

## YMCA Outdoor Adventure Program

\* Adopted from James Neill, Life Effectiveness Questionnaire 2003

Welcome to the YMCA Camp Mataucha Outdoor Adventure Program! Our goal is to provide you with experiences that promote personal growth through teamwork and problem solving, and of course... FUN!!! To help us evaluate the impact of the day, please fill out the section "This Describes Me" using the score below.

**1 - Most like me 2- Somewhat like me 3 - Nothing like me**

This Describes Me...	Score	During today's activities...	Score
I manage the way I use my time well.		I managed the way I use my time well and follow the group's action plan	
		I encouraged the group to stay on task and meet any time deadlines	
I am successful in social situations.		I had positive interactions with my peers	
		I felt accepted by the group by the end of the day	
I try to do the best that I possibly can.		I tried to do my best during all activities today	
		I attempted activities even if they were outside of my comfort zone	
I am open to new ideas.		I listened to other suggestions, even if they are different than my own	
		I supported the plans of the group as we tried different activities.	
I am a good leader when a task needs to be done.		I was a group leader at some point today	
		I made my opinion known appropriately	
I stay calm when things go wrong.		I stayed calm, even when activities did not go as planned	
		I addressed conflicts that arose with the group calmly	
I like to be an active, 'get into it' person.		I participated in all activities	
		I took an active role in helping the group succeed	
I believe I can do it.		I felt proud of something I did today	
		I feel better about myself	
I believe I am responsible for all my actions.		I took ownership of mistakes I made during the day	
		I was responsible for all of my actions today, positive or negative	