

# **YOUTH MUSIC**

Evaluation scales

# Intro

Evaluation scales are a quantitative data collection tool that can help you understand if your project has made a difference over a period of time. They can be used to measure musical, personal or social outcomes for participants. You can also use evaluation scales to measure workforce and organisational outcomes.

Typically they are not used in isolation, but form part of a range of data collection tools used to measure progress against any particular outcome.

There are two main types of scale provided in this document:

- **Reflective Scales**

Reflective Scales involve asking your participants to complete one (or more) questionnaires that ask them to think about how the project has affected them over a period of time. By asking them to 'reflect' on how they have changed, you can assess the extent to which they think they have made progress towards a particular outcome.

- **Distance Travelled Scales**

Distance Travelled Scales involve asking your participants to complete the same questionnaire at two (or more) different points in a project. Participants are asked to complete a questionnaire towards the beginning of a project to establish a 'baseline' reading, and again at the end to establish an 'end point' reading.

By comparing how the individual and group responses change over time, you can assess if progress has been made towards a particular outcome.

## Choosing a scale

It is important you choose a scale that works well for your project. In choosing your scale you should ensure it is accessible and easy to understand for your participants. You should also make sure it will help you accurately capture the progress you think they are likely to make.

You may want to consider customising the scales, or changing the format they are presented in. If your organisation already has evaluation scales in place that will enable you to capture progress towards your outcomes, then it is not necessary to make any changes to your existing evaluation scales.

# Scales in this document:

## Reflective Type:

Measuring	Outcome area	Age range	Page
Musical Development	Musical	6 – 10	5
Musical Development	Musical	11 – 18	6
Musical Development	Musical	18 – 25	7
Attitude and Behaviour	Personal	11 – 18	8
Self-efficacy 1	Personal	11 – 18	9
Wellbeing 1	Personal	11 – 18	10
Wellbeing 2	Personal	11 – 18	11
Agency and Citizenship	Social	11 – 18	12
Leadership	Social	11 – 25	13
Social and Interpersonal skills	Social	11 – 18	14
Collaboration and Team-work	Social	11 – 18	15
Communication skills	Social	11 – 18	16
Professional practice 1	Workforce	Practitioners	17
Professional practice 2	Workforce	Practitioners	18
Training and WFD	Workforce	Practitioners	19

## Distance Travelled Type:

Measuring	Outcome area	Age range	Page
EY Musical Assessment	Musical	0 – 2	23
EY Musical Assessment	Musical	2 – 3	24
EY Musical Assessment	Musical	3 – 5	25
Musical Development	Musical	6 – 10	26
Musical Development	Musical	11 – 18	27
Musical Development	Musical	18 – 25	28
Attitude and Behaviour	Personal	11 – 18	29
Self-efficacy 1	Personal	11 – 18	30
Self-efficacy 2	Personal	11 – 18	31
Wellbeing 1	Personal	11 – 25	32
Agency and Citizenship	Social	11 – 18	33
Leadership	Social	11 – 25	34
Social and Interpersonal skills	Social	11 – 18	35
Collaboration and Team-work	Social	11 – 18	36
Communication skills	Social	11 – 18	37
Professional practice 1	Workforce	Practitioners	38

# REFLECTIVE

# Outcome: Musical


























## Young Musicians Development Scale

Completed by: participants

Recommended age: 6 – 10

Recommended collection point: end-point

**Please circle the face that is closest to how you felt by the end of the project:**

<b>1. How much did you like making music?</b>				
				
Not very much				Very much
<b>2. How much better do you think you got at music?</b>				
				
Not very much				Very much
<b>3. How much did making music make you feel happy?</b>				
				
Not very much				Very much
<b>4. How much did you enjoy learning new things with music?</b>				
				
Not very much				Very much
<b>5. How much did you enjoy making music with your friends and other people?</b>				
				
Not very much				Very much

# Outcome: Musical

## Musical Development Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

<b>1. I'm pleased with my level of musical ability that I developed during the project.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I learnt to make sense of what other people are expressing through music (e.g. thoughts, feelings and emotions) during the project.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I learnt to express my thoughts, feelings and emotions through my own music-making during the project.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I became committed to my own music-making during the project.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. I feel like music making allowed me to be creative during the project.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Musical

---

## Musical Development Scale

Completed by: participants

Recommended age: 18 – 25

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

The project helped me to...	Strongly disagree		Neither agree nor disagree		Strongly agree
<b>1. Develop my musical ability / skills.</b>	1	2	3	4	5
<b>2. Make sense of what other people are expressing through music (e.g. thoughts, feelings and emotions).</b>	1	2	3	4	5
<b>3. Express my thoughts, feelings and emotions through my own music-making.</b>	1	2	3	4	5
<b>4. Commit to my own music-making.</b>	1	2	3	4	5
<b>5. Be creative in my music-making.</b>	1	2	3	4	5
<b>6. Know about other places for music-making in my community.</b>	1	2	3	4	5

# Outcome: Personal

---

## Attitude and Behaviour Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**During the project:**

<b>1. I worked better with other people.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I usually turned up to things on time.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I became more respectful of other people.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I made a positive contribution to my community.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. I got better at committing to things.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree



# Outcome: Personal

---

## Self-efficacy Scale 1

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

During the project I...	Strongly disagree		Neither agree nor disagree		Strongly agree
<b>1. Was able to set my own goals and stay focused on what I wanted to achieve.</b>	1	2	3	4	5
<b>2. Learnt that I can achieve and be successful.</b>	1	2	3	4	5
<b>3. Developed skills that will help me do well in similar situations in the future.</b>	1	2	3	4	5
<b>4. Realised that I can be good at music and other things if I work hard.</b>	1	2	3	4	5

# Outcome: Personal

## Wellbeing Scale 1 (based on WEMWBS)

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**The project helped me to...**

<b>1. Feel relaxed.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. Feel confident.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. Be interested in new things.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. Feel useful.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. Feel good about myself.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Personal

## Wellbeing Scale 2 (based on Stirling's scale)

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**The project...**

<b>1. Helped me feel calm and relaxed.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. Helped me feel happy and in a good mood.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. Made me think positively about the future.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. Showed me that I can get on well with people.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. Showed me that there are things I can be proud of.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Social

## Agency and Citizenship Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**The project helped me to:**

<b>1. Feel listened to by the people around me.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>2. Get better at making decisions that are good for me.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>3. Feel like what I say and do will make a difference to my life.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>4. Feel well connected to others in my community.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>5. Know where to get help from if I needed it.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree

# Outcome: Social

---

## Leadership Scale

Completed by: participants

Recommended age: 11 – 25

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

During the project I....	Strongly disagree		Neither agree nor disagree		Strongly agree
<b>1. Learnt about what it means to be a leader and how to be better at leading people.</b>	1	2	3	4	5
<b>2. Learnt how to make sure that people (in my team or group) do their best when trying to achieve a common goal or to change things around us.</b>	1	2	3	4	5
<b>3. Got better at making decisions.</b>	1	2	3	4	5
<b>4. Got better at taking responsibility for myself and others for what we did as a team / group.</b>	1	2	3	4	5

# Outcome: Social

---

## Social / Interpersonal skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**During the project:**

<b>1. I learnt to behave more friendly towards others, even people I didn't like.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I learnt when my behaviour could be seen as disrespectful or offensive.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I did kind things for others.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I was helping others and / or sharing more often.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Social

## Collaboration / Team-work / Cooperation skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**The project helped me to:**

<b>1. Get better at joining in with group tasks and doing my part.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. Get better at working with people I didn't know or like.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. Get better at letting others fully take part in group tasks.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. Learn that by working together we could do much more than by ourselves.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Social

---

## Communication skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.**

**The project helped me to:**

<b>1. Get better at sharing my opinions and ideas with others.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. Get better at speaking clearly, so that people understood me.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. Get better at listening to others, without interrupting.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly Agree
<b>4. Get better at paying attention to others' views.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree



# Outcome: Workforce

---

## Professional Practice Scale 1

Completed by: practitioners

Recommended collection point: end-point

**Please rate how far you agree with the following statements in relation to your work on this project:**

During the project...	Strongly disagree		Neither agree nor disagree		Strongly agree
<b>1. I was well prepared and organised for my music practitioner work.</b>	1	2	3	4	5
<b>2. I had a strong sense of responsibility for the safety of myself, the children and young people I worked with.</b>	1	2	3	4	5
<b>3. My music skills were relevant and up to date for the work I was doing.</b>	1	2	3	4	5
<b>4. I regularly reflected on and evaluated my work.</b>	1	2	3	4	5

# Outcome: Workforce

---

## Professional Practice Scale 2

Completed by: practitioners

Recommended collection point: end-point

**Please rate how far you agree with the following statements in relation to your work on this project.**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I feel I had a lot of input into how my work is done.</b>	1	2	3	4	5
<b>2. I was free to express my ideas and opinions about the work I do.</b>	1	2	3	4	5
<b>3. I was able to learn useful new skills on my job.</b>	1	2	3	4	5
<b>4. I developed musically doing this job.</b>	1	2	3	4	5

# Outcome: Workforce

---

## Participants in training and other workforce development Activities Scale

Completed by: practitioners and participants in training  
 Recommended collection point: end-point

### 1. Improvements in knowledge, understanding, skills and confidence (immediate / short term impact)

To what extent has taking part in ..... [insert the name of the training or other workforce development opportunity] improved your...

	Got much worse		Stayed the same		Improved a lot
<b>1. Knowledge about</b> [insert CPD content] / <b>understanding of</b> [insert CPD content]	1	2	3	4	5
<b>2. Your</b> [insert as applicable] <b>skills</b>	1	2	3	4	5
<b>3. Your confidence in</b> [insert as applicable]	1	2	3	4	5
<b>4. Your motivation to</b> [insert as applicable]	1	2	3	4	5

**2. Application and changes to practice (medium term impact)**

**To what extent have you been able to apply what you've learnt at / during ..... [Insert the name of the training or other workforce development opportunity] in your day-to-day practice?**

None of it	Not yet but I plan to	Some of it	Most of it	Other
------------	-----------------------	------------	------------	-------

**3. How much has taking part in ..... [insert the name of the training or other workforce development opportunity] and applying your learning changed your practice?**

	Strongly disagree	1	2	3	4	Strongly agree
<b>1. Sessions are more young-people centred.</b>	1	2	3	4	5	
<b>2. Learning environment is more positive.</b>	1	2	3	4	5	
<b>3. Content and activities are more engaging and inspiring.</b>	1	2	3	4	5	
<b>4. Young people show greater ownership.</b>	1	2	3	4	5	
<b>5. Sessions better support young people's musical progression.</b>	1	2	3	4	5	
<b>6. I provide a better feedback to young people.</b>	1	2	3	4	5	

**4. How did the changes you made to your practice as a result of taking part in [insert the name of the training or other workforce development opportunity] affect...**

	<b>Got much worse</b>		<b>Stayed the same</b>		<b>Improved a lot</b>
<b>1. Children and young people's engagement in...</b>	1	2	3	4	5
<b>2. Children and young people's enjoyment of...</b>	1	2	3	4	5
<b>3. Children and young people's musical learning and development.</b>	1	2	3	4	5
<b>4. [if relevant, insert other aspects of young people's learning and development]</b>	1	2	3	4	5

# DISTANCE TRAVELLED

# Outcome: Musical

---

## Early Years Musical Assessment Scale

Completed by: early years practitioners, music leaders or parents/carers

Recommended age: 0 – 2

Recommended collection point: two (or more) occasions

**Please mark on the scale the extent to which your young musician:**

<b>1. Is moved or affected by music (e.g. soothed and settled by lullabies).</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. Enjoys being physically moved to rhythms and beats.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. Shakes, taps, lifts and drops objects to explore the sounds they make.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. Explores their voices with single syllable sounds (or more).</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Musical

---

## Early Years Musical Assessment Scale

Completed by: early years practitioners, music leaders or parents/carers

Recommended age: 2 – 3

Recommended collection point: two (or more) occasions

**Please mark on the scale the extent to which your young musician:**

<b>1. Participates in played songs and songs sung to them.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

<b>2. Develops rhythmic, large body movements and begins to learn control and coordination.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

<b>3. Shows responses to music being performed, from intent listening to energetic dancing.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree



# Outcome: Musical

## Early Years Musical Assessment Scale

Completed by: early years practitioners, music leaders or parents/carers

Recommended age: 3 – 5

Recommended collection point: two (or more) occasions

**Please mark on the scale the extent to which your young musician:**

<b>1. Sing spontaneously in a range of different ways, alone and with others.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. Begins to match pitch, keep in time, and coordinate their musical ideas with others.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. Repeats, changes, and develops their own, or borrowed, musical ideas into more complicated structures.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. Can control and coordinate their whole body and finer body movements, increasing their range of dances and instruments.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Musical


























## Young Musicians Development Scale

Completed by: participants

Recommended age: 6 – 10

Recommended collection point: two (or more) occasions

**Please circle the face that is closest to how you feel about the following questions:**

<b>1. How much do you like doing music?</b>				
				
Not very much				Very much
<b>2. How good at music do you think you are?</b>				
				
Not very much				Very much
<b>3. How much does making music make you feel happy?</b>				
				
Not very much				Very much
<b>4. How much do you enjoy learning new things with music?</b>				
				
Not very much				Very much
<b>5. How much do enjoy making music with your friends and other people?</b>				
				
Not very much				Very much

# Outcome: Musical

## Musical Development Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

<b>1. I am pleased with my current level of musical ability.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I am good at making sense of what other people are expressing through music (e.g. thoughts, feelings and emotions).</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I can express my thoughts, feelings and emotions through my own music-making.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I am committed to my own music-making.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. I feel like music-making allows me to be creative.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Musical

---

## Musical Development Scale

Completed by: participants

Recommended age: 18 – 25

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I am pleased with my current level of musical ability.</b>	1	2	3	4	5
<b>2. I am good at making sense of what other people are expressing through music (e.g. thoughts, feelings and emotions).</b>	1	2	3	4	5
<b>3. I can express my thoughts, feelings and emotions through my own music-making.</b>	1	2	3	4	5
<b>4. I am committed to my own music making.</b>	1	2	3	4	5
<b>5. I feel like music-making allows me to be creative.</b>	1	2	3	4	5
<b>6. I know about other places for music-making in my community.</b>	1	2	3	4	5

# Outcome: Personal

---

## Attitude and Behaviour Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

<b>1. I work well with other people.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I usually turn up to things on time.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I am respectful of other people.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I make a positive contribution to my community.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. I am good at committing to things.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Personal

---

## Self-efficacy Scale 1

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I'm able to set my own goals and stay focused on what I want to achieve.</b>	1	2	3	4	5
<b>2. I know that I can achieve and be successful.</b>	1	2	3	4	5
<b>3. I have skills that will help me do well in the same or similar situations in the future.</b>	1	2	3	4	5
<b>4. I know that I can be good at music and other things if I work hard.</b>	1	2	3	4	5

# Outcome: Personal

---

## Self-efficacy Scale<sup>1</sup> 2

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**How do you manage and cope with difficult tasks or events?**

**Please circle ONE answer for each sentence:**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I can always manage to solve difficult problems if I try hard enough.</b>	1	2	3	4	5
<b>2. It is easy for me to stick to my aims and achieve my goals.</b>	1	2	3	4	5
<b>3. I am confident that I could deal in an effective way with unexpected events.</b>	1	2	3	4	5
<b>4. I can solve most problems if I make enough effort.</b>	1	2	3	4	5
<b>5. I can remain calm when facing difficult situations because I can find ways to cope.</b>	1	2	3	4	5
<b>6. If I am in trouble, I can usually think of a solution.</b>	1	2	3	4	5
<b>7. If someone disagrees with me, I can find the means and ways to get what I want.</b>	1	2	3	4	5

---

<sup>1</sup> Adapted from Schwarzer-Jerusalem Self-Efficacy Scale (1995)

# Outcome: Personal

---

## Wellbeing Scale 3

Completed by: participants

Recommended age: 11 – 25

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I'm feeling positive about the future.</b>	1	2	3	4	5
<b>2. I'm feeling useful.</b>	1	2	3	4	5
<b>3. I always tell the truth.</b>	1	2	3	4	5
<b>4. I'm feeling calm, not worried or tense.</b>	1	2	3	4	5
<b>5. I'm dealing with problems well.</b>	1	2	3	4	5
<b>6. I'm feeling close to other people.</b>	1	2	3	4	5
<b>7. I like everyone I meet.</b>	1	2	3	4	5
<b>8. I'm thinking clearly.</b>	1	2	3	4	5
<b>9. I always share.</b>	1	2	3	4	5
<b>10. I'm able to make up my own mind about things.</b>	1	2	3	4	5



# Outcome: Social

## Agency and Citizenship Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

<b>1. I feel listened to by the people around me.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I make decisions that are good for me.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I feel like what I say and do will make a difference to my life.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I feel well-connected to others in my community.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>5. If I needed help, I would know where to get it.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Social

---

## Leadership Scale

Completed by: participants

Recommended age: 11 – 25

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I know what it means to be a leader and how to be good at leading people.</b>	1	2	3	4	5
<b>2. I know how to make sure that people (in my team or group) do their best when trying to achieve a common goal or to change things around us.</b>	1	2	3	4	5
<b>3. I am good at making decisions.</b>	1	2	3	4	5
<b>4. I am good at taking responsibility for myself and others for what we did as a team / group.</b>	1	2	3	4	5

# Outcome: Social

## Social / Interpersonal skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

<b>1. I behave friendly towards others, even people I don't like.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I know when my behaviour can be seen as disrespectful or offensive.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I do kind things for others.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>4. I am helping others and / or sharing more often.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Social

---

## Collaboration / Team-work / Cooperation skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

<b>1. I'm good at joining in with group tasks and doing my part.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>2. I'm good at working with people I don't know or like.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>3. I'm good at letting others fully take part in group tasks.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree
<b>4. I know that by working together we could do much more than by ourselves.</b>				
1 Strongly disagree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly agree

# Outcome: Social

---

## Communication skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

<b>1. I'm good at sharing my opinions and ideas with others.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>2. I'm good at speaking clearly, so that people understand me.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree
<b>3. I'm good at listening to what others have got to say, without interrupting.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly Agree
<b>4. I'm good at paying attention to others' views.</b>				
1	2	3	4	5
Strongly disagree	Agree	Neither agree nor disagree	Disagree	Strongly agree

# Outcome: Workforce

---

## Professional Practice Scale 1

Completed by: practitioners

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements in relation to your work on this project:**

	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
<b>1. I'm well prepared and organised for my music practitioner work.</b>	1	2	3	4	5
<b>2. I have a strong sense of responsibility for the safety of myself, the children and young people I work with.</b>	1	2	3	4	5
<b>3. My music skills are relevant and up to date for the work I am doing.</b>	1	2	3	4	5
<b>4. I regularly reflect on and evaluate my work.</b>	1	2	3	4	5

The National Foundation for Youth Music

Studios 3-5 Swan Court, 9 Tanner Street, London, SE1 3LE

Registered charity number: 1075032

Limited company number: 3750674

**YOUTH  
MUSIC**



Supported using public funding by

**ARTS COUNCIL  
ENGLAND**