



2017 - Nebraska 4-H 7 Habits – Follow Up Survey

Dear Participant:

You have been given this survey because you have participated in a 4-H program or project and 4-H would like to learn about you and your experiences in 4-H.

Your answers are important and they will be kept private. But, if you don't want to fill out the survey, you don't have to or if there is a question you don't want to answer, you can leave it blank.

There are no right or wrong answers, so please answer all questions honestly.

Thank you for your help!

1. Where did this program take place? _____

Section I: Application

Please write in your response to the following questions

2. Please select one response in each row by marking the appropriate box and share an example of how you did or didn't apply the following

In the last 6 months...	Yes	No
1. I've had an opportunity to choose my behavior to make a positive change Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>
2. I've used my mission statement to guide a decision Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>
3. I'm using new strategies to organize my daily life Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>
4. I've made a decision that is beneficial and respectful to all Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>
5. I've practiced being an active listener Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>



In the last 6 months...	Yes	No
6. I've been a part of a team where we accomplished something I never could have done on my own Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>
7. I've found ways to take care of myself daily (physical, social/emotional, mental, and spiritual) Please share an example:	<input type="checkbox"/>	<input type="checkbox"/>

Section II: Tell us about You

Please select or write in the responses that best describes you.

3. **Are you a 4-Her?** (Mark one box)

- Yes
- No

4. **How old are you?**

_____ Age (in years)

5. **What grade are you in?**

_____ Grade

6. **Which of the following best describes your gender?** (Mark one box)

- Female
- Male

7. **Which of the following best describes your race?** (Mark each box that applies to you.)

- American Indian or Alaskan Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White

8. **Which of the following best describe your ethnicity?** (Mark one box)

- Hispanic or Latino
- Not Hispanic or Latino