

NOVA Pre-Knowledge Test

This pre-knowledge test is designed to see how much you know regarding what you will be taught over the next few weeks. When you complete the NOVA Principles Program we will ask you these same questions to see how much your knowledge has changed. Thank you.

1. What is today's month?
2. What is today's year? (example 2022)
3. In what state or U.S. territory do you currently live?
4. What grade are you in school?
5. What school do you attend?
6. In what school district is your school located?
7. What is the name of your schoolteacher?
8. What is the name of your NOVA instructor (police officer)?
9. How often do you participate in the following?
 - Helping your parents with household chores.
 - Working hard on projects or jobs.
 - Volunteering in the community.
10. How strongly do you agree or disagree with the following statements?
 - My life has a strong purpose and meaning.
 - I can achieve goals that I set for myself.
 - I get along with those around me.
 - My actions have consequences.
 - I want to talk to my parents about what I am learning.
11. How strongly do you agree or disagree with the following statements?
 - It is important to be accountable for my choice and actions.
 - If I am not accountable for what I do, I can do anything and get away with it.
 - When I make good choice, good things come my way.
 - I think about the consequences for my actions before making a decision.
 - I view police officers as a positive influence in my community.
 - I have a good relationship with my parents.
 - I participate in meaningful and uplifting activities (sports, music, art, etc.).
 - I have a hard time controlling myself when I am angry.
 - I blame others when I do something wrong.
12. How often do you discuss the following topics with your parents?
 - Smoking
 - Vaping
 - Alcohol Usage
 - Using Drugs (like marijuana or pills)
 - Bulling and teasing
 - Video game time/usage
 - TV or Movies I watch
13. Do you have your own phone? (If yes, the following questions are asked)
14. Please answer the following questions about your phone usage.
 - Do you keep your phone with your parents at night?
 - Do you have your phone's scree time tracker turned on?

Do you have a social media account? (Facebook, Instagram, Twitter, Snapchat, TikTok, other)

15. How many hours do you play video games on an average day?

16. How often do you participate in the following?

Vaping

Smoking

Alcohol

Bullying or teasing

Marijuana

Cheating

Cyberbullying

Lying and stealing

Attending music concerts

Swearing

17. How strongly do you agree or disagree with the following statements?

I feel confident about making a choice or decision myself.

I am free to make my own choices, but not always free to choose my consequences.

What is wrong doesn't become right just because everyone else is doing it.

The decisions I make affect what happens to me now and in the future.

Some very dangerous things start small and don't seem harmful at first.

Part of me is angry and hateful

Part of me is kind and loving

What I put into my brain determines what I get out.

If I repeat something I become desensitized and not realize it.

18. How strongly do you agree or disagree with the following statements?

I own my thoughts, feelings, choices, and actions.

When I choose Positivity, I experience success and happiness.

Knowledge creates opportunities.

My path to excellence requires work.

I respect myself, others, and everything around me.

19. How strongly do you agree or disagree with the following statements?

I courageously stand against those who want me to do wrong.

Study the Situation.

When I do or don't do something, something happens.

Paradigm is: How I see things.

What's right is right and what's wrong is wrong.

Good decisions I make now and forever.

Which wolf is stronger? The one I feed.

Some say fire is good, others say it is bad, in reality fire is powerful.

What I put in is what I get out.

I see what needs to be done and do it.

NOVA Post-Knowledge Test

This post-knowledge test is designed to see how much have learned while participating in the NOVA Principles Program. What has changed in your knowledge? Thank you.

The same questions as the pre-test are asked again. The reason for the repetition is to determine if any changes have occurred.

The following short answer questions are asked at the conclusion.

1. How has the NOVA Program changed your behavior?
2. How has participation in the NOVA Program affected your friendships?
3. Do you feel like you got out of the program what you wanted?
4. Is there anything that you wish would have been different about the program?
5. What else can you tell us about your experience in the NOVA program?