



## **CONSENT FORM AND PRE-COURSE IMPRESSION**

You have applied for a course with the North Carolina Outward Bound School (NCOBS). As part of your application process, we ask that you complete a pre- and post-course impression. Your responses from your course impressions help us evaluate our programs and may be used in a study of outcomes regarding our curriculum.

The survey conducted by Whitney H. Montgomery, Executive Director of NCOBS, will be in cooperation with Dr. Andrew Bobilya, NCOBS instructor and Associate Professor of Parks and Recreation Management at Western Carolina University.

### **PROCEDURES**

Please read this form and sign where indicated then answer the 20 questions on the pre-course impression. If you are under 18 years of age, a parent/guardian must also sign. This process should take less than 10 minutes of your time. Return both completed forms along with your other required forms. Towards the end of your wilderness experience, you will be asked to complete a post-course impression. Both your completed pre-course impression and post-course impression will help us determine the impact Outward Bound is having on our course participants.

NCOBS is also interested in conducting a long term, longitudinal study in which we will contact course participants a number of years following their course completion. The purpose of such a study would be to measure the lasting impact of an Outward Bound course on participants.

Please check the box if you are willing to participate and be contacted if such a study were to be conducted.

I am willing to participate

### **CONFIDENTIALITY**

The responses of your course impressions will be shared with NCOBS and among the study team and its assistants. Any study of outcomes we publish will not include any information that will make it possible to identify a course participant.

### **STATEMENT OF CONSENT**

I have read the above information. I consent to my participation. Parent/guardian name and parent/guardian signature are required for students under 18 years of age.

Student Name: \_\_\_\_\_ Age: \_\_\_\_\_ Course Number: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for your participation in advance!

Whitney H. Montgomery

Andrew J. Bobilya

## PRE-COURSE SURVEY

This survey, paired with another survey you will complete at course end, helps us evaluate our programs. Your responses may be used in a study of our curriculum outcomes.

Applicant Name: \_\_\_\_\_ Course Number: \_\_\_\_\_

Please rate the following statements by choosing a number from 1-7 using the scale below.

	Strongly Disagree		Neutral		Strongly Agree		
1. I can accomplish most things I set my mind to.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
2. Community service is important to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
3. I am motivated to set and accomplish goals for my education or for my life/career.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
4. I have a sense of direction and purpose in my life.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
5. I am able to work productively with others.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
6. I take responsibility in caring for the environment.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
7. I am sensitive to the needs and feelings of others.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
8. I listen when people talk to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
9. I respect and feel a connection to nature.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
10. I have a personal commitment to physical fitness.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
11. I find peaceful solutions to conflict.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
12. I feel proud of myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
13. I am flexible in my thinking and ideas.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
14. I contribute when I work in a group.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
15. I realize my potential.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
16. I help others when they need it.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
17. I balance the time I spend on work/school and leisure time.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
18. I recognize that others may be different from me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
19. I deal well with unexpected events.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
20. I realize the value of and embrace the differences that others may have from me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7