

# PROGRAM OUTCOMES: RESULTS OF AN ACADEMIC STUDY



## DEVELOPMENT IS REAL

For 40 years, **development through performance** has been the All Stars Project's "secret sauce." Hundreds of thousands of youth from poor and underserved communities have grown and transformed their lives through their involvement in our programs.

We now unveil the findings of a 5-year rigorous evaluation process, undertaken in partnership with Southern Methodist University's Center on Research and Evaluation. This outcome study demonstrates with scientific validity the tangible impact of ASP's youth development programs.



"The SMU-CORE study provides strong evidence that measuring the impact of nontraditional programs is not only possible but necessary for generating a greater investment in afterschool and for ensuring that disadvantaged youth have access to programs designed to help them grow, to thrive and to dream."

- Gloria Strickland,  
Senior Vice President / Chief Youth and  
Community Development Officer /  
Director, ASP of NY

## DEVELOPMENT CAN BE MEASURED

This evaluation identified 8 dimensions of development that were assessed at the beginning and at the end of the 12-week All Stars program semesters in all 6 All Stars cities.

We measured development for 700 young people in 35 program cohorts during five program cycles, generating more than 100,000 data points for analysis. (See SUMMARY OF DATA below.)

Young people reported on their development, and staff also observed and rated each student, offering a full look at the development dimensions. (See DEMOGRAPHICS and Study Sample below.)

## ALL STARS PROGRAMS WORK

Based on their own perceptions AND according to adult observations, youth showed a positive change in ALL dimensions of development.

In every city, in every program cycle, across different assessment sources, the result was the same: young people developed!

## EIGHT DIMENSIONS of Development

### RELATING TO OTHERS

- 1 Appreciation**  
"In most every situation, I'm the type of person who values the effort people put into things"
- 2 Giving**  
"I believe that all members of a group, team or community can contribute something"
- 3 Interpersonal Competence**  
"I'm patient with others when I'm in a group"

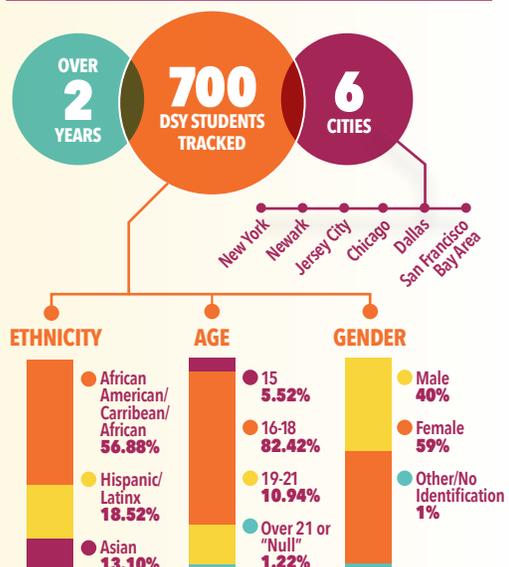
### NAVIGATING PROFESSIONAL SETTINGS

- 4 Personal Responsibility**  
"I ask for help when I don't understand how to do something"
- 5 Giving**  
"I believe that all members of a group, team or community can contribute something"

### ENGAGING WITH THE WORLD

- 6 Confidence**  
"I feel in control of my life and my future"
- 7 Improvisation**  
"I'm willing to make a mistake to find solutions"
- 8 Open Worldview**  
"I can learn from interacting with people from different backgrounds than mine"

## DEMOGRAPHICS and Study Sample



## SUMMARY OF DATA

SOURCE	DIMENSION	AVG. PRE	AVG. POST	AVG. CHANGE
ADULT OBSERVATION	Appreciation	2.593	3.677	1.085
	Improvisation	2.409	3.458	1.049
	Personal Responsibility	2.868	3.903	1.036
	Vocational Competence	2.592	3.605	1.013
	YOUTH SELF-REPORT	Confidence	4.018	4.264
Giving		4.341	4.443	0.102
Interpersonal		4.072	4.187	0.115
Open Worldview		4.178	4.343	0.166

Scores based on a five-point scale (1=Low, 5=High)  
All results are statistically significant (p<.001).

If you would like more information, or have questions, contact:

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Founded in 1981, All Stars Project is a 501(c)3 national nonprofit that uses the developmental power of performance, in partnership with caring adults, to transform the lives of youth from poor and underserved communities, giving everyone the opportunity to grow.