

The School Project 2009/10 ACT 1 (combined results for Irving, Holmes Middle Schools & A Place Called Home)

The purple percentages indicate pre-session survey results for participants selecting either A Lot (4) or Huge (5). The blue percentages are the post-session survey results for the same selections.

	I don't know/ I can't	Very little	Some	A Lot	Huge
I can project my voice	1	2	3	4 52%	82% 5
I can create different voices	1	2	3	4 21%	47% 5

Projecting your voice means: *"To make your voice louder without screaming."*

	I don't know/ I can't	Very little	Some	A Lot	Huge
I can do improvisation	1	2	3	4 30%	81% 5
I can memorize lines	1	2	3	4 43%	81% 5
I can write dialogue	1	2	3	4 31%	66% 5
I can write a play	1	2	3	4 29%	61% 5
I can write poetry	1	2	3	4 32%	54% 5
I can write short stories	1	2	3	4 47%	72% 5
I know how to write a song	1	2	3	4 21%	56% 5
I can create and act out a character	1	2	3	4 56%	80% 5

Improvisation means: *"Make up unplanned lines on the spot."*

	I don't know/ I can't	Very little	Some	A Lot	Huge
I can develop conflict and resolution in a play	1	2	3	33% 4	68% 5
I can show my emotions through art and acting	1	2	3	43% 4	77% 5
I am able to overcome stage fright	1	2	3	52% 4	78% 5
I can direct other actors in a scene	1	2	3	41% 4	71% 5
I am able to make new friends	1	2	3	72% 4	87% 5
I am able to make friends with people from other neighborhoods	1	2	3	70% 4	83% 5
I am able to overcome shyness	1	2	3	55% 4	78% 5
I have self-confidence	1	2	3	67% 4	87% 5
I have self-control	1	2	3	74% 4	87% 5

Conflict in the theatre means: *"A disagreement between two characters."*

	I don't know/ I can't	Very little	Some	A Lot	Huge
I know how to express my feelings creatively	1	2	3	45% 4	72% 5
I know how to set goals for myself	1	2	3	58% 4	80% 5
I am unique	1	2	3	66% 4	81% 5
I know about the different emotions inside of me	1	2	3	69% 4	73% 5
I respect people of different races from myself	1	2	3	87% 4	88% 5
I am a good team member	1	2	3	82% 4	84% 5
I know how to resolve conflicts	1	2	3	62% 4	76% 5
I ask for help from others	1	2	3	60% 4	75% 5
I help others	1	2	3	72% 4	84% 5

Rate how much you like the following:

	Never	Very Little	Sometimes	A Lot	Love It
I like watching stage plays	1	2	3	4 52%	84% 5
I like writing poetry	1	2	3	4 27%	54% 5
I like reading novels	1	2	3	4 38%	69% 5
I like to act	1	2	3	4 55%	84% 5
I like to draw	1	2	3	4 56%	79% 5
I like to dance	1	2	3	4 45%	68% 5
I like to sing	1	2	3	4 32%	67% 5
I like to work with people with opinions different from mine	1	2	3	4 63%	77% 5

Has being in Inside Out improved your relationship with any of the people below?

If yes, explain how the relationship is better.

Yes **55%** No [] Parents/guardians, Explain: *"Now I talk to my mom a lot" "I got closer to them" "They helped me overcome my shyness" "They're more proud of me" "I was able to talk about sex" "They trust me more"*

Yes **42%** No [] Brothers/sisters, Explain: *"I'm more kind & respectful" "They became proud of me" "We don't fight as much" "I can express my feelings to them" "I play more and set better examples"*

Yes **68%** No [] Friends, Explain: *"They support me more" "I am more understanding" "I show them I do accept all their love and support" "We are more opened up" "I can easily talk to them about my emotions"*

Yes **41%** No [] Teachers, Explain: *"I'm more polite now" "They feel like they have a nice student" "I can ask questions without being shy" "I ask them for help more"*

Yes **45%** No [] Adults who are not teachers, Explain: *"Better communication" "I can speak more clearly to them" "I trust them more" "I can speak with adults with confidence"*

Yes **53%** No [] People who are different from yourself, Explain: *"I've learned to accept." "I care more about their opinions" "They think I'm responsible"*

Did being involved with Inside Out improve your experience in school?

Check all that apply to you.

[37%] Fewer fights

[40%] I like school better

[51%] Better behavior marks (more E's, S's)

[46%] I get along better with classmates

[64%] Better grades, Explain: *"I like more things in life now." "I got better grades because of Inside Out!" "I improved in my language class" "I can pay attention and focus on my work" "I can talk in front of class now"*

What was the most important thing you learned about yourself?

"I'm different from the rest of the people and they all love me." "To believe in myself & to be brave and loud" "My feelings and the hidden courage" "That I could make friends if I just talk to them" "I learned that the prettiest part in everyone is on the inside" "I learned I am a leader" "I have a talent I didn't know about!" "I can do anything I put my mind to and expressing yourself is always the best" "I am able to accomplish anything" "That I could be a great artist" "That I'm brave!!" "I learned that I am a very happy, energetic person"

Rate your experience with Inside Out overall: (check one)

[84%] Fabulous

[12%] Good

[4%] Alright

[0%] Not good

7. What would you change about this program if you could? Why?

"I would make it last a year instead of half a year" "I would not change anything" "That we get to see the other schools more" "I would make the plays longer to express the message more" "Nothing – everything is fabulous!" "More camping!" "I would make it longer because it truly is the experience of a lifetime."

8. Any other comments?

"I had FUN!!" "I hope I can be a mentor" "I loved my experience" "I would change to be at camp for a whole month so we can know people and have lots of fun!!" "Thank you for everything!" "I loved this opportunity you guys gave me!" "The camping trip was awesome" "I love Inside Out!" "I want to come back to Inside Out"