

# ARISE DROP IT AT THE DOOR DAYS 1&2 Evaluation Survey 8/25-26/11

## FLORIDA DEPARTMENT OF JUVENILE JUSTICE - CENTRAL REGION AREA

### Pasco, Pinellas, Polk, Manatee, Hillsborough West Juvenile Det. Ctrs. - The Salvation Army

<i>Number of Participants: 23</i>		No	Yes	Exceeded
Were training expectations met?			48%	52%
<b>TRAINING</b>		<b>SD</b>	<b>A</b>	<b>SA</b>
I am better able to "drop it at the door" after this training		4%	30%	65%
I understand that I have a choice in how I react to anger & stress			30%	70%
I can see myself using the information I've learned here at work.			39%	61%
I can see myself using the information I've learned here at home			43%	57%
This training will help me improve my personal relationships		9%	35%	57%
This training provided usable tools to help me handle anger			39%	61%
<b>ARISE SENIOR TRAINER</b>		<b>SD</b>	<b>A</b>	<b>SA</b>
The trainer encouraged discussion by using relevant examples, asking questions & conducting interactive exercises			17%	83%
The trainer was knowledgeable in the subject matter of the training			9%	91%
The pace of the training was comfortable			26%	74%
The trainer was available during breaks & at the end of the day			13%	87%

**ARISE** Foundation

824 US Highway One, Suite 240  
 North Palm Beach 33408  
 Toll free - 1-888-680-6100  
 at-riskyouth.org

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



# ARISE DROP IT AT THE DOOR DAY 1 PRE/POST Survey

8/25/11

## FLORIDA DEPARTMENT OF JUVENILE JUSTICE - CENTRAL REGION AREA

### Pasco, Pinellas, Polk, Manatee, Hillsborough West Juvenile Det. Ctrs. - The Salvation Army

Number of Participants: (Pre - 24)/(Post - 20)

ITEM	PRE SURVEY				POST SURVEY			
	SD	D	A	SA	SD	D	A	SA
1. I understand that I have a choice in how I react to anger & stress			8%	92%			15%	85%
2. Anger is a secondary emotion; there is always a feeling that comes before anger		8%	54%	38%		5%	20%	75%
3. Anger is a bad emotion that should be avoided	17%	17%	33%	33%	25%	15%	35%	25%
4. Too much anger can hurt your physical health		4%	29%	67%	5%		20%	75%
5. Angry people can never change the way they handle anger	54%	38%	8%		70%	25%	5%	
6. Stress is related to anger	8%	21%	42%	29%		5%	30%	65%
7. You can manage anger through making better choices	4%		38%	58%		5%	25%	70%
8. You choose the way you respond to difficult situations		4%	33%	63%			30%	70%
9. People have triggers that can help them recognize when they are becoming angry		4%	46%	50%			45%	55%
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			63%	38%			60%	40%
11. If you choose to think about all the negatives, you'll get negative experiences	4%	17%	54%	25%		10%	25%	65%
12. My attitude affects my family, friends & co-workers		4%	33%	63%			85%	15%
13. I can control most things in life, including my relationships & career	4%	8%	46%	42%	5%	10%	50%	35%
14. If you had a tragic or difficult childhood, you probably will live an angry life	33%	58%	4%	4%	25%	45%	10%	20%

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# ARISE DROP IT AT THE DOOR DAY 2 PRE/POST Survey

8/26/11

## FLORIDA DEPARTMENT OF JUVENILE JUSTICE - CENTRAL REGION AREA Pasco, Pinellas, Polk, Manatee, Hillsborough West Juvenile Det. Ctrs. - The Salvation Army

ITEM	PRE SURVEY				POST SURVEY			
	SD	D	A	SA	SD	D	A	SA
1. Happiness is a choice		5%	23%	73%			13%	88%
2. 80% of all communication is non-verbal	5%	9%	55%	32%	13%	4%	21%	63%
3. What you think about most is what you get in life		18%	55%	27%		8%	50%	42%
4. If you stop thinking about the hurtful things in your life, they can go away	18%	45%	27%	9%	4%	38%	42%	17%
5. Lecturing to someone is a positive conversation tool	18%	36%	32%	14%	42%	21%	17%	21%
6. Your thoughts & feelings influence all those you come in contact with		14%	45%	41%			54%	46%
7. The words you say to someone play only a small role in how your message impacts the person	27%	18%	45%	9%	33%	8%	25%	33%
8. You choose the way you respond to difficult situations	5%		50%	45%			25%	75%
9. Negative body language leads to negative thoughts	5%	5%	68%	23%		4%	21%	75%
10. The more you smile, the more positive reactions people will give you			59%	41%			33%	67%
11. Your thoughts affect your family, friends and co-workers	9%	9%	55%	27%			38%	63%
12. A word is so powerful that one word can change a life or destroy the lives of millions of people	9%	9%	50%	32%		8%	21%	71%
13. If you change your body language, your thoughts will change	5%	23%	55%	18%			54%	46%
14. You unconsciously mirror the facial expressions & feelings of those around you	5%	27%	41%	27%	8%	4%	50%	38%

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