Goal Setting Pre-Survey

Please check the box that most closely matches what you think about the following statements

Goal Difficulty	Never	Rarely	Sometimes	Often	Always
1. I set both easy and hard to reach goals to get what I want to achieve.	○	○	○	○	○
2. I work hard to achieve my goals.	○	○	○	○	○
3. When setting a goal, I look at the steps needed to achieve it.	○	○	○	○	○
4. I stretch myself by setting challenging goals.	○	○	○	○	○
5. When I set a goal, I consider how long it will take me to achieve it.	○	○	○	○	○

Goal Specificity	Never	Rarely	Sometimes	Often	Always
6. I set a time limit in which to achieve my goals.	○	○	○	○	○
7. I can describe what I want to achieve and where I want to end up.	○	○	○	○	○
8. When I set a goal, I also spell out how and when I want to achieve it.	○	○	○	○	○
9. My goals are very detailed.	○	○	○	○	○
10. I put my goal in writing so I won't lose my focus.	○	○	○	○	○

Participation in Goal Setting (strategies, self-monitoring, incentives)	Never	Rarely	Sometimes	Often	Always
11. I achieve goals that I set for myself.	○	○	○	○	○
12. I strive to achieve a goal regardless of recognition, opposition, or how difficult it may be to achieve.	○	○	○	○	○
13. When other people set goals for me, I try to negotiate the details.	○	○	○	○	○
14. I break goals down into steps so I can check my progress.	○	○	○	○	○
15. I keep my mind open to different ideas when planning to make a decision.	○	○	○	○	○

Feedback	Never	Rarely	Sometimes	Often	Always
16. If I don't achieve my goal on the first try, I try again.	○	○	○	○	○

17. After setting a goal, I break it down into steps so I can check my progress and get feedback.	○	○	○	○	○
18. I rethink my goal based on the feedback I have received.	○	○	○	○	○
19. Both positive and negative feedback helps me work toward my goal.	○	○	○	○	○
20. I try to get as much feedback as I can when working toward my goal.	○	○	○	○	○

When thinking about your experience in PSU 4-H Programs

	Not at all	A little	Somewhat	Very Much
1) How much choice did you have about this activity?	○	○	○	○
2) How important was this activity to you?	○	○	○	○
3) Was it interesting?	○	○	○	○
4) Was it challenging?	○	○	○	○
5) Did you enjoy what you were doing?	○	○	○	○
6) How hard were you concentrating?	○	○	○	○
7) Were you using your skills?	○	○	○	○
8) Did you wish you were doing something else?	○	○	○	○