statistical analysis, first add up the separate scores from questions 1 through 6 above. When entering these data into a statistical analysis program, each child will have a score for each separate item as well as a total score. This total score will represent the overall family adjustment and well being of each child from the point of view of his/her parent or guardian (with a higher score indicating higher adjustment and well being). Pre and post-test comparisons can be made between these scores. The demographic variables (i.e., test form, child's name, date completed, parent or guardian's name, relationship of parent/guardian to child, sex of child, and age of child) are analyzed separately.

Post-test only scores for the following three questions can be added together. This combined score can be analyzed in relationship to the above scores and, if desired, in relationship to the scores generated by the teacher questionnaire that will be linked to the same student/child code numbers.

Quality of Staff: \_\_\_\_

Very Satisfied = 4

Somewhat Satisfied = 3

Somewhat Unsatisfied = 2

Very Unsatisfied = 1

Quality and Value of the Activities Provided: \_\_\_\_

Very Satisfied = 4

Somewhat Satisfied = 3

Somewhat Unsatisfied = 2

Very Unsatisfied = 1

Do you think the Youth Sled Dog Program strengthened your child's leadership skills: \_\_\_\_

Yes = 4

No = 2

IF YES, in what ways were your child's leadership skills strengthened: \_\_\_\_

This open ended question needs to be coded based on frequency of response. To code this question, first tabulate all responses by all parents/guardians. Then rank order these responses by frequency, with the most frequently given response at the top of the list and the least frequent at the bottom. These data can then be reported in a separate table (here I might limit the list of items to the top ten only).

Do you think your child would be interested in participating in future youth development activities in your community if offered: \_\_\_\_

Yes = 2

No = 1

What changes do you believe might make the Youth and Sled Dog Program better?

This open ended question needs to be coded based on frequency of response. To code this question, first tabulate all responses by all parents/guardians. Then rank order these responses by frequency, with the most frequently given response at the top of the list and the least frequent at the bottom. These data can then be reported in a separate table (here I might limit the list of items to the top ten only).

## Family Questionnaire

FRANK ATTLA YOUTH AND SLED DOG CARE - MUSHING PROGRAM

### Youth Performance Survey

This form should be completed by the parent or guardian of each child participating in the Youth and Sled Dog Program.

Child's Name: \_\_\_\_\_ Date this form was completed: \_\_\_\_\_

Name of Parent/Guardian (the person completing this form): \_\_\_\_\_

Relationship of Parent/Guardian to Child (check one):

- Father
- Mother
- Grandparent
- Aunt or Uncle
- Other (please specify): \_\_\_\_\_

Child's Sex (circle): Male Female                      Child's Age: \_\_\_\_\_

Please answer the following questions for the child named above. Check one response only for each question:

1. In general, how happy and satisfied with life does your child appear to be?

- Very happy and satisfied
- Somewhat happy and satisfied
- Somewhat unhappy and dissatisfied
- Very unhappy and dissatisfied

2. How expressive is your child of his or her emotions?

- Very expressive
- Somewhat expressive
- Somewhat inexpressive
- Very inexpressive

3. How would you describe your child's behavior at home?

- Very well behaved
- Somewhat well behaved
- Somewhat disruptive
- Very disruptive

4. How self-confident is your child?

- Very self-confident
- Somewhat self-confident
- Somewhat lacking in self-confidence
- Very lacking in self-confidence

5. How resilient is your child in dealing with stress?

- Highly resilient
- Somewhat resilient
- Somewhat rigid and lacking in resilience
- Highly rigid and lacking in resilience

6. How well does your child get along with other family members?

- Very well
- Somewhat well
- Not very well
- Very badly

As a parent or guardian, how satisfied were you with the Youth and Sled Dog Program in the following areas:

Quality of Staff

- Very Satisfied
- Somewhat Satisfied
- Somewhat Unsatisfied
- Very Unsatisfied

Quality and Value of the Activities Provided

- Very Satisfied
- Somewhat Satisfied
- Somewhat Unsatisfied
- Very Unsatisfied

Do you think the Youth Sled Dog Program strengthened you child’s leadership skills?

Yes

No

IF YES, in what way were your child’s leadership skills strengthened?

Do you think your child would be interested in participating in future youth development activities in your community if offered?

Yes

No

What changes do you believe might make the Youth and Sled Dog Program better?

# CODEBOOK

## Student Questionnaire

Test Form: \_\_\_\_ Pre-Test = 1 Post-Test = 2

Age: \_\_\_\_ (years of age)

Sex: \_\_\_\_ Male = 1 Female = 2

Grade in School: \_\_\_\_ (01 to 12)

1. I feel cheerful and in good spirits. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

2. My daily life is interesting. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

3. I have lots of energy and like to keep active. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

4. I have friends my own age and get along well with other kids. \_\_\_\_

True = 4  
False = 1



5. When I get up in the morning I feel refreshed and rested. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

6. I get angry and upset and feel bad about life. \_\_\_\_

Most of the time = 1  
Some of the time = 2  
Not usually = 3  
Never = 4

7. I like going to school. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

8. I get along well with adults. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

9. I get good grades in school. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

10. I feel hopeful about my future. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

11. I feel sad and depressed. \_\_\_\_

Most of the time = 1  
Some of the time = 2  
Not usually = 3  
Never = 4

12. I feel proud of myself and my Native Alaskan heritage. \_\_\_\_

Most of the time = 4  
Some of the time = 3  
Not usually = 2  
Never = 1

NOTE: To prepare questionnaire responses for statistical analysis, first add up the separate scores from questions 1 through 12 above. When entering these data into a statistical analysis program, each student will have a score for each separate question as well as a total score. The total score will represent the overall performance and well being of each student (with a higher score indicating higher performance and well being). The demographic variables (i.e., test form, age, sex and grade in school) are analyzed separately. When prepared for statistical analysis, each student will have a line of code numbers that represent questionnaire responses to both the demographic variables and the 12 questions listed above. Students responding to this questionnaire remain anonymous and their names are not entered into the database (however, for the teacher questionnaire student names are entered and coded).

The following open ended questions need to be coded based on the frequency of responses to each item. To code the following three items, first tabulate all responses by all students. Then rank order these items based on frequency of response for all students to each question. These data can then be reported in a separate table.

What were the BEST things about the Youth and Sled Dog Program?

What did you NOT LIKE about the Youth and Sled Dog Program?

What would make the Youth and Sled Dog Program better?

\_\_\_\_\_ Date of Pre-Test  
\_\_\_\_\_ **Date of MID-Test**  
\_\_\_\_\_ Date of Post-Test

## Student Questionnaire

### FRANK ATTLA YOUTH AND SLED DOG CARE - MUSHING PROGRAM

Do **NOT** put your name on these papers. Your answers are anonymous  
and you will not be identified after filling out this form.

Your Age: \_\_\_\_\_ (years old)

Your Sex (circle): Male Female

Your Grade in School: \_\_\_\_\_

Do **NOT** put your name on these papers. Your answers are anonymous and you will not be identified  
after filling out this form.

Check **one** answer for each statement below that best describes how you feel:

1. I feel cheerful and in good spirits.

- Most of the time
- Some of the time
- Not usually
- Never

2. My daily life is Interesting.

- Most of the time
- Some of the time
- Not usually
- Never

3. I have lots of energy and like to keep active.

- Most of the time
- Some of the time
- Not usually
- Never

4. I have friends my own age and get along well with other kids.

- True
- False

5. When I get up in the morning I feel refreshed and rested.

- Most of the time
- Some of the time
- Not usually
- Never

6. I get angry and upset and feel bad about life.

- Most of the time
- Some of the time
- Not usually
- Never

7. I like going to school.

- Most of the time
- Some of the time
- Not usually
- Never

8. I get along well with adults.

- Most of the time
- Some of the time
- Not usually
- Never

9. I get good grades in school.

- Most of the time
- Some of the time
- Not usually
- Never

10. I feel hopeful about my future.

- Most of the time
- Some of the time
- Not usually
- Never

11. I feel sad and depressed.

- Most of the time
- Some of the time
- Not usually
- Never

12. I feel proud of myself and my Native Alaskan heritage.

- Most of the time
- Some of the time
- Not usually
- Never

What were the BEST things about the Youth and Sled Dog Program?

What did you NOT LIKE about the Youth and Sled Dog Program?

What would make the Youth and Sled Dog Program better?

# CODEBOOK

## Teacher Questionnaire

Test Form: \_\_\_\_ Pre-Test = 1 Post-Test = 2

Age: \_\_\_\_ (years of age)

Sex: \_\_\_\_ Male = 1 Female = 2

Grade in School: \_\_\_\_ (01 to 12)

Student's Name: \_\_\_\_ (code each student in numerical order starting with 001)

Teacher's Name: \_\_\_\_ (code each teacher in numerical order starting with 01)

Date Completed: \_\_\_\_ (set up codes for separate dates of completion if needed)

1. In general, how happy and satisfied with life does this student appear to be? \_\_\_\_

- Very happy and satisfied = 4
- Somewhat happy and satisfied = 3
- Somewhat unhappy and dissatisfied = 2
- Very unhappy and dissatisfied = 1

2. How expressive is this student of his or her emotions? \_\_\_\_

- Very expressive = 4
- Somewhat expressive = 3
- Somewhat inexpressive = 2
- Very inexpressive = 1

3. What is this student's relative level of academic performance? \_\_\_\_

- Highly above average = 4
- Somewhat above average = 3
- Somewhat below average = 2
- Highly below average = 1

4. How cooperative is this student in working with others? \_\_\_\_

- Very cooperative = 4
- Somewhat cooperative = 3
- Somewhat uncooperative = 2
- Very uncooperative = 1

5. How would you describe this student's behavior in the classroom? \_\_\_\_\_

Very well behaved = 4

Somewhat well behaved = 3

Somewhat disruptive = 2

Very disruptive = 1

6. How self-confident does this student appear to be? \_\_\_\_\_

Very self-confident = 4

Somewhat self-confident = 3

Somewhat lacking in self-confidence = 2

Very lacking in self-confidence = 1

7. How resilient is this student in dealing with stress? \_\_\_\_\_

Highly resilient = 4

Somewhat resilient = 3

Somewhat rigid and lacking in resilience = 2

Highly rigid and lacking in resilience = 1

NOTE: To prepare questionnaire responses for statistical analysis, first add up the separate scores from questions 1 through 7 above. When entering these data into a statistical analysis program, each student will have a score for each separate item as well as a total score. This total score will represent the overall performance and well being of each student (with a higher score indicating higher performance and well being). The demographic variables (Le., test form, age, sex, grade in school, student's name, teacher's name, and date completed) are analyzed separately.

The following open ended question needs to be coded based on frequency of response. To code this question, first tabulate all responses by all teachers. Then rank order these responses by frequency, with the most frequently given response at the top of the list and the least frequent at the bottom. These data can then be reported in a separate table (here I might limit the list of items to the top ten only).

As a teacher, what changes do you believe might make the Youth and Sled Dog Program better?

\_\_\_\_\_ Date of Pre-Test  
\_\_\_\_\_ **Date of MID-Test**  
\_\_\_\_\_ Date of Post-Test

## Teacher Questionnaire

FRANK ATTLA YOUTH AND SLED DOG CARE - MUSHING PROGRAM

### Youth Performance Survey

Student's Name: \_\_\_\_\_ Date this form was completed: \_\_\_\_\_

Student's grade in school: \_\_\_\_\_ Student's Sex (circle): Male Female

Student's Age: \_\_\_\_\_ Teacher's Name: \_\_\_\_\_

Please answer the following questions for the above referenced student. Check one response only for each question:

1. In general, how happy and satisfied with life does this student appear to be?

- Very happy and satisfied
- Somewhat happy and satisfied
- Somewhat unhappy and dissatisfied
- Very unhappy and dissatisfied

2. How expressive is this student of his or her emotions?

- Very expressive
- Somewhat expressive
- Somewhat inexpressive
- Very inexpressive

3. What is this student's relative level of academic performance?

- Highly above average
- Somewhat above average
- Somewhat below average
- Highly below average

4. How cooperative is this student in working with others?

- Very cooperative
- Somewhat cooperative
- Somewhat uncooperative
- Very uncooperative



5. How would you describe this student's behavior in the classroom?

- Very cooperative
- Somewhat cooperative
- Somewhat uncooperative
- Very uncooperative

6. How self-confident does this student appear to be?

- Very cooperative
- Somewhat cooperative
- Somewhat uncooperative
- Very uncooperative

7. How resilient is this student in dealing with stress?

- Very cooperative
- Somewhat cooperative
- Somewhat uncooperative
- Very uncooperative

As a teacher, what changes do you believe might make the Youth and Sled Dog Program better?