**4-H Common Measures**

**Social-Emotional Development**

**Confidence**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **How much do you agree or disagree with the following statements?** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| Most of the time, I like myself |[ ] [ ] [ ] [ ] [ ]
| At times, I think I am no good at all |[ ] [ ] [ ] [ ] [ ]
| I am glad I am me |[ ] [ ] [ ] [ ] [ ]
| Sometimes I am not proud of myself |[ ] [ ] [ ] [ ] [ ]
| Sometimes, I feel like my life has no purpose |[ ] [ ] [ ] [ ] [ ]
| When I am an adult, I think I will have a good life |[ ] [ ] [ ] [ ] [ ]

**Self-Efficacy**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **How much do the following statements describe you?** | **Not true at all** | **A little true** | **Somewhat true** | **Usually true** | **Very true** |
| I am sure that I could deal with unexpected events |[ ] [ ] [ ] [ ] [ ]
| I know how to handle unexpected situations |[ ] [ ] [ ] [ ] [ ]
| I can solve most problems if I try hard |[ ] [ ] [ ] [ ] [ ]
| I have the skills to remain calm when facing difficulties |[ ] [ ] [ ] [ ] [ ]
| When I am confronted with a problem, I can usually find several solutions |[ ] [ ] [ ] [ ] [ ]

**Emotion Regulation**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.**  | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I get a lot of headaches, stomach-aches or other sickness |[ ] [ ] [ ] [ ] [ ]
| I worry a lot |[ ] [ ] [ ] [ ] [ ]
| I am often unhappy, sad, or tearful |[ ] [ ] [ ] [ ] [ ]
| I am nervous in new situations |[ ] [ ] [ ] [ ] [ ]
| I have many fears, and I am easily scared |[ ] [ ] [ ] [ ] [ ]

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.**  | **Never** | **Rarely** | **Sometimes** | **Often** | **Always** |
| I can control my temper |[ ] [ ] [ ] [ ] [ ]
| I can deal with fear |[ ] [ ] [ ] [ ] [ ]
| I can deal with worry |[ ] [ ] [ ] [ ] [ ]
| I can handle stress |[ ] [ ] [ ] [ ] [ ]

**Self-reliance and Optimism**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Over the past six months when you faced problems?, how often did you:** | **Never** | **Rarely** | **Sometimes** | **Often** | **Always** |
| Try to figure out how to deal with your problems on your own |[ ] [ ] [ ] [ ] [ ]
| Organize your life and what you have to do |[ ] [ ] [ ] [ ] [ ]
| Try to think of the good things in your life |[ ] [ ] [ ] [ ] [ ]
| Try to make your own decisions |[ ] [ ] [ ] [ ] [ ]
| Try to see the good things in a bad situation |[ ] [ ] [ ] [ ] [ ]

**Empathy**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.**  | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I feel bad when someone gets their feelings hurt |[ ] [ ] [ ] [ ] [ ]
| I try to understand what other people go through |[ ] [ ] [ ] [ ] [ ]
| I try to understand how other people feel and think |[ ] [ ] [ ] [ ] [ ]

**Connection**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.**  | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I have many different friends |[ ] [ ] [ ] [ ] [ ]
| I think it is important to be involved with other people |[ ] [ ] [ ] [ ] [ ]
| My friends care about me |[ ] [ ] [ ] [ ] [ ]
| I feel connected to my teachers |[ ] [ ] [ ] [ ] [ ]
| Having friends is important to me |[ ] [ ] [ ] [ ] [ ]
| I feel connected to others in my community |[ ] [ ] [ ] [ ] [ ]
| I treat everyone I meet with respect |[ ] [ ] [ ] [ ] [ ]

**Contribution**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.**  | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I am someone who gives to help others |[ ] [ ] [ ] [ ] [ ]
| I have skills I can offer to others |[ ] [ ] [ ] [ ] [ ]
| I believe I can make a difference in the world |[ ] [ ] [ ] [ ] [ ]
| I care about contributing to make the world a better place for everyone |[ ] [ ] [ ] [ ] [ ]
| It is important for me to try and make a difference in the world |[ ] [ ] [ ] [ ] [ ]

**Lead a Team**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| When I know what needs to be done, I am good at planning how to do it |[ ] [ ] [ ] [ ] [ ]
| When I see something that needs to be done, I try to get my friends to work on it with me |[ ] [ ] [ ] [ ] [ ]
| I am pretty good at organizing a team of kids to do a project |[ ] [ ] [ ] [ ] [ ]
| If I’m the leader of a group, I make sure that everyone in the group feels important |[ ] [ ] [ ] [ ] [ ]
| I feel like I can stand up for what I think is right, even if my friends disagree |[ ] [ ] [ ] [ ] [ ]
| When I see something that is wrong, I try to change it |[ ] [ ] [ ] [ ] [ ]

**Teamwork**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly Agree** |
| I can tailor my message depending on the situation |[ ] [ ] [ ] [ ] [ ]
| I ensure that others understand the message that I project |[ ] [ ] [ ] [ ] [ ]
| I can resolve differences with others in a positive way |[ ] [ ] [ ] [ ] [ ]
| I can communicate my skills and qualifications |[ ] [ ] [ ] [ ] [ ]
| I am aware of my body language and non-verbal communication |[ ] [ ] [ ] [ ] [ ]
| I can work with others when goals are uncertain |[ ] [ ] [ ] [ ] [ ]
| I can work with others to create goals |[ ] [ ] [ ] [ ] [ ]
| I can resolve conflicts in positive ways |[ ] [ ] [ ] [ ] [ ]
| I think about the expectations of others when I contribute to a team |[ ] [ ] [ ] [ ] [ ]
| I think everyone on the team is important |[ ] [ ] [ ] [ ] [ ]
| I think I have something to contribute to the team |[ ] [ ] [ ] [ ] [ ]
| I encourage other team members to give their best effort |[ ] [ ] [ ] [ ] [ ]
| I respect the differences and strengths of individuals on the team |[ ] [ ] [ ] [ ] [ ]
| I work to build a team that includes people with different points of view |[ ] [ ] [ ] [ ] [ ]

**Appreciation of Cultural Diversity**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I enjoyed learning about people who are different from me |[ ] [ ] [ ] [ ] [ ]
| I explore cultural differences |[ ] [ ] [ ] [ ] [ ]
| I value learning about other cultures |[ ] [ ] [ ] [ ] [ ]
| I respect people from different cultures |[ ] [ ] [ ] [ ] [ ]
| I have learned about people who are different from me |[ ] [ ] [ ] [ ] [ ]
| I would enjoy hosting someone from another culture |[ ] [ ] [ ] [ ] [ ]

**Civic Responsibility**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Please select the appropriate response for each item below.** | **Strongly disagree** | **Disagree** | **Neither agree nor disagree** | **Agree** | **Strongly agree** |
| I pay attention to news events that affect my community |[ ] [ ] [ ] [ ] [ ]
| I am aware of the important needs in my community |[ ] [ ] [ ] [ ] [ ]
| I really care about my community |[ ] [ ] [ ] [ ] [ ]
| I talk to my friends about issues affecting my community, state, or world |[ ] [ ] [ ] [ ] [ ]
| I’m interested in others’ opinions about public issues |[ ] [ ] [ ] [ ] [ ]
| I listen to everyone’s views whether I agree or not |[ ] [ ] [ ] [ ] [ ]
| When I hear about an issue, I try to figure out if they are just telling one side of the story  |[ ] [ ] [ ] [ ] [ ]