

The School Project 2008/09 ACT 2 (combined results for Nightingale, Carver & Drew Middle Schools)

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%	5 71%
I can create different voices	1	2	3	4 29%	5 51%

Projecting your voice means: *"To throw your voice across the room."*

	I don't know/ I can't	Very little	Some	A Lot	Huge
I can do improvisation	1	2	3	4 40%	5 66%
I can memorize lines	1	2	3	4 46%	5 83%
I can write dialogue	1	2	3	4 32%	5 55%
I can write a play	1	2	3	4 29%	5 65%
I can write poetry	1	2	3	4 27%	5 50%
I can write short stories	1	2	3	4 49%	5 63%
I know how to write a song	1	2	3	4 31%	5 42%
I can create and act out a character	1	2	3	4 58%	5 83%

Improvisation means: *"To act without a script."*

	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	40% 4	66% 5
I can show my emotions through art and acting	1	2	3	56% 4	67% 5
I am able to overcome stage fright	1	2	3	49% 4	66% 5
I can direct other actors in a scene	1	2	3	37% 4	62% 5
I am able to make new friends	1	2	3	76% 4	87% 5
I am able to make friends with people from other neighborhoods	1	2	3	63% 4	85% 5
I am able to overcome shyness	1	2	3	53% 4	71% 5
I have self-confidence	1	2	3	66% 4	80% 5
I have self-control	1	2	3	67% 4	82% 5

Conflict in the theatre means: *"A problem in the story."*

	I don't know/ I can't	Very little	Some	A Lot	Huge
I know how to express my feelings creatively	1	2	3	51% 4	76% 5
I know how to set goals for myself	1	2	3	66% 4	80% 5
I am unique	1	2	3	68% 4	84% 5
I know about the different emotions inside of me	1	2	3	65% 4	80% 5
I respect people of different races from myself	1	2	3	89% 4	89% 5
I am a good team member	1	2	3	75% 4	89% 5
I know how to resolve conflicts	1	2	3	55% 4	67% 5
I ask for help from others	1	2	3	56% 4	60% 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 59%	82% 5
I like writing poetry	1	2	3	4 36%	49% 5
I like reading novels	1	2	3	4 49%	54% 5
I like to act	1	2	3	4 63%	93% 5
I like to draw	1	2	3	4 64%	72% 5
I like to dance	1	2	3	4 62%	77% 5
I like to sing	1	2	3	4 47%	69% 5
I like to work with people with opinions different from mine	1	2	3	4 68%	76% 5

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

If yes, explain how the relationship is better.

Yes **65%** No [] Parents/guardians, Explain: *"They participate in my life more." "They've seen my full capability." "I enjoy more time with them." "I'm not afraid to tell them certain things." "They think I'm a better person." "I can talk more to them about problems." "Me and my mom talk more." "They trust me."*

Yes **45%** No [] Brothers/sisters, Explain: *"There's less yelling." "They want to join." "I teach them stuff I learn." "It taught me to listen to how they feel." "We don't fight." "I respect my sis."*

Yes **79%** No [] Friends, Explain: *"Better memories together." "We connect more." "I help them with their problems." "We have more things to talk about." "We have even more fun together."*

Yes **54%** No [] Teachers, Explain: *"I'm not afraid to ask questions." "I participate more." "I answer questions more." "I'm paying attention to them more."*

Yes **58%** No [] Adults who are not teachers, Explain: *"They are able to help." "I got to talk to them more." "I am more kind." "They congratulated me." "I learned to respect them."*

Yes **65%** No [] People who are different from yourself, Explain: *"It has helped me better understand." "I learned they have cool personalities." "I learned to respect others." "I'm not as shy" "Everyone is unique."*

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

Check all that apply to you.

[32%] Fewer fights

[41%] I like school better

[47%] Better behavior marks (more E's, S's)

[57%] I get along better with classmates

[70%] Better grades, Explain: *"I am more excited for my future." "Inside Out made me a better person." "I'm passing all my classes now." "I make goals for myself." "I have more self-confidence in my work." "A's!!"*

What was the most important thing you learned about yourself?

"That I have good acting skills." "I LOVE acting." "That I can do anything when I put my mind to it." "That you should always have confidence in yourself." "How to overcome fear and live life without behavior problems." "I've got to believe in myself more." "That I have a lot to love about myself." "That I can beat my shyness!" "That I can get better grades." "I can be myself and I'm ok with that." "That I am intelligent and creative." "That I have a great heart." "I learned to be patient with myself." "That I have what it takes!"

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

[83%] Fabulous

[6%] Good

[4%] Alright

[0%] Not good

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

"Make it last longer, more field trips." "Make more people come to the program." "More time to learn our plays." "Nothing, except it should be in high school." "I'd make it more days because I don't want it on just one day." "The plays should be longer." "More days for camping" "Make it longer so I can act more."

8. Any other comments?

"I love Inside Out." "Camp is awesome!" "Inside Out should never be cut out of the budget and should be shown to everyone out there." "I'm glad I joined!" "The mentors rock!" "Longer camp because I loved it so much." "Thank you for all 3 years. See you next year!" "It has been a wonderful experience that will stay with me forever." "IOCA is the best program!" "I've had more fun at Inside Out than I've ever had."