

PARTICIPANT SELF-ASSESSMENT

RELATIONSHIPS ARE PATHWAYS TO SUCCESS

Name:
Grade:
School:

For each statement below, circle the number to the right that best describes how much you agree with the statement.

	No	Sometimes			Yes
1. I have healthy, trusting relationships.	1	2	3	4	5
2. I can talk about hard stuff with adults.	1	2	3	4	5
3. I choose to hang out with good people.	1	2	3	4	5
4. I can say "no" when I feel uncomfortable.	1	2	3	4	5
5. I stop when others say they are uncomfortable.	1	2	3	4	5
6. I can tell how others are feeling.	1	2	3	4	5
7. I can describe how I am feeling.	1	2	3	4	5
8. I do whatever my friends do.	1	2	3	4	5
9. I know what I want and I try to get it.	1	2	3	4	5
10. I try to be a good student.	1	2	3	4	5
11. I try to help people get along.	1	2	3	4	5
12. When I have a problem with someone I try to fix it.	1	2	3	4	5
13. I'm a creative person.	1	2	3	4	5
14. I know the difference between healthy and unhealthy.	1	2	3	4	5
15. I like my body.	1	2	3	4	5
16. I am physically active.	1	2	3	4	5
17. I eat nutritious foods more than junk food.	1	2	3	4	5
18. When someone makes me mad, I get even.	1	2	3	4	5

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19. I can control myself when I get angry.	1	2	3	4	5
20. When I am angry, I can fix the problem without hurting others or myself.	1	2	3	4	5
21. When someone hurts me, I can fix it without getting angry.	1	2	3	4	5
22. When I hurt someone, I try to make it right.	1	2	3	4	5
23. I have someone who supports me.	1	2	3	4	5
24. I have someone who I can trust.	1	2	3	4	5
25. I have one or more friends.	1	2	3	4	5

Do you use what you learned in RAPS? _____

What are the good things about RAPS? _____

What are the bad things about RAPS? _____

What do you think of your mentors?: _____

MENTOR SELF-ASSESSMENT

RELATIONSHIPS ARE PATHWAYS TO SUCCESS

Name:
Major:

For each statement below, circle the number to the right that best describes how much you agree with the statement.

	No	Sometimes			Yes
26. I have healthy, trusting relationships.	1	2	3	4	5
27. Mentoring creates positive change.	1	2	3	4	5
28. I can analyze current issues that adolescents face.	1	2	3	4	5
29. I keep scheduled commitments.	1	2	3	4	5
30. I am organized.	1	2	3	4	5
31. I know how to prioritize.	1	2	3	4	5
32. I can lead group activities comfortably.	1	2	3	4	5
33. I can lead discussions comfortably.	1	2	3	4	5
34. I work well with others.	1	2	3	4	5
35. Teamwork is effective for reaching goals.	1	2	3	4	5
36. I can voice my opinions and concerns.	1	2	3	4	5
37. I can let others know what I need.	1	2	3	4	5
38. I listen to others.	1	2	3	4	5
39. I know what others need.	1	2	3	4	5
40. I am an appropriate role model for adolescents.	1	2	3	4	5
41. I keep my reckless behaviors in check.	1	2	3	4	5
42. I am supportive of others.	1	2	3	4	5

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43. I acknowledge the feelings of others.	1	2	3	4	5
44. I am aware of issues I cannot discuss with my mentee.	1	2	3	4	5
45. I can enforce boundaries with others.	1	2	3	4	5
46. When someone makes me mad, I get even.	1	2	3	4	5
47. I can control myself when I get angry.	1	2	3	4	5
48. When I am angry, I can fix the problem without hurting others or myself.	1	2	3	4	5
49. When someone hurts me, I can fix it without getting angry.	1	2	3	4	5
50. When I hurt someone, I try to make it right.	1	2	3	4	5
51. I have someone who supports me.	1	2	3	4	5
52. I have someone who I can trust.	1	2	3	4	5
53. I have one or more friends.	1	2	3	4	5

Now please consider not the content of the training program, but other aspects of the program as they contributed to the effectiveness of RAPS.

	Ineffective					Effective				
1. The facilitator	1	2	3	4	5	1	2	3	4	5
2. The training	1	2	3	4	5	1	2	3	4	5
3. The planning and processing sessions	1	2	3	4	5	1	2	3	4	5
4. The format of the mentoring sessions (one up one down, icebreaker, large group, small group, closing)	1	2	3	4	5	1	2	3	4	5
5. group activities	1	2	3	4	5	1	2	3	4	5
6. teacher	1	2	3	4	5	1	2	3	4	5
7. The facility / physical environment	1	2	3	4	5	1	2	3	4	5

Additional comments regarding any of the above aspects of the mentoring program: _____

Do you use what you learned in RAPS? _____

What are the good things about RAPS? _____

What are the bad things about RAPS? _____

What do you think of your mentees?: _____

Thank you for your participation in RAPS!