**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 |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |  |  |