



PRE-TEST & POST-TEST STATEMENTS

For each statement circle the one answer that best describes you.

1. I am unique.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

2. I am athletic.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

3. I am smart.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

4. I am a leader.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

5. I am a good listener.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

6. I am strong at communicating.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

7. I work well with others when there is a conflict or problem.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

8. I understand what it means to be a worthwhile teammate.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

9. I feel connected to my community.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*

10. I will play ultimate in the future.

strongly agree *agree* *neither disagree nor agree* *disagree* *strongly disagree*