

## The Mindsets Actions Research (MARch) Project

Actions Tool: V1 ITI version [18 yrs and above students] - English

### 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) outside your town / long distances?

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

1B. If 'No, never' for "Have you traveled alone (by yourself) outside your town / long distances?", 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 taken responsibility for a task that you have to do regularly (for example household responsibility, ITI responsibility, earning or job responsibility)?

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

2B. If 'No, never' for "Have you taken responsibility for a task that you have to do regularly (for example household responsibility, ITI responsibility, earning or job responsibility)?", 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 worked hard to create something of your own and then shared it with a group of people (for example ITI assignments, presentations)?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

3B. If 'No, never' for "Have you worked hard to create something of your own and then shared it with a group of people (for example ITI assignments, presentations)?", 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

4B. If 'No, never' 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 important, but kept trying and eventually made progress?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

5B. If 'No, never' for "Have you failed at doing something important, 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 that required you to manage something?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

6B. If 'No, never' for "Have you been a leader in an activity outside of studies that required you to manage 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

7B. If 'No, never' 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. In the last 6 months, have you helped somebody in their professional or career growth (for example academic support, job seeking or helping others set up a business)?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

8B. If 'No, never' for "In the last 6 months, have you helped somebody in their professional or career growth (for example academic support, job seeking or setting up a business)?", 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 which made you nervous or anxious?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently

(e) Yes, very often

9B. If 'No, never' for "Have you tried something which made you nervous or 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. In the last 6 months, have you tried something new on your own?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

10B. If 'No, never' for "In the last 6 months, have you tried something new on your own?", 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?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

11B. If 'No, never' for "Have you asked for feedback about yourself from someone?", 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

12B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

13B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

14B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

15B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

16B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

17B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

18B. If 'No, never' 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) No, never
- (b) Almost never
- (c) Sometimes

- (d) Quite Frequently
- (e) Yes, very often

19B. If 'No, never' 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 researched or thought hard before making an important decision?**

- (a) No, never
- (b) Almost never
- (c) Sometimes
- (d) Quite Frequently
- (e) Yes, very often

20B. If 'No, never' for "Have you researched or thought hard before making an important decision?", 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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To learn more about MARch, share feedback or explore collaboration opportunities, kindly click [here](#)