

EVALUATION TOOLS: PRE-TEST KNOWLEDGE TEST

1. List 5 countries.
2. What is self-esteem?
3. List 3 forms of birth control.
4. Name 3 items listed on a nutritional label.
5. What is aerobic exercise?
6. Draw a table setting that includes a salad fork, dinner fork, soup spoon, dessert spoon, butter knife, plate, and glass.
7. List 3 expenses that you would have if you were living on your own.
8. What is a straight stitch? (draw picture)
9. What is the most common baking temperature?
10. What is self-definition?

ANSWER SHEET

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

EVALUATION TOOLS: POST-TEST

HOW OFTEN HAVE YOU DONE EACH OF THESE THINGS IN THE PAST YEAR? PLACE A CHECK IN THE COLUMN UNDER THE ANSWER YOU THINK IS MOST LIKE YOU.	NEVER	NOT OFTEN	SOME OF THE TIME	MOST OF THE TIME
1. BEEN ARRESTED				
2. HELD A JOB				
3. DRANK BEER, WINE, OR ALCOHOL				
4. SMOKED MARIJUANA				
5. SHOPLIFTED FROM A STORE				
6. HAD A BEST FRIEND				
7. BEEN IN A FIGHT WHERE YOU WERE HIT				
8. BEEN IN A FIGHT WHERE YOU HIT SOMEONE				
9. GOT ALONG WITH YOUR MOTHER				

10. BEEN A MEMBER OF A GANG			
11. ATTENDED CHURCH			
12. SMOKED CIGARETTES			
13. USED DRUGS SUCH AS CRACK, COCAINE, LSD, OR HEROIN			
14. THOUGHT ABOUT KILLING YOURSELF			
15. TRIED TO KILL YOURSELF			
16. DONE WELL IN SCHOOL			
17. HAD SEXUAL INTERCOURSE			
18. HAD SEXUAL INTERCOURSE WITHOUT A CONDOM			
19. PLAYED ON A SPORTS TEAM			
20. BEEN SUSPENDED FROM SCHOOL			

IN MY JOURNEY TOWARD WOMANHOOD

1. What I like most about the A Journey Toward Womanhood program:

2. What I like least about the A Journey Toward Womanhood program:

3. My best experiences:

4. What I would improve:

5. Final thoughts:
