

Youth Thriving Instrument

Survey # _____

Dear 4-H Participant,

We would like to ask you some questions about your experience in 4-H. This information will help us make sure future programs are really good. This will take you about 20 minutes to complete. You don't have to do this if you don't want to, and you can leave any questions you don't want to answer blank, and you can stop any time you want. There are no right or wrong answers, we just want you to answer each question as honestly as you can. Thanks for your help!!

There are 30 questions below. You will answer each question TWO TIMES. First, answer the question based on how you felt BEFORE participating in this 4-H program. Answer the second set based on how you feel AFTER participating in this 4-H program.

	Please rate the following based on how you felt BEFORE this 4-H program:	Not true at all (1)	(2)	(3)	(4)	(5)	(6)	Very True (7)
1A	No matter how intelligent I am, I can always improve my level of intelligence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2A	I can get smarter by working hard at learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3A	If I keep working at something I will get better at it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4A	It is possible to change how smart I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5A	I like to try new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6A	I am not afraid of trying new things, even if they seem hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7A	I like to be challenged by new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8A	I like to try new things, even if I am not very good at them at first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9A	I am excited about my future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10A	I trust my future will turn out well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11A	My life will make a difference in the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12A	I am doing things now that will help me achieve my purpose in the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Please rate the following based on how you felt BEFORE this 4-H program:	Not true at all (1)	(2)	(3)	(4)	(5)	(6)	Very True (7)
13A	It is important for me to understand how other people feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14A	I am happy when others succeed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15A	I care about how my decisions affect other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16A	I can be counted on to help if someone needs me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17A	I care about the feelings of my friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18A	There is a larger purpose in life of which I am a part	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19A	I have a religious or spiritual view of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20A	I am committed to seeking meaning in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21A	I have beliefs or values that guide my decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22A	I think that the way I live my life should benefit others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23A	When I want to feel a more positive emotion, I change the way I am thinking about a situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24A	I control emotions by changing the way I think about the situation I am in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25A	When something upsets me I try to express how I am feeling rather than pretend I am not upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26A	When I want to feel less negative emotions, I change the way I am thinking about the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27A	I develop step-by-step plans to reach my goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28A	If I set goals, I take action to reach them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29A	It is important for me to that I reach my goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30A	I know how to make my plans happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Now answer each question again base on how you feel AFTER this 4-H program

	Please rate the following based on how you felt AFTER this 4-H program:	Not true at all (1)	(2)	(3)	(4)	(5)	(6)	Very True (7)
1B	No matter how intelligent I am, I can always improve my level of intelligence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2B	I can get smarter by working hard at learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3B	If I keep working at something I will get better at it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4B	It is possible to change how smart I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5B	I like to try new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6B	I am not afraid of trying new things, even if they seem hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7B	I like to be challenged by new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8B	I like to try new things, even if I am not very good at them at first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9B	I am excited about my future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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11B	My life will make a difference in the world	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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16B	I can be counted on to help if someone needs me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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19B	I have a religious or spiritual view of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20B	I am committed to seeking meaning in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please rate the following based on how you felt AFTER this 4-H program:		Not true at all (1)	(2)	(3)	(4)	(5)	(6)	Very True (7)
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30B	I know how to make my plans happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		1	2	3	4	5	6	7	8	9	10	More than 10
31	How many years have you participated in 4-H?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		None (1)	(2)	(3)	(4)	(5)	(6)	Very High (7)
32	Rate your level of involvement in 4-H during the school year	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	Rate your level of involvement in 4-H during the summer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	How much do you participate in 4-H opportunities at the county level?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	How much do you participate in 4-H opportunities at the state level?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	How much do you participate in 4-H opportunities at the national level?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(37) What is your gender?:

- Girl
- Boy
- Other

(38) How old are you?:

- 13
- 14
- 15
- 16
- 17
- 18
- 18
- Older than 18
- Under age 13

(39) Which of the following best describes you?

White – For example, German, Irish, English, Italian, Polish, French, etc.	<input type="radio"/>
Hispanic, Latino, or Spanish Origin – For example, Mexican, or Mexican-American, Puerto Rico, Cuban, Salvadoran, Dominican, Columbian, etc.	<input type="radio"/>
Black of African American – For example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somalian, etc.	<input type="radio"/>
Asian – For example, Chinese, Filipino, Asian Indian, Vietnamese, Korean, Japanese, etc.	<input type="radio"/>
American Indian or Alaska Native – For example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Arrow Inupiat Traditional Government, Nome Eskimo Community, etc.	<input type="radio"/>
Middle Eastern or North African – For example: Lebanese, Iranian, Egyptian, Syrian, Moroccan, Algerian, etc.	<input type="radio"/>
Native Hawaiian or Other Pacific Islander –For example: Native Hawaiian, Samoan, Chamorro, Tongan, Fijian, Marshallese, etc.	<input type="radio"/>
Some other race, ethnicity or origin	<input type="radio"/>
Prefer not to answer	<input type="radio"/>

(40) Please Indicate Your County

<input type="radio"/>	Baker	<input type="radio"/>	Deschutes	<input type="radio"/>	Josephine	<input type="radio"/>	Morrow	<input type="radio"/>	Wasco
<input type="radio"/>	Benton	<input type="radio"/>	Douglas	<input type="radio"/>	Klamath	<input type="radio"/>	Multnomah	<input type="radio"/>	Washington
<input type="radio"/>	Clackamas	<input type="radio"/>	Gilliam	<input type="radio"/>	Lake	<input type="radio"/>	Polk	<input type="radio"/>	Wheeler
<input type="radio"/>	Clatsop	<input type="radio"/>	Grant	<input type="radio"/>	Lane	<input type="radio"/>	Sherman	<input type="radio"/>	Yamhill
<input type="radio"/>	Columbia	<input type="radio"/>	Harney	<input type="radio"/>	Lincoln	<input type="radio"/>	Tillamook	<input type="radio"/>	Warm Springs
<input type="radio"/>	Coos	<input type="radio"/>	Hood River	<input type="radio"/>	Linn	<input type="radio"/>	Umatilla	<input type="radio"/>	Other
<input type="radio"/>	Crook	<input type="radio"/>	Jackson	<input type="radio"/>	Malheur	<input type="radio"/>	Union	<input type="radio"/>	
<input type="radio"/>	Curry	<input type="radio"/>	Jefferson	<input type="radio"/>	Marion	<input type="radio"/>	Wallowa	<input type="radio"/>	