

Evaluation Scales

[Introduction 2](#_Toc198119795)

[Choosing a scale 2](#_Toc198119796)

[Reflective Scales 3](#_Toc198119797)

[Young Musicians Development Scale 3](#_Toc198119798)

[Musical Development Scale 4](#_Toc198119799)

[Musical Development Scale 5](#_Toc198119800)

[Attitude and Behaviour Scale 6](#_Toc198119801)

[Self-efficacy Scale 1 7](#_Toc198119802)

[Wellbeing Scale 1 (based on WEMWBS) 8](#_Toc198119803)

[Wellbeing Scale 2 (based on Stirling’s scale) 9](#_Toc198119804)

[Agency and Citizenship Scale 10](#_Toc198119805)

[Leadership Scale 11](#_Toc198119806)

[Social / Interpersonal skills Scale 12](#_Toc198119807)

[Collaboration / Team-work / Cooperation skills Scale 13](#_Toc198119808)

[Communication skills Scale 14](#_Toc198119809)

[Professional Practice Scale 1 15](#_Toc198119810)

[Professional Practice Scale 2 16](#_Toc198119811)

[Participants in training and other workforce development Activities Scale 17](#_Toc198119812)

[Distance Travelled 19](#_Toc198119813)

[Early Years Musical Assessment Scale 19](#_Toc198119814)

[Early Years Musical Assessment Scale 20](#_Toc198119815)

[Early Years Musical Assessment Scale 21](#_Toc198119816)

[Young Musicians Development Scale 22](#_Toc198119817)

[Musical Development Scale 23](#_Toc198119818)

[Musical Development Scale 24](#_Toc198119819)

[Attitude and Behaviour Scale 25](#_Toc198119820)

[Self-efficacy Scale 1 26](#_Toc198119821)

[Self-efficacy Scale 2 27](#_Toc198119822)

[Wellbeing Scale 3 28](#_Toc198119823)

[Agency and Citizenship Scale 29](#_Toc198119824)

[Leadership Scale 30](#_Toc198119825)

[Social / Interpersonal skills Scale 31](#_Toc198119826)

[Collaboration / Team-work / Cooperation skills Scale 32](#_Toc198119827)

[Communication skills Scale 33](#_Toc198119828)

[Professional Practice Scale 1 34](#_Toc198119829)

## Introduction

Evaluation scales are a quantitative data collection tool that can help you understand if your project has made a difference over a period of time.

There are two main types of scale provided in this document:

* **Reflective Scales** ask your participants to think about how the project has affected them over a period of time. By asking them to ‘reflect’ on how they have changed, you can assess how much progress they have made.
* **Distance Travelled Scales** ask your participants to complete the same questionnaire at two or more different points in a project, usually towards the start and end of a project. By comparing how the individual/group responses change over time, you can assess if progress has been made.

## Choosing a scale

It is important you choose a scale that works well for your project. Ensure you choose one that is accessible and easy to understand for your participants. You should also make sure it will help you accurately capture the progress you think they are likely to make.

You may want to consider customising the scales, or changing the format they are presented in. If your organisation already has evaluation scales in place that will enable you to capture progress, then it is not necessary to make any changes to your existing evaluation scales.

# Reflective Scales

### Young Musicians Development Scale

Completed by: participants

Recommended age: 6 – 10

Recommended collection point: end-point

**Please circle the face that is closest to how you felt by the end of the project:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **How much did you like making music?** | | | | |
| Emoji: very sad face | Emoji: Sad face | Emoji: neither happy or sad face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much better do you think you got at music?** | | | | |
| Emoji: very sad face | Emoji: Sad face | Emoji: neither happy or sad face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much did making music make you feel happy?** | | | | |
| Emoji: very sad face | Emoji: Sad face | Emoji: neither happy or sad face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much did you enjoy learning new things with music?** | | | | |
| Emoji: very sad face | Emoji: Sad face | Emoji: neither happy or sad face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much did you enjoy making music with your friends and other people?** | | | | |
| Emoji: very sad face | Emoji: Sad face | Emoji: neither happy or sad face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |

### 

### Musical Development Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I’m pleased with my level of musical ability that I developed during the project.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I learnt to make sense of what other people are expressing through music (e.g. thoughts, feelings and emotions) during the project.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I learnt to express my thoughts, feelings and emotions through my own music-making during the project.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I became committed to my own music-making during the project.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I feel like music making allowed me to be creative during the project.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Musical Development Scale

Completed by: participants

Recommended age: 18 – 25

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **The project helped me to…** | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. Develop my musical ability / skills.** | 1 | 2 | 3 | 4 | 5 |
| **2. Make sense of what other people are expressing through music (e.g. thoughts, feelings and emotions).** | 1 | 2 | 3 | 4 | 5 |
| **3. Express my thoughts, feelings and emotions through my own music-making.** | 1 | 2 | 3 | 4 | 5 |
| **4. Commit to my own music-making.** | 1 | 2 | 3 | 4 | 5 |
| **5. Be creative in my music-making.** | 1 | 2 | 3 | 4 | 5 |
| **6. Know about other places for music-making in my community.** | 1 | 2 | 3 | 4 | 5 |

### Attitude and Behaviour Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.   
During the project:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I worked better with other people.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I usually turned up to things on time.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I became more respectful of other people.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I made a positive contribution to my community.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I got better at committing to things.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Self-efficacy Scale 1

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **During the project I…** | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. Was able to set my own goals and stay focused on what I wanted to achieve.** | 1 | 2 | 3 | 4 | 5 |
| **2. Learnt that I can achieve and be successful.** | 1 | 2 | 3 | 4 | 5 |
| **3. Developed skills that will help me do well in similar situations in the future.** | 1 | 2 | 3 | 4 | 5 |
| **4. Realised that I can be good at music and other things if I work hard.** | 1 | 2 | 3 | 4 | 5 |

### Wellbeing Scale 1 (based on WEMWBS)

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.  
The project helped me to…**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Feel relaxed.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Feel confident.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Be interested in new things.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Feel useful.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Feel good about myself.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Wellbeing Scale 2 (based on Stirling’s scale)

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.  
The project…**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Helped me feel calm and relaxed.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Helped me feel happy and in a good mood.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Made me think positively about the future.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Showed me that I can get on well with people.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Showed me that there are things I can be proud of.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Agency and Citizenship Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.  
The project helped me to:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Feel listened to by the people around me.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Get better at making decisions that are good for me.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Feel like what I say and do will make a difference to my life.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Feel well connected to others in my community.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Know where to get help from if I needed it.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Leadership Scale

Completed by: participants

Recommended age: 11 – 25

Recommended collection point: end-point

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **During the project I….** | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. Learnt about what it means to be a leader and how to be better at leading people.** | 1 | 2 | 3 | 4 | 5 |
| **2. Learnt how to make sure that people (in my team or group) do their best when trying to achieve a common goal or to change things around us.** | 1 | 2 | 3 | 4 | 5 |
| **3. Got better at making decisions.** | 1 | 2 | 3 | 4 | 5 |
| **4. Got better at taking responsibility for myself and others for what we did as a team / group.** | 1 | 2 | 3 | 4 | 5 |

### Social / Interpersonal skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.  
During the project:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I learnt to behave more friendly towards others, even people I didn’t like.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I learnt when my behaviour could be seen as disrespectful or offensive.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I did kind things for others.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I was helping others and / or sharing more often.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Collaboration / Team-work / Cooperation skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.  
The project helped me to:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Get better at joining in with group tasks and doing my part.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Get better at working with people I didn’t know or like.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Get better at letting others fully take part in group tasks.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Learn that by working together we could do much more than by ourselves.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Communication skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: end-point

**Please rate how far you agree with the following statements.  
The project helped me to:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Get better at sharing my opinions and ideas with others.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Get better at speaking clearly, so that people understood me.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Get better at listening to others, without interrupting.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  Agree |
| 1. **Get better at paying attention to others’ views.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### 

### Professional Practice Scale 1

Completed by: practitioners

Recommended collection point: end-point

**Please rate how far you agree with the following statements in relation to your work on this project:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **During the project…** | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I was well prepared and organised for my music practitioner work.** | 1 | 2 | 3 | 4 | 5 |
| **2. I had a strong sense of responsibility for the safety of myself, the children and young people I worked with.** | 1 | 2 | 3 | 4 | 5 |
| **3. My music skills were relevant and up to date for the work I was doing.** | 1 | 2 | 3 | 4 | 5 |
| **4. I regularly reflected on and evaluated my work.** | 1 | 2 | 3 | 4 | 5 |

### Professional Practice Scale 2

Completed by: practitioners

Recommended collection point: end-point

**Please rate how far you agree with the following statements in relation to your work on this project.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I feel I had a lot of input into how my work is done.** | 1 | 2 | 3 | 4 | 5 |
| **2. I was free to express my ideas and opinions about the work I do.** | 1 | 2 | 3 | 4 | 5 |
| **3. I was able to learn useful new skills on my job.** | 1 | 2 | 3 | 4 | 5 |
| **4. I developed musically doing this job.** | 1 | 2 | 3 | 4 | 5 |

### Participants in training and other workforce development Activities Scale

Completed by: practitioners and participants in training

Recommended collection point: end-point

1. **Improvements in knowledge, understanding, skills and confidence (immediate / short term impact)**

**To what extent has taking part in** ……… [insert the name of the training or other workforce development opportunity] **improved your…**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Got much worse** | **Stayed**  **the same** | | | **Improved a lot** |
| **1. Knowledge about** [insert CPD content] **/ understanding of** [insert CPD content] | 1 | 2 | 3 | 4 | 5 |
| **2. Your** [insert as applicable] **skills** | 1 | 2 | 3 | 4 | 5 |
| **3.** **Your confidence in** [insert as applicable] | 1 | 2 | 3 | 4 | 5 |
| **4. Your motivation to** [insert as applicable] | 1 | 2 | 3 | 4 | 5 |

1. **Application and changes to practice (medium term impact)**

**To what extent have you been able to apply what you’ve learnt at / during** ……….. [Insert the name of the training or other workforce development opportunity] **in your day-to-day practice?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| None of it | Not yet but I plan to | Some of it | Most of it | Other |

1. **How much has taking part in** ……….. [insert the name of the training or other workforce development opportunity] **and applying your learning changed your practice?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. Sessions are more young-people centred.** | 1 | 2 | 3 | 4 | 5 |
| **2. Learning environment is more positive.** | 1 | 2 | 3 | 4 | 5 |
| **3. Content and activities are more engaging and inspiring.** | 1 | 2 | 3 | 4 | 5 |
| **4. Young people show greater ownership.** | 1 | 2 | 3 | 4 | 5 |
| **5. Sessions better support young people’s musical progression.** | 1 | 2 | 3 | 4 | 5 |
| **6. I provide a better feedback to young people.** | 1 | 2 | 3 | 4 | 5 |

1. **How did the changes you made to your practice as a result of taking part in** [insert the name of the training or other workforce development opportunity] **affect…**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Got much worse** | **Stayed**  **the same** | | | **Improved a lot** |
| **1. Children and young people’s engagement in**… | 1 | 2 | 3 | 4 | 5 |
| **2. Children and young people’s enjoyment of**… | 1 | 2 | 3 | 4 | 5 |
| **3. Children and young people’s musical learning and development.** | 1 | 2 | 3 | 4 | 5 |
| **4.** [if relevant, insert other aspects of young people’s learning and development] | 1 | 2 | 3 | 4 | 5 |

# Distance Travelled

### Early Years Musical Assessment Scale

Completed by: early years practitioners, music leaders or parents/carers

Recommended age: 0 – 2

Recommended collection point: two (or more) occasions

**Please mark on the scale the extent to which your young musician:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Is moved or affected by music (e.g. soothed and settled by lullabies).** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Enjoys being physically moved to rhythms and beats.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Shakes, taps, lifts and drops objects to explore the sounds they make.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Explores their voices with single syllable sounds (or more).** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Early Years Musical Assessment Scale

Completed by: early years practitioners, music leaders or parents/carers

Recommended age: 2 – 3

Recommended collection point: two (or more) occasions

**Please mark on the scale the extent to which your young musician:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Participates in played songs and songs sung to them.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Develops rhythmic, large body movements and begins to learn control and coordination.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Shows responses to music being performed, from intent listening to energetic dancing.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Early Years Musical Assessment Scale

Completed by: early years practitioners, music leaders or parents/carers

Recommended age: 3 – 5

Recommended collection point: two (or more) occasions

**Please mark on the scale the extent to which your young musician:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **Sings spontaneously in a range of different ways, alone and with others.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Begins to match pitch, keep in time, and coordinate their musical ideas with others.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Repeats, changes, and develops their own, or borrowed, musical ideas into more complicated structures.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **Can control and coordinate their whole body and finer body movements, increasing their range of dances and instruments.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Young Musicians Development Scale

Completed by: participants

Recommended age: 6 – 10

Recommended collection point: two (or more) occasions

**Please circle the face that is closest to how you feel about the following questions:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **How much do you like doing music?** | | | | |
| Emoji: Very sad face | Emoji: Sad face | Emoji: Neither sad or happy face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How good at music do you think you are?** | | | | |
| Emoji: Very sad face | Emoji: Sad face | Emoji: Neither sad or happy face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much does making music make you feel happy?** | | | | |
| Emoji: Very sad face | Emoji: Sad face | Emoji: Neither sad or happy face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much do you enjoy learning new things with music?** | | | | |
| Emoji: Very sad face | Emoji: Sad face | Emoji: Neither sad or happy face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |
| 1. **How much do enjoy making music with your friends and other people?** | | | | |
| Emoji: Very sad face | Emoji: Sad face | Emoji: Neither sad or happy face | Emoji: happy face | Emoji: very happy face |
| Not very much |  |  |  | Very much |

### 

### Musical Development Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I am pleased with my current level of musical ability.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I am good at making sense of what other people are expressing through music (e.g. thoughts, feelings and emotions).** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I can express my thoughts, feelings and emotions through my own music-making.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I am committed to my own music-making.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I feel like music-making allows me to be creative.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Musical Development Scale

Completed by: participants

Recommended age: 18 – 25

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I am pleased with my current level of musical ability.** | 1 | 2 | 3 | 4 | 5 |
| **2. I am good at making sense of what other people are expressing through music (e.g. thoughts, feelings and emotions).** | 1 | 2 | 3 | 4 | 5 |
| **3. I can express my thoughts, feelings and emotions through my own music-making.** | 1 | 2 | 3 | 4 | 5 |
| **4. I am committed to my own music making.** | 1 | 2 | 3 | 4 | 5 |
| **5. I feel like music-making allows me to be creative.** | 1 | 2 | 3 | 4 | 5 |
| **6. I know about other places for music-making in my community.** | 1 | 2 | 3 | 4 | 5 |

### Attitude and Behaviour Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I work well with other people.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I usually turn up to things on time.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I am respectful of other people.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I make a positive contribution to my community.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I am good at committing to things.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Self-efficacy Scale 1

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I’m able to set my own goals and stay focused on what I want to achieve.** | 1 | 2 | 3 | 4 | 5 |
| **2. I know that I can achieve and be successful.** | 1 | 2 | 3 | 4 | 5 |
| **3. I have skills that will help me do well in the same or similar situations in the future.** | 1 | 2 | 3 | 4 | 5 |
| **4. I know that I can be good at music and other things if I work hard.** | 1 | 2 | 3 | 4 | 5 |

### Self-efficacy Scale[[1]](#footnote-1) 2

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**How do you manage and cope with difficult tasks or events?   
Please circle ONE answer for each sentence:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I can always manage to solve difficult problems if I try hard enough.** | 1 | 2 | 3 | 4 | 5 |
| **2. It is easy for me to stick to my aims and achieve my goals.** | 1 | 2 | 3 | 4 | 5 |
| **3. I am confident that I could deal in an effective way with unexpected events.** | 1 | 2 | 3 | 4 | 5 |
| **4. I can solve most problems if I make enough effort.** | 1 | 2 | 3 | 4 | 5 |
| **5. I can remain calm when facing difficult situations because I can find ways to cope.** | 1 | 2 | 3 | 4 | 5 |
| **6. If I am in trouble, I can usually think of a solution.** | 1 | 2 | 3 | 4 | 5 |
| **7. If someone disagrees with me, I can find the means and ways to get what I want.** | 1 | 2 | 3 | 4 | 5 |

### Wellbeing Scale 3

Completed by: participants

Recommended age: 11 – 25

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I’m feeling positive about the future.** | 1 | 2 | 3 | 4 | 5 |
| **2. I’m feeling useful.** | 1 | 2 | 3 | 4 | 5 |
| **3. I always tell the truth.** | 1 | 2 | 3 | 4 | 5 |
| **4. I’m feeling calm, not worried or tense.** | 1 | 2 | 3 | 4 | 5 |
| **5. I’m dealing with problems well.** | 1 | 2 | 3 | 4 | 5 |
| **6. I’m feeling close to other people.** | 1 | 2 | 3 | 4 | 5 |
| **7. I like everyone I meet.** | 1 | 2 | 3 | 4 | 5 |
| **8. I’m thinking clearly.** | 1 | 2 | 3 | 4 | 5 |
| **9. I always share.** | 1 | 2 | 3 | 4 | 5 |
| **10. I’m able to make up my own mind about things.** | 1 | 2 | 3 | 4 | 5 |

### Agency and Citizenship Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I feel listened to by the people around me.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I make decisions that are good for me.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I feel like what I say and do will make a difference to my life.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I feel well-connected to others in my community.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **If I needed help, I would know where to get it.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Leadership Scale

Completed by: participants

Recommended age: 11 – 25

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I know what it means to be a leader and how to be good at leading people.** | 1 | 2 | 3 | 4 | 5 |
| **2. I know how to make sure that people (in my team or group) do their best when trying to achieve a common goal or to change things around us.** | 1 | 2 | 3 | 4 | 5 |
| **3. I am good at making decisions.** | 1 | 2 | 3 | 4 | 5 |
| **4. I am good at taking responsibility for myself and others for what we did as a team / group.** | 1 | 2 | 3 | 4 | 5 |

### Social / Interpersonal skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I behave friendly towards others, even people I don’t like.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I know when my behaviour can be seen as disrespectful or offensive.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I do kind things for others.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I am helping others and / or sharing more often.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Collaboration / Team-work / Cooperation skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I’m good at joining in with group tasks and doing my part.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I’m good at working with people I don’t know or like.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I’m good at letting others fully take part in group tasks.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I know that by working together we could do much more than by ourselves.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Communication skills Scale

Completed by: participants

Recommended age: 11 – 18

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **I’m good at sharing my opinions and ideas with others.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I’m good at speaking clearly, so that people understand me.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |
| 1. **I’m good at listening to what others have got to say, without interrupting.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  Agree |
| 1. **I’m good at paying attention to others’ views.** | | | | |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Agree | Neither agree nor disagree | Disagree | Strongly  agree |

### Professional Practice Scale 1

Completed by: practitioners

Recommended collection point: two (or more) occasions

**Please rate how far you agree with the following statements in relation to your work on this project:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Neither agree**  **nor disagree** | | | **Strongly**  **agree** |
| **1. I’m well prepared and organised for my music practitioner work.** | 1 | 2 | 3 | 4 | 5 |
| **2. I have a strong sense of responsibility for the safety of myself, the children and young people I work with.** | 1 | 2 | 3 | 4 | 5 |
| **3. My music skills are relevant and up to date for the work I am doing.** | 1 | 2 | 3 | 4 | 5 |
| **4. I regularly reflect on and evaluate my work.** | 1 | 2 | 3 | 4 | 5 |



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STUDIO LG01, THE PRINT ROOMS

164-180 UNION STREET, LONDON, SE1 0LH

REGISTERED CHARITY NUMBER: 1075032   
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1. Adapted from Schwarzer-Jerusalem Self-Efficacy Scale (1995) [↑](#footnote-ref-1)