

STEP UP! EVALUATION**DEMOCRAPHICS (circle the response that best describes you)****Age**

18	19	20	21	22-24	25-30	31+
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Year in School

Freshman	Sophomore	Junior	Senior	Masters	Staff
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SELF-ASSESSMENT

On a scale of 1 to 5 (with 1 being “Not at All” and 5 being “Most Definitely / Always”), indicate how much each statement describes you when you see a situation that may need action or intervention

	1	2	3	4	5
I am more likely to intervene in a situation if there are other people present.					
I am more likely to intervene in a situation if I am the only one present.					
Although a situation may need action or intervention, it is not any of my business to intervene.					
Sometimes I do not say or do anything because no one else sees something as a problem.					
If I choose to intervene in a situation, I first need to be sure I will be safe.					
When I see an event that requires action or intervention, I assume personal responsibility for taking some type of action.					
I know how to help when I see an event that requires action or intervention.					
I implement help when I see an event that requires action or intervention.					
I encourage my friends to step up in similar situations or with me.					

Questions

1. The bystander effect refers to the finding that:
 - a. Bystanders will be more likely to help when they feel they are competent to do so.
 - b. The greater the number of bystanders, the less likely individuals are to help.
 - c. People in crowds are distracted, so they don't interpret emergencies correctly.
 - d. Witnesses to an emergency are more likely to help victims similar to them.

2. According to the presentation, the first step in deciding to help in an emergency is:
 - a. Pluralistic ignorance.
 - b. Noticing the event.
 - c. Knowing what to do.
 - d. Taking responsibility.

3. The phenomenon in which each bystander's sense of responsibility to help decreases as the number of witnesses increases best defines:
 - a. Diffusion of responsibility.
 - b. Pluralistic ignorance.
 - c. Failure to help.
 - d. Inadequate preparation.
4. Using the stage model of the decisions bystanders make before helping (or not helping) in an emergency, which of the following is NOT one of the stages in the model?
 - a. Notice the event
 - b. Altruism
 - c. Assuming responsibility
 - d. Implementing the help
5. When we conform to others' behaviors or attitudes because we believe that their interpretations of an ambiguous situation are more accurate than ours, _____ has occurred.
 - a. Educated conformity
 - b. Normative social influence
 - c. Informational social influence
 - d. Unintended social influence
6. When people conform in attitudes or behaviors in order to be accepted and liked by others, social psychologists say that _____ has occurred.
 - a. Contagion
 - b. Informational social influence
 - c. Social approval
 - d. Normative social influence
7. The S.E.E. model stands for:
 - a. Super, Easy, Effective
 - b. Safe, Early, Effective
 - c. Superb, Excellent, Efficient
 - d. Splendid, Extraordinary, Essential
8. Perspective Taking is when you:
 - a. Imagine how a person thinks/feels
 - b. Imagine being in the same situation
 - c. Imagine you are the other person
 - d. All of the above
9. Value Based Decisions take into account which of the following (mark all that apply):
 - a. Immediate Costs/Benefits
 - b. Long-Term Costs/Benefits
 - c. Others that might be affected (friends, peers, coaches, faculty, campus, etc.)
 - d. Getting others to STOP AND THINK
 - e. All of the above

The one thing I will take with me from this training is:

I wish this training had talked about:

The best part about this training:

This training could be improved by:

Other comments: