

# PROGRAM OUTCOMES: RESULTS OF AN ACADEMIC STUDY



## DEVELOPMENT IS REAL

For 40 years, **development through performance** has been the All Stars Project's (ASP) "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 five-year rigorous evaluation process, undertaken in partnership with Southern Methodist University's Center on Research and Evaluation (SMU CORE). 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 eight dimensions of development that were assessed at the beginning and at the end of the 12-week program semesters in all six 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 Vocational Competence

"I know how to act in a professional setting"

### ENGAGING WITH THE WORLD

#### 6 Confidence

"I feel in control of my life and my future"

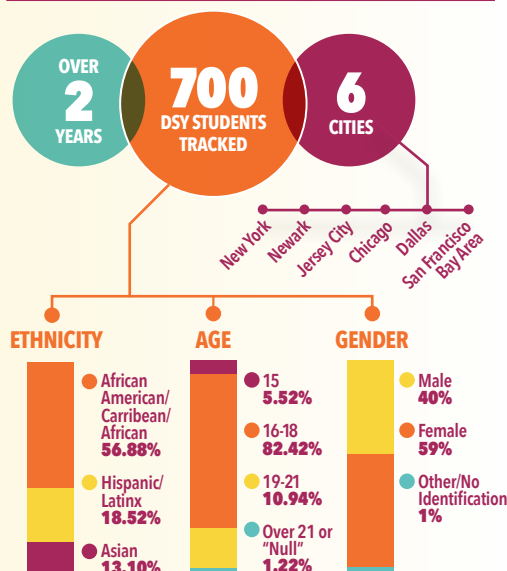
#### 7 Improvisation

"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       |
|                   | Confidence               | 4.018    | 4.264     | 0.246       |
| YOUTH SELF-REPORT | Giving                   | 4.341    | 4.443     | 0.102       |
|                   | Interpersonal Competence | 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, the 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.