Top of Form



GOAL Program Survey (pre-test)

[**Exit this survey**](http://www.surveymonkey.com/s.aspx?PREVIEW_MODE=DO_NOT_USE_THIS_LINK_FOR_COLLECTION&sm=y1BBXO7daORDBX9rHZLrLhHBUYjndQqUmd7xt%2fi21gk%3d)   
 

**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.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 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.** | 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.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 doubt my abilities sometimes.** | 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 worry about taking risks in front of other people.** | Strongly Disagree | http://www.surveymonkey.com/img/t.gifDisagree | http://www.surveymonkey.com/img/t.gifUnsure | http://www.surveymonkey.com/img/t.gif  Agree | 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.** | 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.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 "areas for growth."** | 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 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.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 |

**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.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 are vulnerable with one another.** | http://www.surveymonkey.com/img/t.gifStrongly Disagree | http://www.surveymonkey.com/img/t.gif  Disagree | 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.** | 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.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 |

**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.** | 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.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 |
| **High ropes activities enhance 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 |
| **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.** | 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 do you expect from your participation in the GOAL Program?**



What do you expect from your participation in the GOAL Program?

**\***

**5. List 2-3 individual goals for your participation in the GOAL Program:**



List 2-3 individual goals for your participation in the GOAL Program:

**\***

**6. List 2-3 group goals that you have related to your participation in the GOAL Program:**



List 2-3 group goals that you have related to your participation in the GOAL Program:

**7. Do you feel nervous or anxious about your participation in the GOAL Program?**

|  |  |
| --- | --- |
| http://www.surveymonkey.com/img/t.gifDo you feel nervous or anxious about your participation in the GOAL Program?   yes  http://www.surveymonkey.com/img/t.gifno  http://www.surveymonkey.com/img/t.gifunsure | |
| If yes, please explain why. | |
|  |

**8. Have you ever participated in an adventure-based program before?**

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



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