

The Mindsets Actions Research (MARch) Project

20-item Questionnaire V1

Instructions

- These questions will help us understand the activities that you take part in, your experiences and the opportunities that you have access to. Learning about your interests and challenges will help us get to know you better.
 - Answer the 20 questions below as best as you can remember. If you have done any of the activities at least once, please choose “Yes” and tell us approximately how many times.
 - If you have never done the activity, please choose “No” and share reasons why in part (B).
 - This is not a test and will not count towards any marks. Feel free to be honest and open about your experiences.
 - Please remember that there are no right or wrong answers. It is OK if you have not done any of these things or all of them!
 - It is completely normal if you feel many different emotions while answering these questions. If you would like to speak to someone about how you feel, please talk to your instructor or anyone that you feel comfortable with.
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1A. Have you traveled alone (by yourself) in your town on foot or by using local transportation (auto, bus, train, etc)?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

1B. If no for "Have you traveled alone (by yourself) in your town on foot or by using local transportation (auto, bus, train, etc)?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

2A. Have you run an errand alone (by yourself), such as buying items from a shop, picking up something for your family/home?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

2B. If no for "Have you run an errand alone (by yourself), such as buying items from a shop, picking up something for your family/home?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

3A. Have you spoken in front of a large group of people or given a speech?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

3B. If no for "Have you spoken in front of a large group of people or given a speech?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

4A. Have you had a discussion with or challenged a figure of authority (for example parents, teachers, elders) to be able to do something that was important to you?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

4B. If no for "Have you had a discussion with or challenged a figure of authority (for example parents, teachers, elders) to be able to do something that was important to you?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

5A. Have you failed at doing something, but kept trying and eventually made progress?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

5B. If no for "Have you failed at doing something, but kept trying and eventually made progress?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

6A. Have you been a leader in an activity outside of studies, such as sports, theater, art, etc (leading others or managing something)?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

6B. If no for "Have you been a leader in an activity outside of studies, such as sports, theater, art, etc (leading others or managing something)?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

7A. Have you taught yourself or independently learned a new skill?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

7B. If no for "Have you taught yourself or independently learned a new skill?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

8A. Have you helped out / helped others in your community, such as by supporting relief efforts, organising a festival or function, etc?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

8B. If no for "Have you helped out / helped others in your community, such as by supporting relief efforts, organising a festival or function, etc?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

9A. Have you tried something that you thought was scary or which made you anxious?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

9B. If no for " Have you tried something that you thought was scary or which made you anxious?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

10A. Have you started a personal project / business / social enterprise (on your own or with friends) outside of the *Business Blasters* program?

- (a) yes
- (b) no

[If yes] Please share an example of a personal project, business or social enterprise that you have started.

10B. If no for "Have you started a personal project / business / social enterprise (on your own or with friends) outside of the *Business Blasters* program?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

11A. Have you asked for feedback about yourself from someone (for example, teachers, family, brothers/sisters, friends)?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

11B. If no for "Have you asked for feedback about yourself from someone (for example, teachers, family, brothers/sisters, friends)?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

12A. Have you asked for help when something was difficult or unclear?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

12B. If no for "Have you asked for help when something was difficult or unclear?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

13A. Have you said no to doing something because you felt it was wrong (or because it did not match with your values)?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

13B. If no for "Have you said no to doing something because you felt it was wrong (or because it did not match with your values)?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

14A. Have you identified and expressed the emotions that you feel?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

14B. If no for "Have you identified and expressed the emotions that you feel?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

15A. Have you changed someone's opinion about something that was important to you?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

15B. If no for "Have you changed someone's opinion about something that was important to you?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

16A. Have you done something that you really enjoyed even though you had to do it alone?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

16B. If no for "Have you done something that you really enjoyed even though you had to do it alone?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

17A. Have you done something that was important to you even though most people around you said that you should not?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

17B. If no for "Have you done something that was important to you even though most people around you said that you should not?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

18A. Have you changed something you were doing because you were unhappy?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

18B. If no for "Have you changed something you were doing because you were unhappy?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

19A. Have you asked someone difficult questions or questions that made you feel uncomfortable?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

19B. If no for "Have you asked someone difficult questions or questions that made you feel uncomfortable?", please share why:

- (a) did not need to
- (b) did not want to
- (c) wanted to, but did not have the opportunity
- (d) was not allowed (by family / caregiver / teacher)

20A. Have you thought things through before making an important decision (for example, weighing the pros and cons, thinking about all options, thinking about how it will impact you and others)?

- (a) yes, many times
- (b) yes, sometimes
- (c) yes, once or twice
- (d) no

20B. If no for "Have you thought things through before making an important decision (for example, weighing the pros and cons, thinking about all options, thinking about how it will impact you and others)?", please share why:

- (a) did not need to
 - (b) did not want to
 - (c) wanted to, but did not have the opportunity
 - (d) was not allowed (by family / caregiver / teacher)
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Contact

To learn more about MARch and explore collaboration opportunities, please reach out:

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