

ARISE Training Statistics

ARISE Life - Management Skills 2 Day Pre/Post - Survey - Richmond, VA										
Dept. of Social Services, Richmond Public Schools, Dept. of Justice Services,										
Dept. of Parks & Recreation & DCAO Human Services										
9/28-29/11										
Number of Participants: Pre (19)/Post (18)										
PRE SURVEY										
POST SURVEY										
(Level of Proficiency - 1 is the lowest level & 5 is the highest)										
Area of Competency	1	2	3	4	5	1	2	3	4	5
1. Plan a group life-skills training session	11%	32%	26%	21%	11%				33%	67%
2. Prepare a lesson plan		11%	37%	32%	21%			6%	22%	72%
3. Present a topic to a group of 10 or more.	5%	11%	21%	21%	42%				11%	89%
4. Establish guidelines & expectations with group members.		5%	21%	42%	26%				22%	78%
5. Maintain a positive learning environment.	5%		16%	42%	37%				17%	83%
6. Ask questions to effectively guide a group discussion.		11%	26%	42%	21%			6%	22%	72%
7. Use active listening skills in a group discussion.		11%	16%	58%	16%				33%	67%
8. Use body language to establish & maintain rapport with a group.			5%	21%	53%				39%	61%
9. Create an activity to reinforce learning.			5%	26%	37%				44%	56%
10. Give clear instructions for a learning activity.				26%	53%				33%	67%
11. Conclude a lesson to reinforce learning.			5%	26%	37%				28%	72%
12. Manage difficult or uncooperative behaviors in the group.			11%	21%	42%			6%	39%	56%

ARISE Foundation
824 US Highway 1, Suite 240
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Toll-free: 1-888-680-6100
ariselife-skills.org



ARISE Life - Management Skills 2 Day Training Evaluation, Richmond, VA				
Dept. of Social Services, Richmond Public Schools, Dept. of Justice Services,				
Dept. of Parks & Recreation & DCAO Human Services				
9/28-29/11				
Number of Participants: 18				
	No	Yes	Exceeded	
Were training expectations met?		6%	94%	
OVERALL ABILITY	SD	D	A	SA
I feel prepared to teach the ARISE Life-Management Skills Program because of attending this training			44%	56%
TRAINING SESSION	SD	D	A	SA
The training materials are helpful			11%	89%
The training was clear & easy to follow			6%	94%
The training was interactive & interesting			6%	94%
ARISE MASTER TRAINER	SD	D	A	SA
The trainer demonstrated the skills I need to teach the ARISE Life - Management Skills Program				100%
The trainer encouraged discussion by using relevant examples & conducting interactive exercises				100%
The trainer provided positive feedback consistently				100%
The trainer was available during breaks & at the end of each day to answer questions.			6%	94%

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SD - Strongly Disagree
D - Disagree
A - Agree
SA - Strongly Agree



ARISE DROP IT AT THE DOOR DAY 1 PRE/POST Survey 9/20/11

BARRY UNIVERSITY RIVIERA POLICE DEPT., PBC OFFICE OF COMMUNITY REVITALIZATION, PBC SHERIFF'S OFFICE									
Number of Participants: 8									
PRE SURVEY									
POST SURVEY									
ITEM	SD	D	A	SA	SD	D	A	SA	
1. I understand that I have a choice in how I react to anger & stress.				100%					100%
2. Anger is a secondary emotion; there is always a feeling that comes before anger.			38%	63%			25%	75%	
3. Anger is a bad emotion that should be avoided.	38%	13%	38%	13%	25%	50%		25%	
4. Too much anger can hurt your physical health.					13%		25%	63%	
5. Angry people can never change the way they handle anger.	63%	25%	13%		63%	25%		13%	
6. Stress is related to anger.	25%	13%	13%	50%			13%	88%	
7. You can manage anger through making better choices.				100%				100%	
8. You choose the way you respond to difficult situations.				100%				100%	
9. People have triggers that can help them recognize when they are becoming angry.			25%	75%			13%	88%	
10. It is important to be as interested in your reactions as you are in the situation or person that caused you to react a certain way.			25%	75%			13%	88%	
11. If you choose to think about all the negatives, you'll get negative experiences.	13%			88%			13%	88%	
12. My attitude affects my family, friends & co-workers.				100%					
13. I can control most things in life, including my relationships & career.	13%		38%	50%	25%		13%	63%	
14. If you had a tragic or difficult childhood, you probably will live an angry life.	50%	25%	13%	13%	63%	13%	13%	13%	

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ARISE DROP IT AT THE DOOR DAYS 1&2 Evaluation Survey 9/20-21/11

BARRY UNIVERSITY RIVIERA POLICE DEPT., PBC OFFICE OF COMMUNITY REVITALIZATION, PBC SHERIFF'S OFFICE				
Number of Participants: 8				
	No	Yes	Exceeded	
Were training expectations met?				100%
TRAINING	SD	D	A	SA
I am better able to "drop it at the door" after this training				100%
I understand that I have a choice in how I react to anger & stress				100%
I can see myself using the information I've learned here at work.				100%
I can see myself using the information I've learned here at home				100%
This training will help me improve my personal relationships				100%
This training provided usable tools to help me handle anger				100%
ARISE SENIOR TRAINER	SD	D	A	SA
The trainer encouraged discussion by using relevant examples, asking questions & conducting interactive exercises				100%
The trainer was knowledgeable in the subject matter of the training				100%
The pace of the training was comfortable				100%
The trainer was available during breaks & at the end of the day				100%

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ARISE 4C TRAINING - Day 2 PRE/POST Survey										
WASHINGTON DC										
March 8 - 11, 2011										
PRE- Participants: 47										
POST- Participants: 46										
Ratings on a scale of 1 to 5, where (5) is Strongly Agree, (4) is Agree, (3) is Neutral (2) is Disagree and (1) is Strongly Disagree.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I have a choice about how I think.	2%	4%		6%	87%				9%	91%
Worry doesn't help make things better.	2%	6%	4%	17%	70%	2%		2%	15%	80%
I have control over others.	62%	17%	13%	2%	6%	72%	11%	7%	7%	4%
Influence is more powerful than control.	2%	4%	28%	28%	38%	7%	4%	24%	20%	46%
It is difficult to control my actions when I'm upset.	15%	23%	26%	23%	13%	11%	15%	28%	24%	22%
I am creating my legacy every day.		11%	6%	34%	49%			9%	24%	67%
My thoughts act like magnets, attracting what I think about to me.		11%	17%	28%	45%	4%		13%	28%	54%

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ARISE 4C TRAINING - Day 2 Evaluation Survey (Participants: 47)				
WASHINGTON DC				
March 8 - 11, 2011				
	No	Yes	Exceed	
Were training expectations met?		13%	68%	19%
TRAINING	SD	D	A	SA
Worry keeps me from being happy.	11%	9%	6%	53%
There's a difference between control and influence.	2%		2%	70%
I plan to use the information I've learned at work.	2%		2%	79%
I plan to use the information I've learned at home.	2%		2%	79%
My personal relationships will improve as a result of this training.	2%		11%	55%
I've learned tools that will help me handle worry in this training.	2%		6%	60%
ARISE SENIOR TRAINER	SD	D	N	SA
The trainer stimulated discussion by asking thought-provoking questions, using relevant examples & conducting interactive exercises.	4%		2%	79%
The trainer was knowledgeable in the subject matter of the training.			2%	89%
The pace of the training was comfortable.			4%	85%

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ARISE Life - Management Skills 2 Day Pre/Post - Survey										
7/18-19/11										
SALVATION ARMY, CAPITAL REGION EDU, DESTINED FOR SUCCESS, MARTIN GIRLS ACADEMY										
PARKER HOUSE FOUNDATION & MIAMI DADE REGIONAL JUVENILE DETENTION CENTER										
Number of Participants: 8										
PRE SURVEY										
POST SURVEY										
(Level of Proficiency - 1 is the lowest level & 5 is the highest)										
Area of Competency	1	2	3	4	5	1	2	3	4	5
1. Plan a group life-skills training session		13%	63%	25%					38%	63%
2. Prepare a lesson plan			63%	25%	13%				25%	75%
3. Present a topic to a group of 10 or more.			50%	50%					25%	75%
4. Establish guidelines & expectations with group members.			75%	25%					63%	38%
5. Maintain a positive learning environment.			25%	75%					38%	63%
6. Ask questions to effectively guide a group discussion.		13%	38%	50%					38%	63%
7. Use active listening skills in a group discussion.			38%	63%					38%	63%
8. Use body language to establish & maintain rapport with a group.			63%	38%					50%	50%
9. Create an activity to reinforce learning.			13%	38%	50%				50%	50%
10. Give clear instructions for a learning activity.				50%	50%				38%	63%
11. Conclude a lesson to reinforce learning.			13%	50%	38%				63%	38%
12. Manage difficult or uncooperative behaviors in the group.			13%	50%	13%				63%	38%

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7/18-19/11				
SALVATION ARMY, CAPITAL REGION EDU, DESTINED FOR SUCCESS, MARTIN GIRLS ACADEMY				
PARKER HOUSE FOUNDATION & MIAMI DADE REGIONAL JUVENILE DETENTION CENTER				
Number of Participants: 8				
	No	Yes	Exceeded	
Were training expectations met?				100%
OVERALL ABILITY	SD	D	A	SA
I feel prepared to teach the ARISE Life-Management Skills Program because of attending this training			12%	88%
TRAINING SESSION	SD	D	A	SA
The training materials are helpful			12%	88%
The training was clear & easy to follow				100%
The training was interactive & interesting				100%
ARISE MASTER TRAINER	SD	D	A	SA
The trainer demonstrated the skills I need to teach the ARISE Life - Management Skills Program				100%
The trainer encouraged discussion by using relevant examples & conducting interactive exercises				100%
The trainer provided positive feedback consistently				100%
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