



# the real you

username \_\_\_\_\_

## Girl Survey ~ SENIORS/AMBASSADORS ~ Session 1

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.



- 1 I have confidence in myself.**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 2 I worry that I will not be accepted if people see the 'real me.'**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 3 I recognize things I am capable of doing well.**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 4 If something stands in the way of my reaching a goal, I will figure out how to get around it.**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 5 I really like who I am no matter what other people think.**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 6 In deciding what to do, I usually go along with my friends even when it will violate my personal beliefs or values.**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 7 When kids pressure me to be a certain way, I just do what I want to do anyway.**
  - a. Strongly disagree
  - b. Disagree
  - c. Not sure
  - d. Agree
  - e. Strongly agree
  
- 8 I felt comfortable sharing my ideas and feelings 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. "What Matters Most" handout
  - b. "Talents and Strengths" handout
  - c. Uniquely Me! Values activity
  - d. Other (please describe): \_\_\_\_\_
  - e. 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.*

