

Teach Well - Gimme 5 Atlanta
R19 - Self Efficacy Protocol
(Day 5)

[To be presented as written as closely as possible]

"Today we want to find out how 5th graders feel about choosing and eating various fruits and vegetables. To do this, we have a questionnaire. Please take out a pencil so we can begin."

[Distribute both pages of questionnaire ; distribute pencils if needed]

"Let's begin. Please write in your name, today's date which is _____, and your teacher's name on the top of both pages."

[Allow time; Rover(s) need(s) to check that students are doing this]

"Different 5th graders feel differently about choosing and eating fruits and vegetables. There are no right or wrong answers to these questions. We just want to know how you feel about choosing various fruits and vegetables."

"You will answer whether you think you could do what the sentence says. You will darken circle A if you strongly agree that you could do what the sentence says. Or, you will darken circle B if you slightly agree that you could do what the sentence says. Or, you will darken circle C if you do not agree that you could do what the sentence says."

"You will darken circles only on the blue lines--not on any of the white lines. And you will darken only one circle for each question."

"Are there any questions about what I've said so far?"

[Respond to questions; record]

Let's begin with page 1. I will read each item to you. Please follow along with me. Do not try to go faster, but stay with me. Be careful and pay attention so you'll know if the question is about fruits or if it is about vegetables. The first 6 questions are about fruit."

"Number 1 says 'I think I can write my favorite fruit on the family's shopping list. Darken circle A if you strongly agree you could do this, or circle B if you slightly agree, or circle C if you do not agree that you could do it." Be sure to mark only on the **blue lines!**

[Allow time; Rover(s) need(s) to make sure students are following along; answering each item with one response (A, B, or C); and darkening circles only on the blue lines. Rover(s) need(s) to indicate if pace is too fast - by motioning with hands down or too slow by motioning with hands up.]

"Are there any questions?"

[Answer and record questions]

"Okay, let's go on. After I read each item, you need to darken circle A, B, or C and only on the **blue lines**. Number 2... "

[Read numbers 2 through 6; preface each with "I think I can..."; allow time for students to darken their responses.]

[Rover(s) need(s) to check that students are following along; answering each question with one response--A, or B, and C; and darkening circles only on the blue lines.]

"Now, is everyone ready for the next section? It is about if you think you could choose these things after school. Remember to mark only one answer for each question -- A, B, or C. Also, remember to darken circles on the blue lines only. Okay, Number 7..."

[Continue with numbers 7 through 16; preface each with "After school I think I can choose... "; allow time between each]

[Rover(s) need(s) to check that students are following along; answering each question with one response -- A, B, or C; and darkening circles only on the blue lines]

"Now, we're ready to do page 2 of this questionnaire. Turn to page 2. This page is still about how (3rd / 4th / 5th) graders feel about choosing and eating fruits and vegetables."

"You will mark one answer for each question just like you did on page 1. You will answer if you think that you could do what the sentence says."

"Remember to darken circles only on the blue lines. Are there any questions?"

[Answer and record questions]

"Just like before, there are no right or wrong answers. We just want to know how you feel about fruits and vegetables. I will read each item to you. Please follow along with me. Do not try to go faster, but stay with me."

"Be careful and pay attention so you will know if the question is about fruits or vegetables. The first 6 questions may sound familiar because you just answered them about fruits on the last page. But they are about vegetables on this page."

"Number 1 says "I think I can write my favorite vegetable on the family's shopping list."

Darken circle A if you strongly agree that you could do it or darken circle B if you slightly agree that you could do it, or darken circle C if you do not agree that you could do it."

[Allow time; Rover(s) need(s) to check that students are following along; answering each item with one response (A, B, or C); and darkening circles only on the blue lines. Continue with numbers 2 through 6; preface each with "I think I can..."; allow time for students to darken their responses]

"Now, is everyone ready for the next section? It is about if you think that you could do these things at breakfast. Remember to mark only one answer for each question -- A, B or C. Also, remember to darken circles on the blue lines only. Okay, number 7..."

[Continue with numbers 7 through 10; preface each with "At breakfast I think I can ..."; allow time between each. Rover(s) need(s) to check that students are following along; answering each item with one response (A, B, or C); and darkening circles only on the blue lines]

"Now, is everyone ready for the next section? It is about if you think that you could do these things at lunch at home. Number 11 ..."

[Continue with numbers 11 through 19; preface each with "At lunch do I think I can..."; allow time between each. Rover(s) need(s) to check that students are following along; answering each question with A, B, or C; and darkening circles only on the blue lines.]

"Is everyone finished with this page?"

[If no, allow time; if yes, go on]

"Please check that you have:

- written your name, today's date and your teacher's name on the top of the pages;
- answered each question with A, B, or C; and
- darkened circles only on the blue lines.

"Please lay your papers in front of you when you are finished. We will come by and pick them up."

[Pick up papers and carefully check that:

- name, date and teacher's name are on both pages;**
- all questions are answered with one response (A, B, or C) on both pages, and;**
- all questions are answered on blue lines only.]**

"Just like we promised, we have a surprise for each of you who completed your diary and filled out the questionnaire today. Please sit quietly while we pass them out."

[Rovers and administrator pass out trinkets, one to each child who has completed his/her diary and filled out the questionnaire.]

"Thank you very much!"