

Evaluation Tool 5:	ROSENBERG SELF ESTEEM INVENTORY		
OVERVIEW:	If the main aim of your programme is to raise self-esteem, then the Rosenberg Self Esteem Inventory is a really good, standardised way of doing so. It will not be relevant to all programmes though, only the ones that are aimed at developing self-esteem. It is a recognised and well tried and tested tool developed in the 1960s by a guy named ... you got it, Rosenberg. The inventory contains 10 questions. Each item is answered on a four point scale – from strongly agree to strongly disagree. The original sample for which the scale was developed consisted of 5,024 High School Juniors and Seniors from 10 randomly selected schools in New York State. It is free to use.		
WHAT YOU WILL NEED:	<ul style="list-style-type: none"> A copy of the inventory printed out in a way that is attractive and usable by your group (feel free to play around with formatting) 	PREPARATION:	Explain what you want the group to do and why.
PROCESS:	<p>Step 1: Welcome the group and establish rapport, etc.</p> <p>Step 2: Introduce the programme aims and outcomes of improved self-esteem.</p> <p>Step 3: Read out each of the question items, one at a time, and for each one discuss what a 'strongly disagree' might look like and what a 'strongly agree' might look like.</p> <p>Step 4: Ask the group to self-score on the inventory at the start of the programme.</p> <p>Step 5: Carry out your residential as usual – refer back to their self-assessments if it is useful.</p> <p>Step 6: Repeat step 3 at the end of the residential on a new form – do not let them look at the old form until they have done it.</p> <p>Step 7: Get them to compare the before and the after and ask them what has made the difference – scribe, group flip chart, or individually write down the answers.</p> <p>The questions are given below; they need tailoring to look attractive to your group (posters/postcards/pop quiz/online formats all work).</p>		
ANALYSIS:	<p>Work out the total score for the before and after sheet for each young person as follows:</p> <p>SA = 3, A = 2, D = 1, SD = 0.</p> <p>Items with an asterisk are reverse scored, that is, SA = 0, A = 1, D = 2, SD = 3.</p> <p>Sum the scores for the 10 items. The higher the score, the higher the self-esteem.</p> <p>Scores below 15 suggest low self-esteem.</p> <p>Add the scores into a table to show distance travelled across each area for individuals and as a group.</p>		
STRENGTHS:	<ul style="list-style-type: none"> Easy to analyse 	WEAKNESSES:	<ul style="list-style-type: none"> Difficult questions Involves reading and writing