

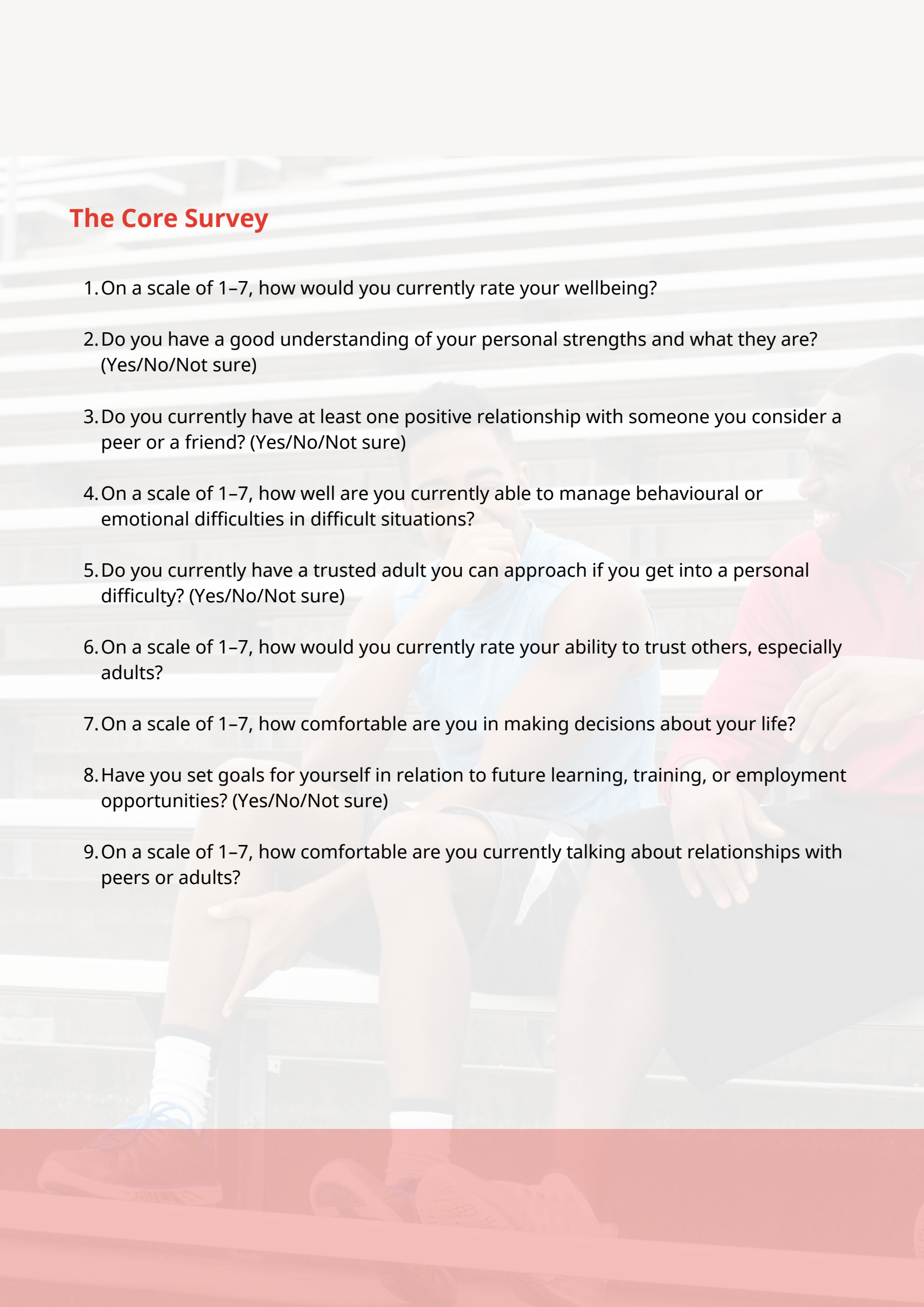
**A Pre- and Post-
Intervention
Survey for 1-1
Mentoring
Programmes**
The 1-1 Mentoring Toolkit

About this survey

This template survey is designed to help you understand how a young person changes over the course of participation in a 1-1 mentoring programme. It is based on the outcomes framework used in this toolkit and provides structured information about progress across a young person's engagement in mentoring sessions. The survey should normally be completed at the start and end of the young person's mentoring journey. Practitioners, however, may also wish to repeat it at regular intervals (for instance, every three months) during delivery so that progress can still be recorded if a young person disengages before the planned end of the programme. Where a young person is unlikely to complete the survey themselves, practitioners can complete it with them or on their behalf based on their knowledge of the young person's participation and development across sessions. The survey questions assume a basic grasp of English and competency to answer them. Questions and scales can be amended for different age groups and competencies to answer.

Questions 1–9 form a core set that organisations may wish to include in all versions of this survey. These questions focus on changes most commonly associated with participation in 1-1 mentoring, including emotional regulation, participation in EET activities, peer interaction, ability to trust, decision-making, and confidence.

Questions 10–16 below are optional and can be included where a longer survey is appropriate, or omitted where a shorter survey is needed. These questions focus more specifically on changes that emerge through discussion, reflection, and goal setting.



The Core Survey

1. On a scale of 1–7, how would you currently rate your wellbeing?
2. Do you have a good understanding of your personal strengths and what they are?
(Yes/No/Not sure)
3. Do you currently have at least one positive relationship with someone you consider a peer or a friend? (Yes/No/Not sure)
4. On a scale of 1–7, how well are you currently able to manage behavioural or emotional difficulties in difficult situations?
5. Do you currently have a trusted adult you can approach if you get into a personal difficulty? (Yes/No/Not sure)
6. On a scale of 1–7, how would you currently rate your ability to trust others, especially adults?
7. On a scale of 1–7, how comfortable are you in making decisions about your life?
8. Have you set goals for yourself in relation to future learning, training, or employment opportunities? (Yes/No/Not sure)
9. On a scale of 1–7, how comfortable are you currently talking about relationships with peers or adults?

Optional Questions

10. On a scale of 1–7, how would you rate your ability to reflect on the consequences of your behaviour before acting?
11. On a scale of 1–7, how confident are you in resisting pressure from others to do things you do not want to do?
12. On a scale of 1–7, how would you rate your ability to manage your emotions in difficult situations?
13. On a scale of 1–7, how would you rate your ability to take steps towards reaching a goal you have set for yourself?
14. On a scale of 1–7, how confident are you in planning the steps needed to achieve a goal you have set for yourself?
15. On a scale of 1–7, how clear is your sense of who you are and what matters to you?
16. On a scale of 1–7, how confident are you that you can avoid risky or difficult situations?

Demographic Data

Note on demographic questions: The categories used to collect demographic information (for example age, gender, ethnicity, education status, or postcode) vary across commissioning contexts and organisations. Please insert the demographic questions required for your setting before administering this survey.

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- Using data to support business development and fundraising
- Identifying how service users go on to play active roles in their communities.

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