Top of Form



Copy of GOAL Program Survey (post-test)

 

**1. Please answer the following questions related to you as an individual:**

|  | **Strongly Disagree** | **Disagree** | **Unsure** | **Agree** | **Strongly Agree** |
| --- | --- | --- | --- | --- | --- |
| **I have self-confidence as a social work practitioner.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I have good problem-solving skills.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I handle conflict well.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I have empathy for others.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I communicate well with other people.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I can affect change in my life.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I have a sense of purpose in my life.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I have good relationships with others.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I doubt my abilities sometimes.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I worry about taking risks in front of other people.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I am open to sharing my feelings with other people.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I have good leadership skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I can handle the challenges in my life.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I am aware of my own strengths.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I am aware of my "areas for growth."** | Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I am aware of how my actions affect other people.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I ask for help when I need it.** | http://www.surveymonkey.com/img/t.gifI Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |

**2. Please answer the following questions related to your group experience:**

|  | **Strongly Disagree** | **Disagree** | **Unsure** | **Agree** | **Strongly Agree** |
| --- | --- | --- | --- | --- | --- |
| **I get support from my group.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I feel emotionally safe in my group.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **My group is cohesive.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **My group handles conflict well.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **My group has respect for diversity.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members communicate well with one another.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members provide mutual aid to one another.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members demonstrate good leadership skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members utilize empathic listening with one another.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members challenge one another.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members are vulnerable with one another.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members find common ground with one another.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members identify one another's strengths.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members are aware of group roles.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members identify negative patterns in the group.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Group members are engaged in the group process.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |

**3. Please answer the following questions related to adventure-based group work:**

|  | **Strongly Disagree** | **Disagree** | **Unsure** | **Agree** | **Strongly Agree** |
| --- | --- | --- | --- | --- | --- |
| **I am familiar with the practices of adventure-based group work.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **I think adventure-based group work is an effective social work intervention.** | http://www.surveymonkey.com/img/t.gif  Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Challenge and adventure are important components in the change process.** | http://www.surveymonkey.com/img/t.gif  Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Adventure-based activities "push" people out of their comfort zones.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Low ropes activities improve group cohesion.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **High ropes activities improve group cohesion.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Low ropes activities enhance problem-solving skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **High ropes activities enhance problem-solving skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Low ropes activities enhance communication skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **High ropes activities enhance communication skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Low rope activities enhance self-esteem.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **High ropes activities enhance self-esteem.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Low ropes activities foster trust in the group setting.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **High ropes activities foster trust in the group setting.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Low ropes activities increase leadership skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **High ropes activities increase leadership skills.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |
| **Adventure-based activities can be used with a variety of client populations.** | http://www.surveymonkey.com/img/t.gif Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gifAgree | http://www.surveymonkey.com/img/t.gifStrongly Agree |

**\***

**4. What population of social work clients do you think adventure-based group work practices can best serve?**



**\***

**5. What are the potential benefits to that population?**



**\***

**6. With what population would you not use adventure-based group work? Why?**



**\***

**7. What did you gain from your participation in the GOAL Program?**



**\***

**8. Did you meet your individual goals for the GOAL Program?**

|  |
| --- |
| http://www.surveymonkey.com/img/t.gif yes  http://www.surveymonkey.com/img/t.gifno  http://www.surveymonkey.com/img/t.gifsomewhat |
| Please elaborate on your answer. |

**\***

**9. Did your group acheive the goals you set together?**

|  |
| --- |
| http://www.surveymonkey.com/img/t.gif yes  http://www.surveymonkey.com/img/t.gifno  http://www.surveymonkey.com/img/t.gifsomewhat |
| Please elaborate on your answer. |

**10. Would you participate in an adventure-based program again?**

|  |
| --- |
| http://www.surveymonkey.com/img/t.gif yes  http://www.surveymonkey.com/img/t.gifno  http://www.surveymonkey.com/img/t.gifmaybe |

