



## West Ed Program Evaluation Study Summary

West Ed conducted an evaluation of the Team Kids Challenge Program in 2002-03 and 2003-04. A pre- post- evaluation tool<sup>1</sup> was administered to over 440 students in 7 elementary school programs and one middle school to assess the extent to which Team Kids was successful in achieving its goals with students in the leadership groups.

### Program Goals

The following Team Kids program goals were assessed in the study:

- Self-efficacy
- Leadership capacity
- Student awareness of the needs of others
- School bonding
- Community bonding

These goals relate to both internal and external assets related to resiliency.

### Results

Results consistently demonstrate statistically significant improvements on all items; item means at post-test were consistently larger than item means at pre-test.

After participating in Team Kids Challenge programs, the West Ed study<sup>2</sup> concluded that students have

- stronger feelings of self-efficacy
- more confidence in their own capacity to be a leader
- a stronger desire to help others
- stronger feelings of empathy
- improved perceptions of being an important contributor to their school and their community

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<sup>1</sup> The outcome measure used was adapted from the 2002-03 version of the California Healthy Kids Survey (CHKS) and another instrument (*A Gift of Giving*) developed by Campfire Boys and Girls.

<sup>2</sup> Based on the Safe Schools Healthy Students Annual Report for Irvine, 2004.

## Student Survey

Students rated the items below on a five-point scale, where  
1=strongly disagree  
5=strongly agree

1. I feel good when I help others
2. I can make a difference in my school
3. I can make a difference in my community
4. I want to help people who are struggling
5. I am an important part of my school
6. I know a lot about people having difficulties
7. I can be a leader

Students rated the items below on a four-point scale, where  
1=never  
4=all of the time

8. Do the teachers and other grownups at your school believe that you can do a good job?
9. Do you do things to be helpful at school?
10. Do you try to understand how other people feel?
11. Do your friends try to do the right thing?

**Kids Helping Kids (1=Strongly Disagree, 5=Strongly Agree)**

