

The Youth Experience Survey for Sport (YES-S)

Your Experience in the Sport of: _____				
	Not at all	A little	Quite a bit	Yes definitely
1. I became better at giving feedback	1	2	3	4
2. I became better at taking feedback	1	2	3	4
3. Became better at sharing responsibility	1	2	3	4
4. Learned that working together requires some compromising	1	2	3	4
5. Learned to be patient with other group members	1	2	3	4
6. Others in this activity counted on me	1	2	3	4
7. Learned about the challenges of being a leader	1	2	3	4
8. Learned about helping others	1	2	3	4
9. Learned that it is not necessary to like people in order to work with them	1	2	3	4
10. Made a new friend	1	2	3	4
11. Got to know people in the community	1	2	3	4
12. Learned I had a lot in common with people from different backgrounds	1	2	3	4
13. I had good conversations with my parents/guardians because of this activity	1	2	3	4
14. Learned how my emotions and attitude affect others in the group	1	2	3	4
15. Improved skills for finding information	1	2	3	4
16. Improved academic skills (reading, writing, math, etc.)	1	2	3	4
17. Improved computer/internet skills	1	2	3	4
18. Improved creative skills	1	2	3	4
19. This activity increased my desire to stay in school	1	2	3	4
20. Learned to find ways to reach my goals	1	2	3	4
21. I set goals for myself in this activity	1	2	3	4
22. Learned to consider challenges when making future plans	1	2	3	4
23. Observed how others solved problems and learned from them	1	2	3	4
24. Learned to push myself	1	2	3	4
25. Learned to focus my attention	1	2	3	4
26. I put all my energy into this activity	1	2	3	4
27. Improved athletic or physical skills	1	2	3	4
28. Was treated differently because of my gender, race, ethnicity, disability, or sexual orientation	1	2	3	4
29. Adult leaders in this activity were controlling and manipulative	1	2	3	4
30. Adult leaders scared me	1	2	3	4
31. Adult leaders made personal comments that made me mad	1	2	3	4
32. Adult leaders encouraged me to do something I believed morally wrong	1	2	3	4
33. Other youth in this activity made inappropriate sexual comments, jokes, or gestures	1	2	3	4
34. Youth in this activity got me into drinking alcohol or using drugs	1	2	3	4
35. I got stuck doing more than my fair share	1	2	3	4
36. There were cliques in this activity	1	2	3	4
37. This activity has stressed me out	1	2	3	4

YES-S Subscales

Personal and Social Skills: Items 1-14

Cognitive Skills: Items 15-19

Goal Setting: Items 20-23

Initiative: Items 24-27

Negative Experiences: Items 28-37