Task 6

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**Organization**

My organization is the YMCA of South Hampton Roads. It is the greenbrier location and the class is the Y-Change family class that takes place on Sunday’s at 1pm. There are currently two families involved in this program where they learn to focus more on their health and wellness. The families learn a new topic each week in their books and talk about how their weeks went, usually what successes they had and what failures they had. After the six weeks is up they will have learned more about how to keep themselves and their families healthy.

**Research Question**

My research question is: How do the services provided at the Y-Change program prepare people for a healthy lifestyle?

**Research Protocol:**

The types of evaluations that I felt would best fit for my program are surveys and observation checklists. I feel that these would work best for my program because I will be able to keep confidentiality as well as get the clients perspective on if the program is working as best as it should. I feel that my surveys will help me understand how the clients feel the program is going and if they are likely to continue to use the information they have learned throughout the program. Additionally, I have a survey that I would like previous clients to fill out. This will determine if they should keep having the program and if they continue to use what they learned throughout their daily lives as well. Lastly, I have created an observation checklist for myself to fill out while I am sitting in on the program. I created an observation checklist because it is very important because it will show the perspective of the program from an outsider without bias.

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| **Observation Instruction**  **The Observer**… | **4**  **Excellent** | **3**  **Good** | **2**  **Average** | **1**  **Poor** |
| 1. Noticed comfortable setting on where the meetings were being held. |  |  |  |  |
| 1. Felt the interaction between clients and coaches were…? |  |  |  |  |
| 1. Participation of the clients was…? |  |  |  |  |
| 1. How well were the children engaged in the meetings by the coach…? |  |  |  |  |
| 1. The meetings follow the plan of the Y-Change booklet…? |  |  |  |  |

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| --- | --- | --- | --- | --- |
| Question Instruction  Please answer the following  4 being the best 1 being the worst. | 4 | 3 | 2 | 1 |
| 1. How well were your needs met today? |  |  |  |  |
| 1. How satisfied are you with the YMCA’s resources? |  |  |  |  |
| 1. How satisfied are you with the Y-Change Program? |  |  |  |  |
| 1. How satisfied are you with the Y-Change Coach |  |  |  |  |
| 1. How satisfied are you with the material that you learned today? |  |  |  |  |
| 1. How likely are you to recommend the YMCA and its programs to a friend? |  |  |  |  |

Questions to previous Y-Change clients-

1. Did you enjoy this course?
2. If yes, what did you enjoy?
3. Did you like your Y-Change coach and if so what parts of their leadership did you feel helped you the most?
4. Did you experience the results you wanted after completing this program?
5. What part of the program were you displeased with, if any?
6. Would you recommend this program to friends/family?
7. Do you continue to use the skills you learned in this program?

Questions to Y-Change staff members.

1. Do you enjoy coaching this program, if yes why?
2. Do you feel this program is providing adequate services to the clients?
3. Do you see a change in behavior of clients from the time they come into the program from the time they leave the program?
4. This coaching this program rewarding to you?
5. If you could change any part of this program what would it be?