## The Youth Experiences Survey (YES) 2.0

**Instructions:** Based on your <u>current</u> or <u>recent</u> involvement please rate whether you have had the following experiences in [name of activity]

			Your Experiences In				
			[Activity]				
		F	Yes,	Quite a	A Little	Not At	
		L	Definitely	Bit		All	
IDENT	TITY EXPERIENCES						
Identit	y Exploration						
1.	Tried doing new things		1	2	3	4	
2.	Tried a new way of acting around people		1	2	3	4	
3.	I do things here I don't get to do anywhere else		1	2	3	4	
Identit	y Reflection						
4.	Started thinking more about my future because of this		1	2	3	4	
	activity		·	-		-	
5.	This activity got me thinking about who I am		1	2	3	4	
6.	This activity has been a positive turning point in my life		1	2	3	4	
INITIA	ATIVE EXPERIENCES						
Goal S	etting						
7.	I set goals for myself in this activity		1	2	3	4	
8.	Learned to find ways to achieve my goals		1	2	3	4	
9.	Learned to consider possible obstacles when making plans		1	2	3	4	
Effort							
10.	I put all my energy into this activity		1	2	3	1	
11.	Learned to push myself	-	1	2	3	4	
12.	Learned to focus my attention	-	1 1	2	3	4	
12.	Learned to focus my attention		1	2	3		
Proble	m Solving						
13.	Observed how others solved problems and learned from		1	2	3	4	
	them	_	1	2	2		
14.	Learned about developing plans for solving a problem	_	1	2 2	3	4	
15.	Used my imagination to solve a problem		l	2	3	4	
Time N	Management						
16.	Learned about organizing time and not procrastinating (not		1	2	3	4	
	putting things off)	L					
17.	Learned about setting priorities		1	2	3	4	
18.	Practiced self discipline		1	2	3	4	

R	A S	IC	SK	II	Ι.

Emotional Regulation	BASIC SKILL				
20.   Became better at dealing with fear and anxiety   1   2   3   4     22   2   2   4     22   2   2	Emotional Regulation				
20.   Became better at dealing with fear and anxiety   1   2   3   4     22   22   Learned that my emotions affect how I perform   1   2   3   4     22   23   4     22   23   4     22   23   4     22   23   4     22   23   4     24   24		1	2	3	4
1	20. Became better at dealing with fear and anxiety	1	2	3	4
Cognitive Skills   In this activity I have improved:     1	21. Became better at handling stress	1	2	3	4
In this activity I have improved:	22. Learned that my emotions affect how I perform	1	2	3	4
23. Academic skills (reading, writing, math, etc.)	Cognitive Skills	•		•	•
24.   Skills for finding information	In this activity I have improved:	1	2	3	4
25.   Computer/internet skills   1   2   3   4   26.   Artistic/creative skills   1   2   3   4   4   27.   Communication skills   1   2   3   4   4   27.   Communication skills   1   2   3   4   4   28.   Athletic or physical skills   1   2   3   4   4   28.   Athletic or physical skills   1   2   3   4   4   4   28.   Athletic or physical skills   1   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   2   3   4   4   4   4   4   2   3   4   4   4   4   4   2   3   4   4   4   4   4   4   4   4   4	23. Academic skills (reading, writing, math, etc.)	1	2	3	4
26. Artistic/creative skills	24. Skills for finding information	1		3	4
27. Communication skills	25. Computer/internet skills	1		3	4
Physical Skills		1			
28. Athletic or physical skills	27. Communication skills	1	2	3	4
28. Athletic or physical skills					
INTERPERSONAL RELATIONSHIPS   Diverse Peer Relationships   29. Made friends with someone of the opposite gender   1   2   3   4   30. Learned I had a lot in common with people from different backgrounds   31. Got to know someone from a different ethnic group   1   2   3   4   4   32. Made friends with someone from a different social class (someone richer or poorer)		1	2	1 2	1 4
Diverse Peer Relationships   29.   Made friends with someone of the opposite gender   30.   Learned I had a lot in common with people from different backgrounds   1   2   3   4   4   31.   Got to know someone from a different ethnic group   1   2   3   4   4   32.   Made friends with someone from a different social class (someone richer or poorer)	28. Athletic or physical skills	I	2	3	4
Diverse Peer Relationships   29.   Made friends with someone of the opposite gender   1   2   3   4   30.   Learned I had a lot in common with people from different backgrounds   1   2   3   4   4   31.   Got to know someone from a different ethnic group   1   2   3   4   4   32.   Made friends with someone from a different social class (someone richer or poorer)	INTERPERSONAL RELATIONSHIPS				
29. Made friends with someone of the opposite gender   30. Learned I had a lot in common with people from different backgrounds   1   2   3   4   4   32. Made friends with someone from a different social class (someone richer or poorer)   1   2   3   4   4   32. Made friends with someone from a different social class (someone richer or poorer)   1   2   3   4   4   4   33. Learned about helping others   1   2   3   4   4   34. Learned about helping others   1   2   3   4   4   35. Learned to stand up for something I believed was morally right   1   2   3   4   4   4   4   4   4   4   4   4					
30. Learned I had a lot in common with people from different backgrounds 31. Got to know someone from a different ethnic group 32. Made friends with someone from a different social class (someone richer or poorer)    Prosocial Norms		1	2	3	4
Description   Section   Section		1			
31.   Got to know someone from a different ethnic group   32.   Made friends with someone from a different social class (someone richer or poorer)   1	A 1	1		3	1
1		1	2	3	4
Second Process   Skills   1   2   3   4					
Prosocial Norms   33.		_	_		-
1			I		
34. I was able to change my school or community for the better   35. Learned to stand up for something I believed was morally right   1	Prosocial Norms				
35. Learned to stand up for something I believed was morally right 36. We discussed morals and values  1 2 3 4  TEAM WORK AND SOCIAL SKILLS  Group Process Skills  37. Learned that working together requires some compromising 38. Became better at sharing responsibility 1 2 3 4  39. Learned to be patient with other group members 40. Learned how my emotions and attitude affect others in the group 41. Learned that it is not necessary to like people in order to work with them  Feedback  42. I became better at giving feedback 43. I became better at taking feedback 44. Learned about the challenges of being a leader 45. Others in this activity counted on me  1 2 3 4  Learned that it is an other some compromising 1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4		1	2	3	4
right 36. We discussed morals and values  1 2 3 4  TEAM WORK AND SOCIAL SKILLS  Group Process Skills  37. Learned that working together requires some compromising 38. Became better at sharing responsibility 1 2 3 4  39. Learned to be patient with other group members 1 2 3 4  40. Learned how my emotions and attitude affect others in the group 41. Learned that it is not necessary to like people in order to work with them  Feedback  42. I became better at giving feedback 43. I became better at taking feedback 1 2 3 4  Leadership and Responsibility  44. Learned about the challenges of being a leader 45. Others in this activity counted on me  1 2 3 4  1 2 3 4  1 2 3 4		1	2		4
TEAM WORK AND SOCIAL SKILLS	35. Learned to stand up for something I believed was morally	1	2	3	4
TEAM WORK AND SOCIAL SKILLS  Group Process Skills  37. Learned that working together requires some compromising 38. Became better at sharing responsibility 1 2 3 4  39. Learned to be patient with other group members 1 2 3 4  40. Learned how my emotions and attitude affect others in the group 41. Learned that it is not necessary to like people in order to work with them  Feedback  42. I became better at giving feedback 43. I became better at taking feedback 44. Learned about the challenges of being a leader 45. Others in this activity counted on me  Team WORK AND SOCIAL SKILLS  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4  1 2 3 4	Č .				
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Strong Process Skills   37. Learned that working together requires some compromising   1   2   3   4   4   38. Became better at sharing responsibility   1   2   3   4   4   4   40. Learned how my emotions and attitude affect others in the group   41. Learned that it is not necessary to like people in order to work with them   1   2   3   4   4   4   4   4   4   4   4   4	TEAM WORK AND COCKA CHAILC				
37. Learned that working together requires some compromising   1   2   3   4     38. Became better at sharing responsibility   1   2   3   4     4   2   3   4     4   2   3   4   4   4   4   4   4   4   4   4					
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41. Learned that it is not necessary to like people in order to work with them   1	•	1	2	3	4
Work with them   Feedback   42. I became better at giving feedback 1 2 3 4   43. I became better at taking feedback 1 2 3 4      Leadership and Responsibility   44. Learned about the challenges of being a leader 1 2 3 4   45. Others in this activity counted on me 1 2 3 4		1	2	3	4
Feedback42. I became better at giving feedback123443. I became better at taking feedback1234Leadership and Responsibility44. Learned about the challenges of being a leader123445. Others in this activity counted on me1234		1	2	3	7
42. I became better at giving feedback123443. I became better at taking feedback1234Leadership and Responsibility44. Learned about the challenges of being a leader123445. Others in this activity counted on me1234					
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43. I became better at taking feedback  1 2 3 4  Leadership and Responsibility  44. Learned about the challenges of being a leader 45. Others in this activity counted on me 1 2 3 4		1	2	3	4
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44.Learned about the challenges of being a leader123445.Others in this activity counted on me1234					
45. Others in this activity counted on me 1 2 3 4				,	
7					
46. Had an opportunity to be in charge of a group of peers 1 2 3 4		1			
	46. Had an opportunity to be in charge of a group of peers	1	2	3	4

ADULT NETWORKS AND SOCIAL CAPITAL

	LT NETWORKS AND SOCIAL CAPITAL	1				
	ration with Family			ı		
47.	This activity improved my relationship with my parents/guardians		1	2	3	4
48.	I had good conversations with my parents/guardians because		1	2	3	4
	of this activity					
Linka	ages to Community	]				
49.	Got to know people in the community		1	2	3	4
50.	Came to feel more supported by the community		1	2	3	4
Links	ges to Work and College					
51.	This activity opened up job or career opportunities for me		1	2	3	4
52.	This activity belief ap job of earlier opportunities for me  This activity helped prepare me for college	-	1	2	3	4
53.	This activity increased my desire to stay in school		1	2	3	4
NE	EGATIVE EXPERIENCES					
Stress	S					
54.	Demands were so great that I didn't get homework done		1	2	3	4
	(skip this item if your Target Activity is a class)					
55.	This activity interfered with doing things with family		1	2	3	4
56.	This activity has stressed me out		1	2	3	4
Negat	tive Peer Influences					
57.	Felt pressured by peers to do something I didn't want to do		1	2	3	4
58.	I did something in this activity that was morally wrong	-	1	2	3	4
59.	I was ridiculed by peers for something I did in this activity	-	1	2	3	4
60.	Youth in this activity got me into drinking alcohol or using		1	2	3	4
	drugs					
<b>C</b> • 1						
	Exclusion	 	1		1 2	4
61.	Felt like I didn't belong in this activity	-	1	2	3	4
62.	I felt left out	-	1	2	3	4
63.	There were cliques in this activity		1	2	3	4
Negat	tive Group Dynamics					
64.	I get stuck doing more than my fair share		1	2	3	4
65.	Other youth in this activity made inappropriate sexual comments, jokes, or gestures		1	2	3	4
66.	Was discriminated against because of my gender, race,	-	1	2	3	4
00.	ethnicity, disability, or sexual orientation		-	_		
<b>N</b> T = 4 =	The following set of items (67,70) will not be a local state.	<b>]</b> Г			1	
	The following set of items (67-70) will not be asked if there is					
no aat	ult or young adult, coach, director, teacher, or leader.					
	propriate Adult Behavior			Г -	1 -	
67.	Adult leaders in this activity are controlling and manipulative		1	2	3	4
68.	Adult leaders "hit" on me (made sexual advances)	1	1	2	3	4
69.	Adult leaders made inappropriate sexual comments or jokes	1	1	2	3	4
70.	Adult leaders encouraged me to do something I believed	1	1	2	3	4
	morally wrong					