



serene scene

Girl Survey ~ CADETTES ~ Session 3

These questions are about you and your program. Please circle the response that indicates HOW MUCH YOU AGREE with the sentence. As always, please answer the questions below as honestly as you can! Circle only one response to each question.

username _____



- 1 **My emotions can affect my physical health.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 2 **Replacing negative thoughts with positive ones can make me feel better.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 3 **I know how to reduce stress in my life.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 4 **I prefer to keep my feelings inside of me.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 5 **I am frequently stressed out.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree

- 6 **In the future, I plan on letting people know if they have hurt my feelings.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 7 **I am too busy to find time to relax or rest.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 8 **I felt comfortable sharing my ideas and feelings with the program leader and other girls in this session.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 9 **I enjoyed today's session.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree
- 10 **Which of the following was your favorite activity from today's session? Remember, please circle only one item.**
 - a. "The PMA" test
 - b. "Six Ways to Reduce Stress" handout
 - c. "React and Act" Charade activity
 - d. Relaxation and Visualization activities
 - e. Other (please describe): _____
 - f. I didn't like any of the activities in today's session
- 11 **Today's session will help me to become a better leader.**
 - a. Strongly disagree
 - b. Disagree
 - c. Not sure
 - d. Agree
 - e. Strongly agree

Thank you so much for completing this survey! We value your thoughts and opinions about yourself and your Girl Scout program and appreciate your help. If you have any questions about taking this survey please speak with your program leader.

