



2019 CAMPER & COUNSELOR OUTCOMES REPORT

Swift Youth Foundation



For more information, contact:

Kaylie Medansky, Executive Director, at [480] 443-5645 or Kaylie@swiftyouth.org

Report Compiled by: Mike Evans, Assistant Director, Mike@swiftyouth.org



Background

Camp Swift was founded in 1980 by a group of teens who wanted to share the gift of a camp experience. The premise was simple, “give them all the food they can eat and all the love they can take.” Through two five-day residential summer camp sessions, Camp Swift seeks to provide opportunities and experiences to youth who typically lack financial access to such programs.

The Swift Youth Foundation believes that “fun is just the start” when it comes to programming. One of our main priorities is to better understand the program outcomes and impacts of Camp Swift and to assess how we can improve our offerings as an organization. Research and evaluation efforts aim to highlight the areas in which we are making positive impacts within the community, while identifying areas for improvement as an organization.

As part of the Swift Youth Foundation’s efforts to better understand and document the influence of our programs and to learn from systematically collected evidence what areas to target for improvement, we conducted formal evaluations of Camp Swift in 2019. This report reflects the 2019 evaluation and compares the results to our 2016-2018 results and national averages.

Research and evaluation at Camp Swift supports continuous improvement, promotes program quality and ensures that the participants have a voice.



Purpose

This summer, we successfully administered our survey tool to the campers and counselors who participated in Camp Swift during 2019. Using a tool developed by the American Camp Association [ACA], we measured camper and counselor impacts on the following key domains. For campers, we measured the influence of participation in Camp Swift on the following domains: teamwork, responsibility, perceived competence, problem-solving confidence, and friendship skills. For the high school aged counselors, we measured problem-solving confidence, family citizenship behavior, friendship skills, interest in exploration, teamwork, and responsibility. Below is a description of each domain.



Teamwork

Have camp experiences helped campers/counselors learn to be more effective when working in groups of their peers?

Responsibility

Have camp experiences helped campers/counselors learn to be better at taking responsibility for their own actions and mistakes?

Perceived Competence

Have camp experiences helped campers believe that they can be successful in the things they do?

Problem Solving Confidence

Have camp experiences helped campers/counselors feel more confident in their problem-solving capabilities?

Independence

Have camper experiences helped counselors learn to depend less on adults and other people for solving problems and for their day-to-day activities?

Friendship Skills

Have camp experiences helped campers/counselors develop skills in making friends and maintaining friendships?

Family Citizenship Behavior

Have camp experiences helped counselors become better citizens when they are with their families?

Interest in Exploration

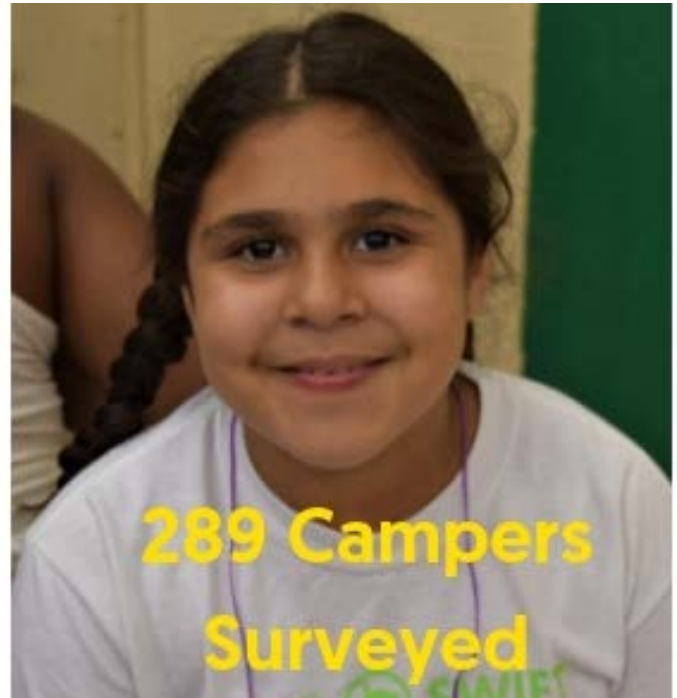
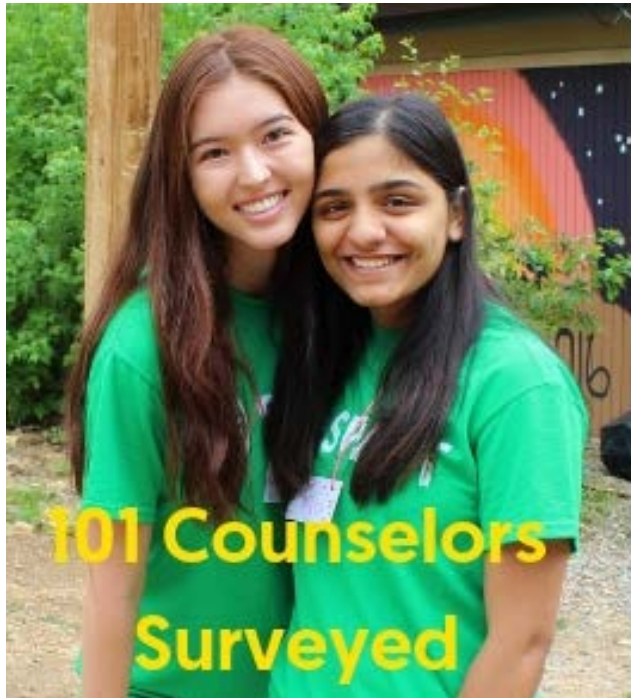
Have camp experiences helped counselors be more curious, inquisitive, and eager to learn new things?





Methods

Evaluation participants completed anonymous questionnaires, administered by volunteer Support Staff. Campers completed evaluations during the morning of the last day of camp and counselors completed evaluations at the conclusion of the camp session. Swift Youth Foundation's Programming and Evaluation Committee collaborated to adapt scales created by ACA (American Camp Association Camp Youth Outcomes Battery, 2011) to best fit the outcome goals for both campers and counselors. See the appendix for a list of the questions asked.





Camper Results: Overall Enjoyment

Campers love being at Camp Swift. The average camper response in 2019 was 9.32 out of 10.



What was the most impactful part of your involvement with Camp Swift?

“I have never felt as though I could make an impact in the community at this age before becoming a counselor at Camp Swift. With being a counselor, I was able to see the impact I made on the kids I was with.”

– Maya, Teen Counselor

“The most impactful part was how happy the campers were and how their joy radiated throughout the entire camp and how quickly I make relationships with the kids I encountered.”

– Quentin, Teen Counselor

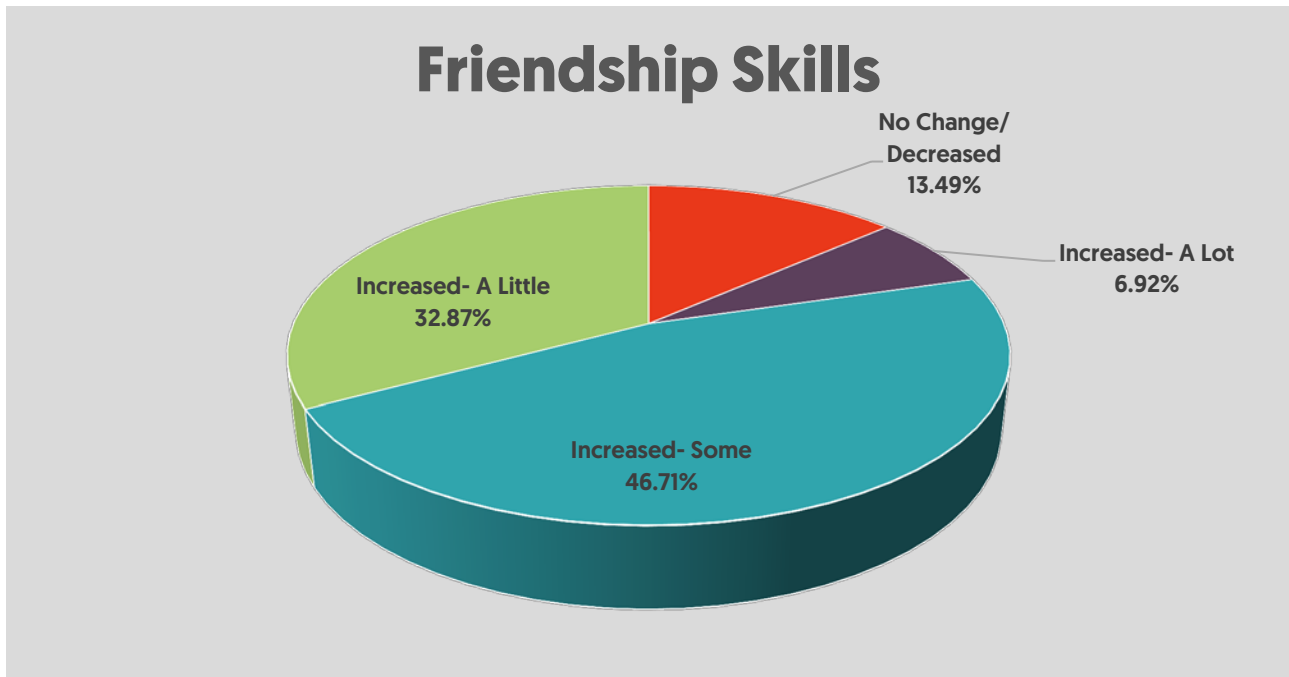
“Connecting with all of my campers and hearing what they have to say at the end about their experience. Also making friends with people who I otherwise wouldn't have know.”

– Anonymous, Teen Counselor



Camper Results: Friendship Skills

Over 86% of campers reported an increase in FRIENDSHIP SKILLS. A number that far exceed the national sample. Camp Swift promotes Friendship Skills that increase the ability of campers to make friends and maintain relationships.



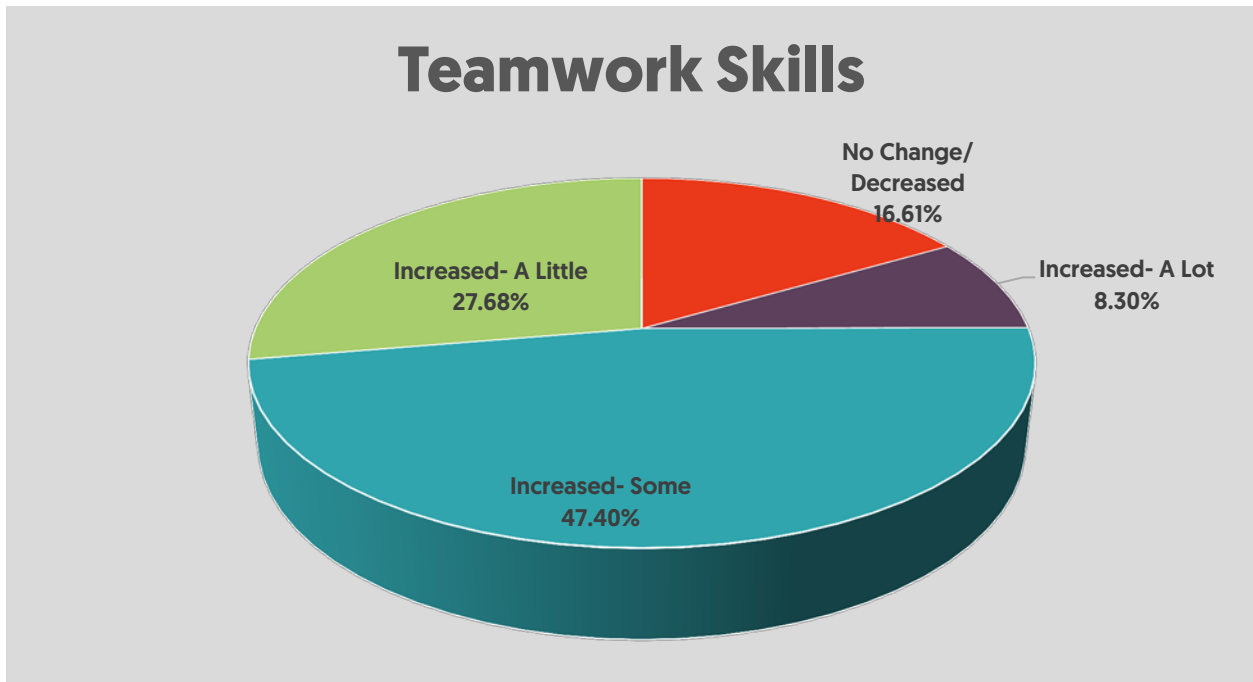
Camp Swift campers' Friendship Skills averaged 3.92 [$SD=.95$] out of 5. Results were significantly larger than the national sample 3.31 [$SD=.91$] with a Cohen's d effect size of .66 meaning the difference was of moderate magnitude.





Camper Results: Teamwork Skills

Over 83% of campers reported an increase in TEAMWORK SKILLS. Camp Swift develops Teamwork Skills that enable campers to become more effective when working in groups of their peers.



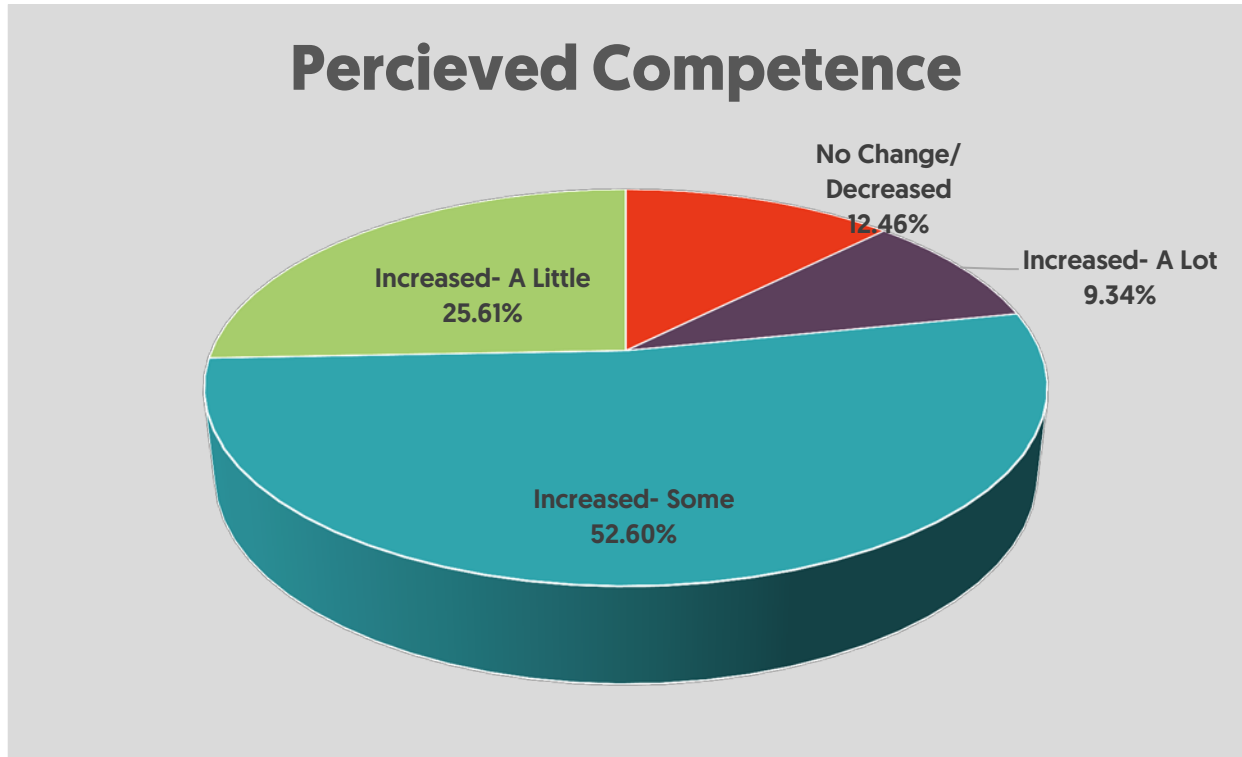
Camp Swift campers' Teamwork Skills averaged 3.91 [$SD=.99$] out of 5. Results produced a Cohen's d effect size of .40 meaning a small effect compared to the national sample 3.53 [$SD=.95$].





Camper Results: Perceived Competence

Over 87% of campers reported an increase in PERCIEVED COMPETENCE, the belief that they can accomplish a task. Camp Swift encourages campers' Perceived Competence, the belief that they can be successful in the things they do, by providing opportunities for growth and exploration during programs and activities.



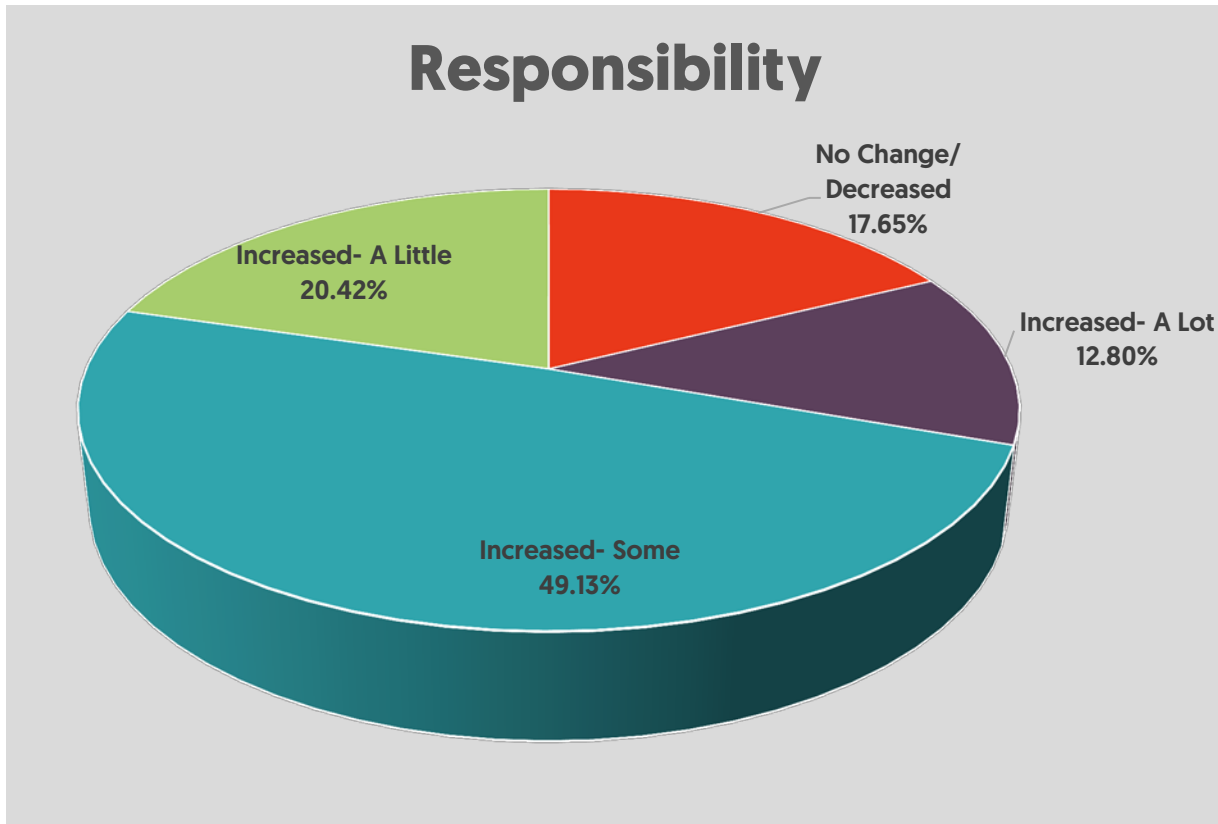
Camp Swift campers' Perceived Competence averaged 4.04 [$SD=.92$] out of 5. Results were moderately larger than the national sample 3.55 [$SD=.87$] with a Cohen's d effect size of .55 meaning the difference was of moderate magnitude.





Camper Results: Responsibility

Over 82% of campers reported an increase their RESPONSIBILITY. Camp Swift develops campers' responsibility, helping their ability to learn to be accountable for their own actions and mistakes.



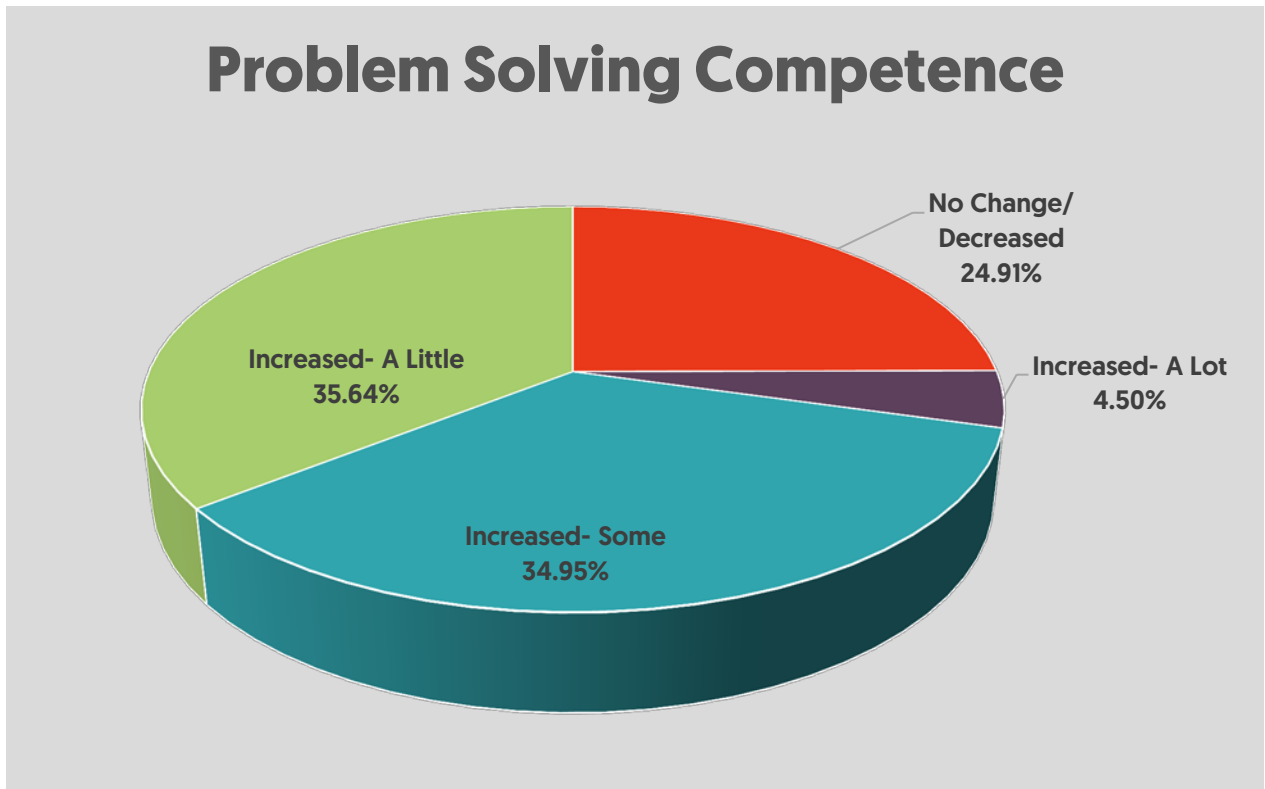
Camp Swift campers' Responsibility averaged 3.97 [$SD=1.03$] out of 5. Results produced a Cohen's d effect size of .49 meaning a small to moderate difference compared to the national sample 3.48 [$SD=.98$].





Camper Results: Problem Solving Confidence

Over 75% of campers reported an increase their PROBLEM SOLVING CONFIDENCE, meaning they are better equipped to solve issues that may arise. Camp Swift promotes campers' Problem Solving Confidence, encouraging their abilities to resolve issues and problems for themselves.



Camp Swift campers' Problem Solving Confidence averaged 3.56 [$SD=.96$] out of 5. Results produced a Cohen's d effect size of .29 meaning a small effect compared to the national sample 3.29 [$SD=.97$].





Counselor Results: Overall Impacts

Counselors continue to cherish the experience of volunteering at Camp Swift. Responses highlighted that the Camp Swift experience helped them to grow in each of the measured domains. Volunteering at Camp Swift is a valuable growth experience for the high school teens involved.

“Camp Swift not only makes a huge impact on the lives of the campers by teaching them life skills and encouraging them to set their goals high, it also impacts the counselors by improving their leadership skills and connecting them with these kids of such potential. But it’s also so much fun of course!”

– Rebecca, Teen Counselor



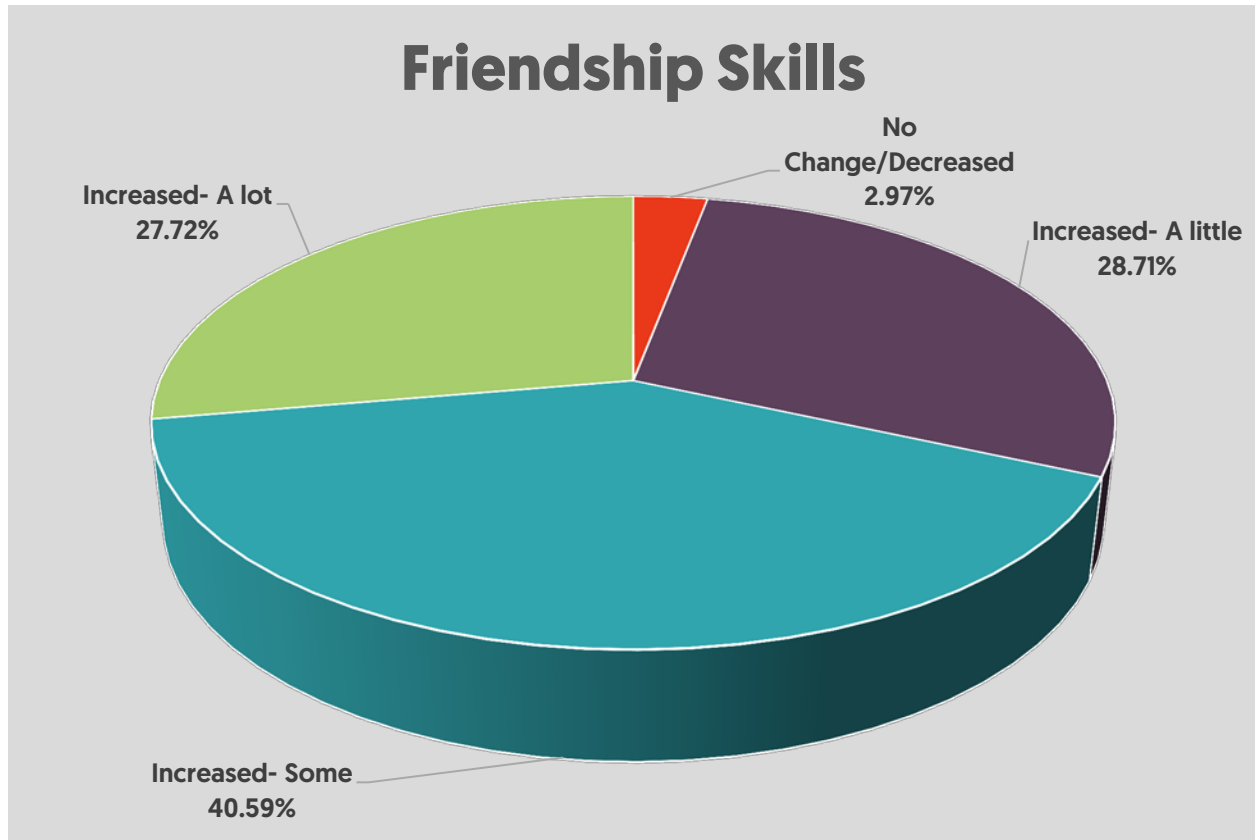
“I was able to see the campers look up to me, so it was important for me to be the best role model for them.”

– Nikki, Teen Counselor



Counselor Results: Friendship Skills

Over 97% of counselors' reported an increase in FRIENDSHIP SKILLS. Camp Swift promotes Friendship Skills that increase the ability of counselors to make friends and maintain relationships.



*Comparison tables are not available for counselor surveys

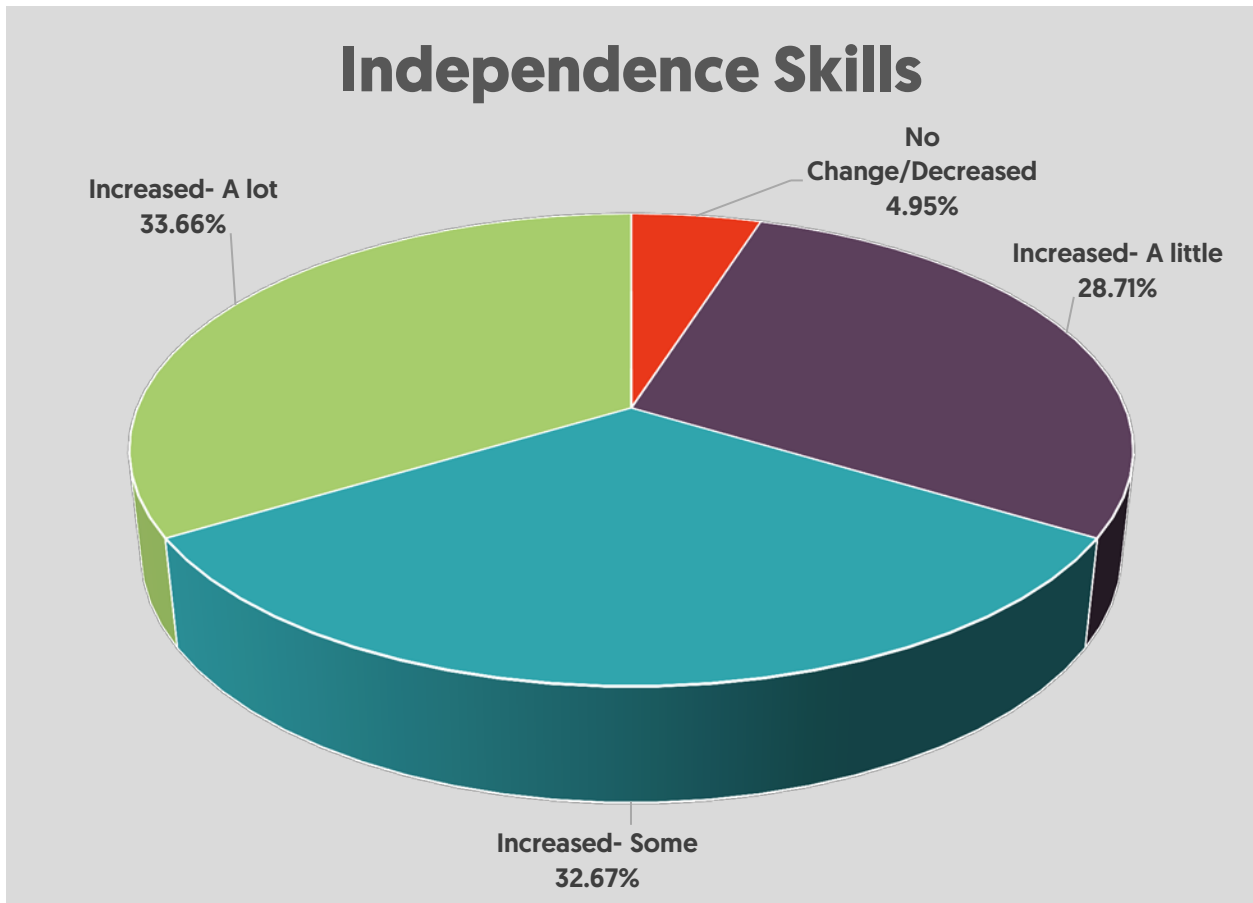
“...Swift impacts the kids in a fantastic way, it has given me the opportunity to discover who I am and who I want to be because when teaching kids to believe in themselves and to be confident in themselves, to love themselves and to strive for greatness I have learned that the best way to teach is by example. Well I may have started Swift four years ago believing that that was a weeklong facade but as weeks and months go by between sessions and the facade never dissipates it becomes clear that as a counselor I am becoming the person I want my campers to be so I can give them an example of a successful educated teen, not because I want them to be exactly like me, but because I want to be the best me possible so that they can recognize their full potential and be the best them they can be.”

– Liese, Teen Counselor



Counselor Results: Independence Skills

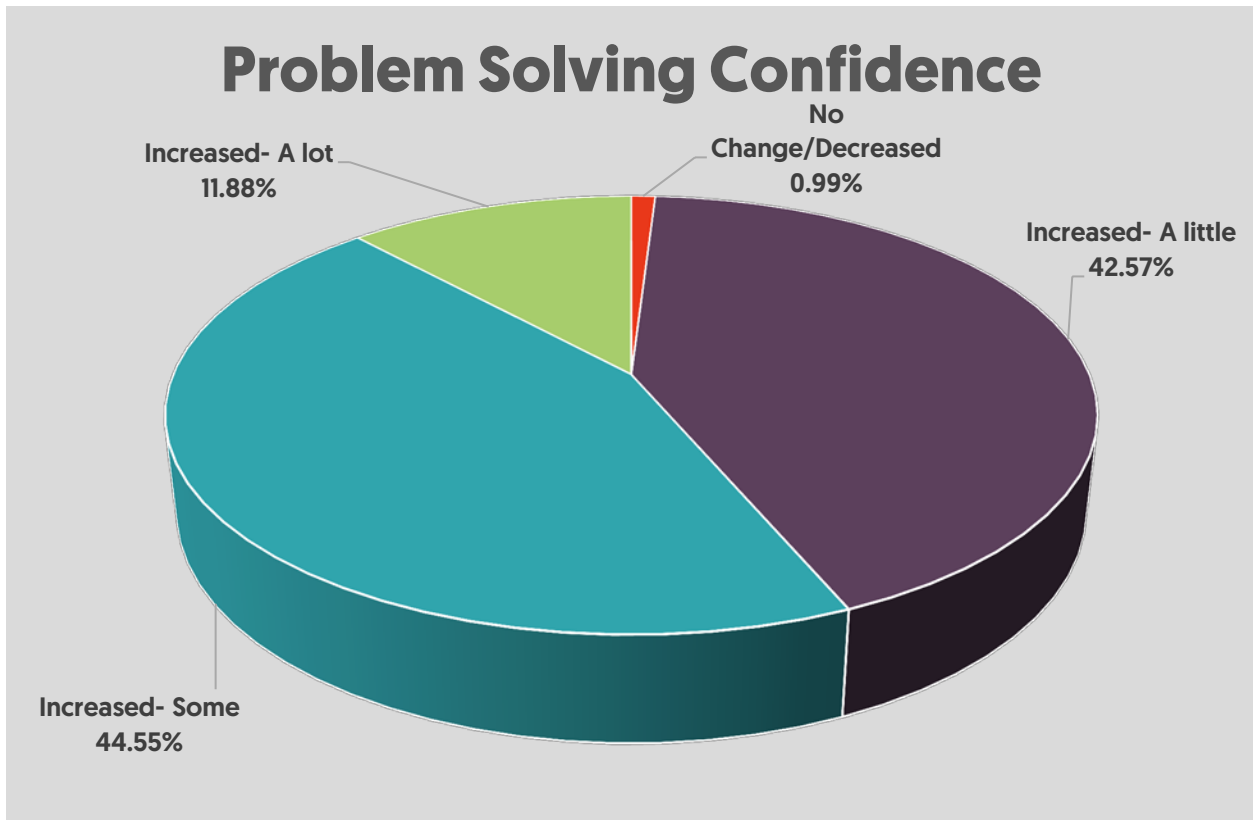
Over 95% of counselors reported an increase in INDEPENDENCE SKILLS. Camp Swift promotes Independence skills by encouraging our counselors' abilities to rely less on adults and others for solving their problems and for their day-to-day activities.





Counselor Results: Problem Solving Confidence

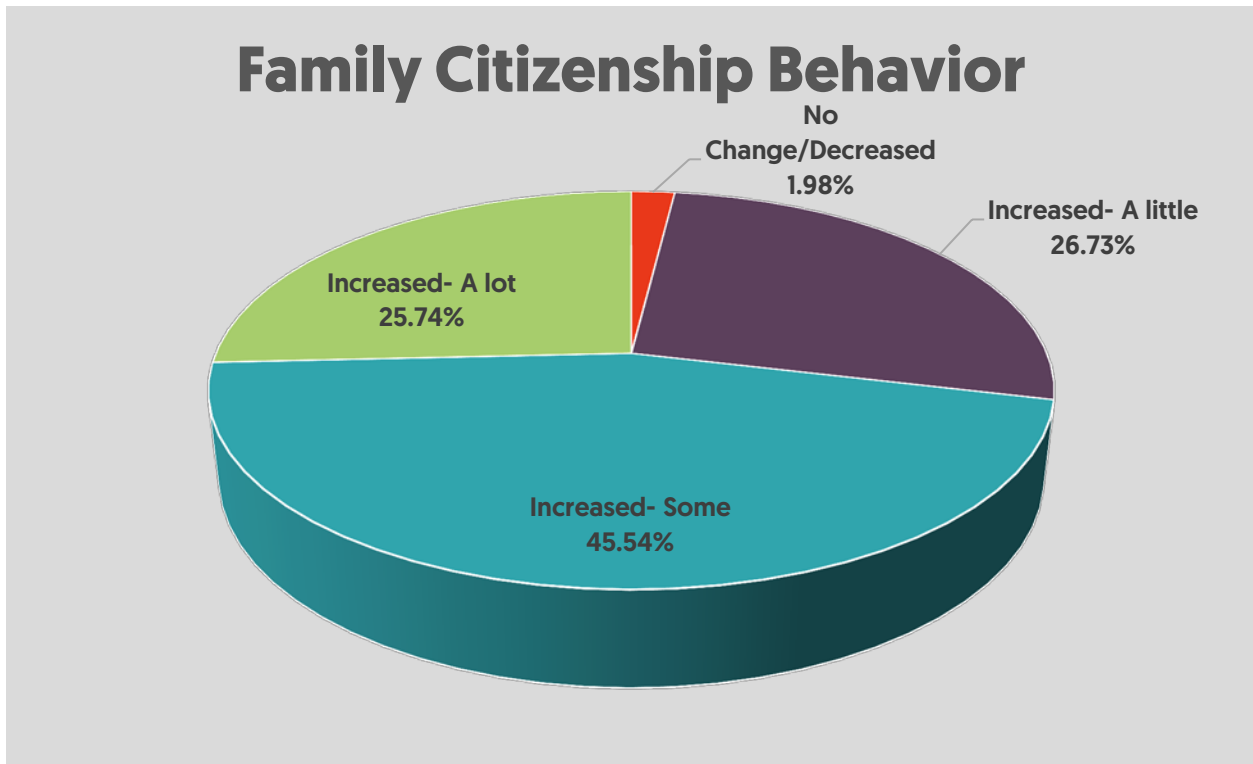
Over 99% of counselors reported an increase in their PROBLEM SOLVING CONFIDENCE. Camp Swift promotes counselors' Problem Solving Confidence, encouraging their abilities to resolve issues and problems for themselves.





Counselor Results: Family Citizenship Behavior

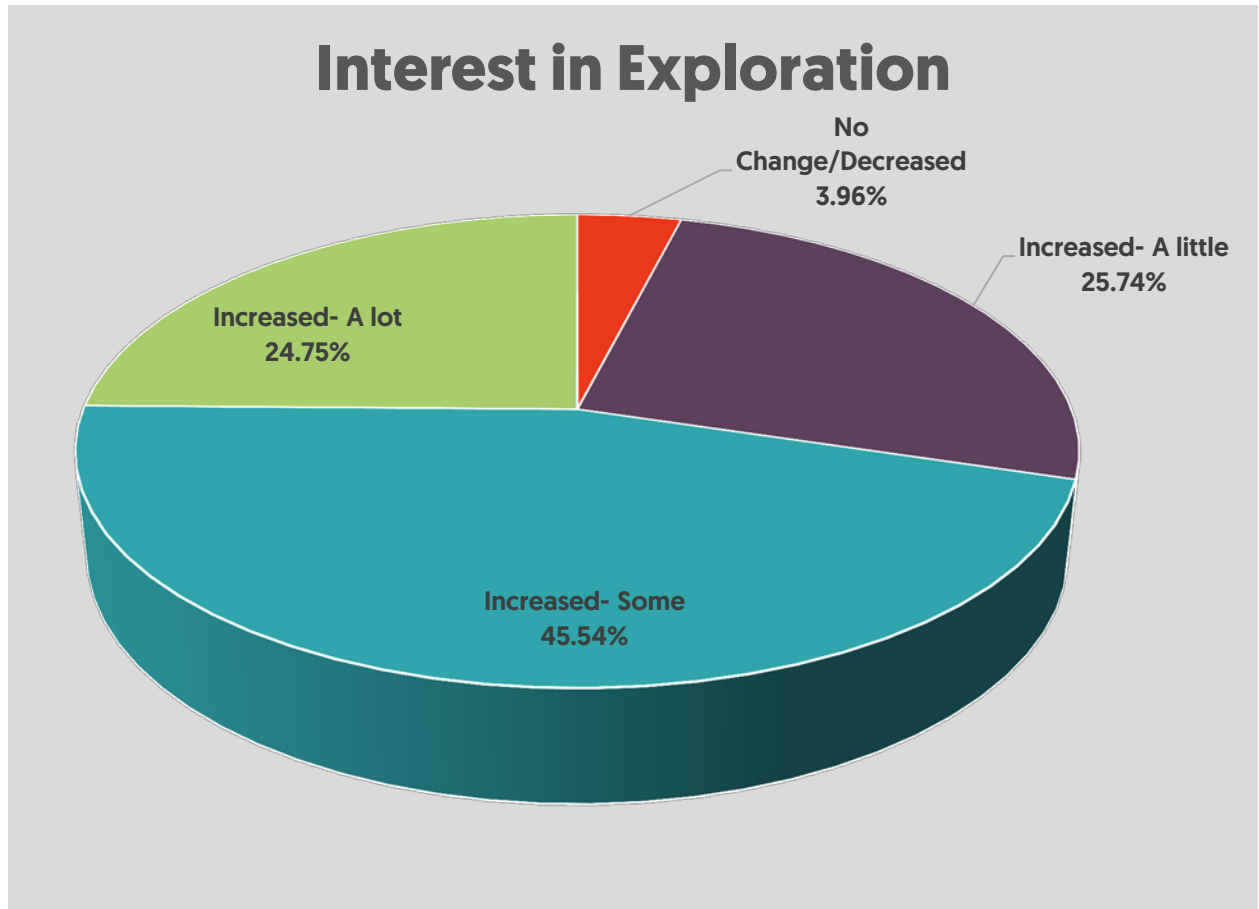
Over 98% of counselors reported an increase in their FAMILY CITIZENSHIP BEHAVIOR. Camp Swift promotes positive Family Citizenship Behavior for our counselors, encouraging attributes that are important to be a positive, contributing member of a family.





Counselor Results: Interest in exploration

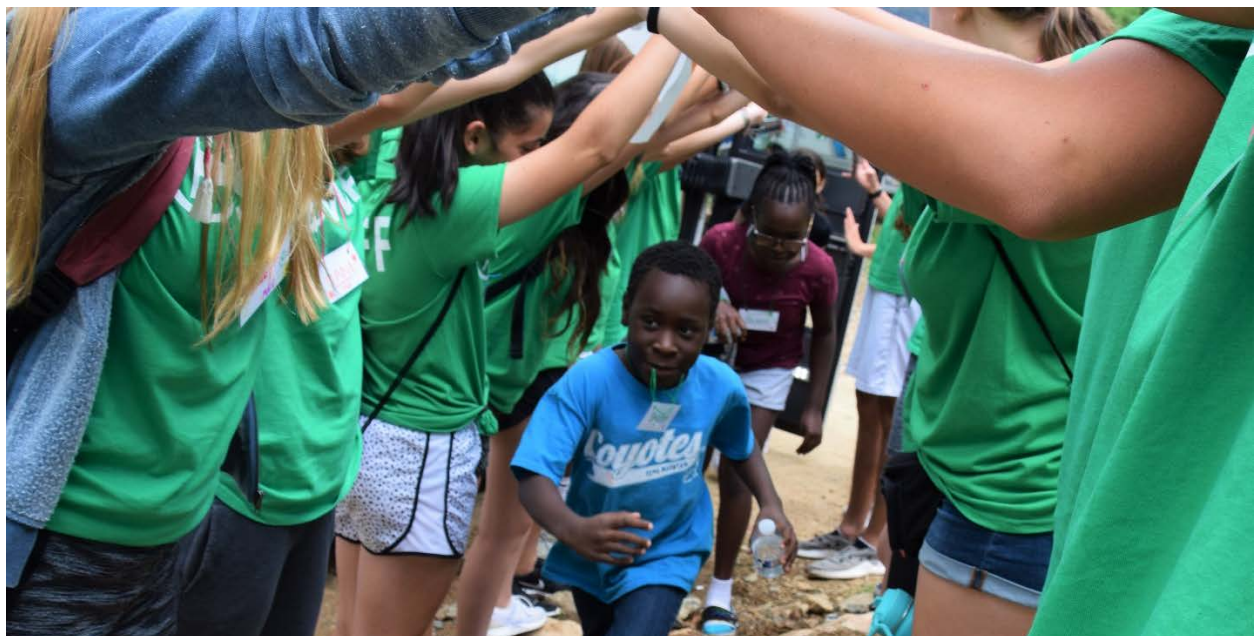
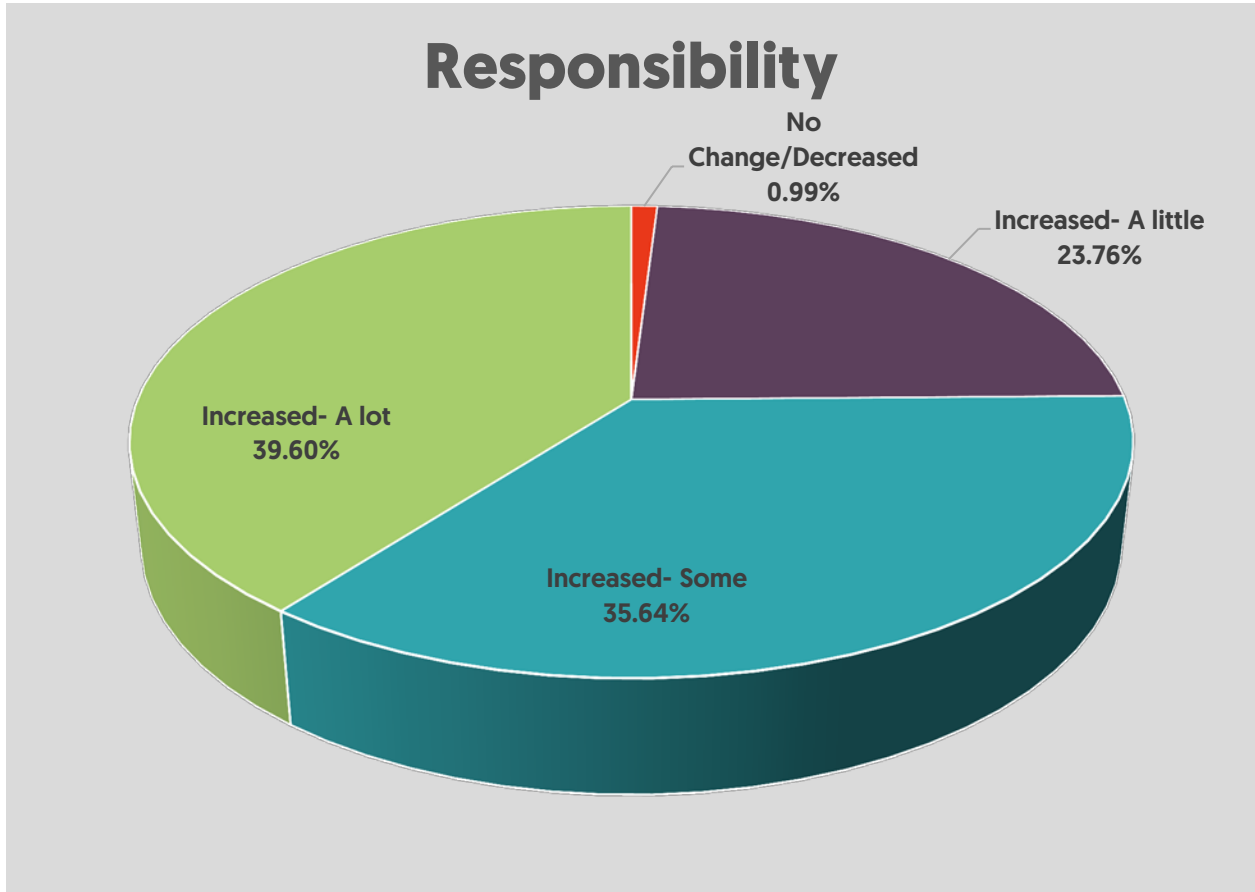
Over 97% of counselors reported an increase in their INTEREST IN EXPLORATION. Camp Swift promotes Interest in Exploration by encouraging teens to be curious and try new things.





Counselor Results: Responsibility

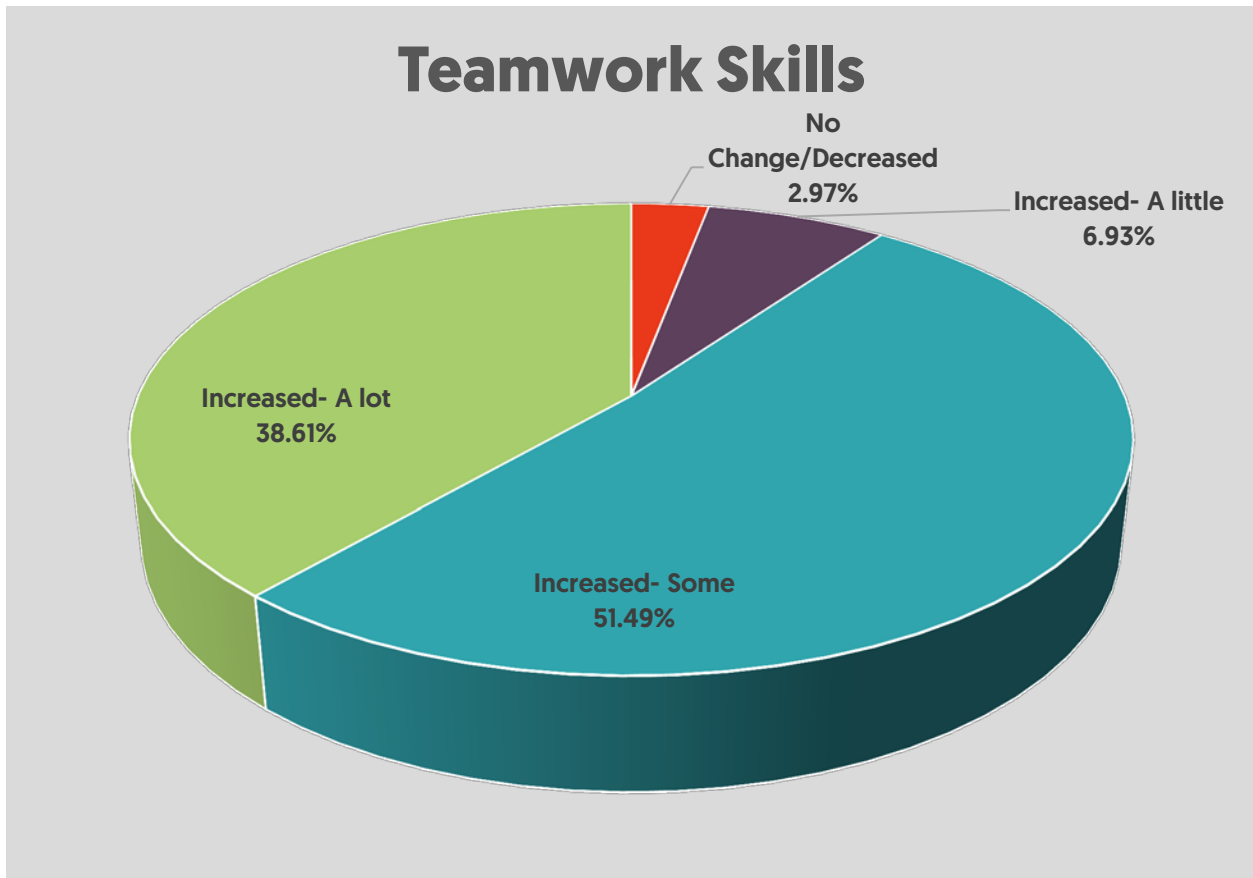
Over 99% of counselors reported an increase in their RESPONSIBILITY. Camp Swift develops counselors' responsibility by helping them to be accountable for their own actions and mistakes.





Counselor Results: Teamwork Skills

Over 97% of counselors reported an increase in their TEAMWORK SKILLS. Camp Swift develops Teamwork Skills that enable counselors to become more effective when working in groups of their peers.





2019 COMPARISON RESULTS

Camp Swift vs. National Sample

The results from Camp Swift 2019 outperformed the national averages in every domain measured.

2019 Camper Results Camp Swift vs National Averages

Comparison of the average responses [1-5 scale] between Camp Swift and the national average in each domain measured.

Domain	Camp Swift 2019	National Average
Friendship Skills	3.92	3.31
Teamwork Skills	3.91	3.53
Perceived Competence	4.04	3.55
Responsibility	3.97	3.48
Problem Solving Competence	3.56	3.29

2016-2019 RESULTS

Camper Results

Camper results from 2019 were the best results since 2016.

Camper Results 2016 -2019

Percentage of campers who responded that Camp Swift made a positive impact on each domain measured

Domain	2019	2018	2017	2016
Friendship Skills	86.51%	83.12%	79.02%	88.42%
Teamwork Skills	83.39%	79.62%	78.36%	88.42%
Perceived Competence	87.54%	85.67%	87.87%	93.82%
Responsibility	82.35%	78.66%	81.31%	84.94%
Problem Solving Confidence	75.09%	72.93%	70.82%	82.63%



Counselor Results

The counselor results from 2019 were consistent with the results from 2016-2018.

Counselor Results 2016 -2019

Percentage of counselors who responded that Camp Swift made a positive impact on each domain measured

Domain	2019	2018	2017	2016
Friendship Skills	97.03%	97.12%	96.19%	97.92%
Teamwork Skills	97.03%	96.15%	95.24%	97.92%
Independence	95.05%	94.23%	97.14%	98.96%
Responsibility	99.01%	97.12%	96.19%	97.92%
Problem Solving Confidence	99.01%	98.08%	97.92%	97.92%
Interest in Exploration	96.04%	97.12%	95.24%	96.88%
Family Citizenship Behavior	98.02%	97.12%	98.10%	100%

DISCUSSION AND RECOMMENDATIONS

The Camp Swift program, operated by the Swift Youth Foundation, continues to be a positive experience for all participants involved. Camp Swift supports their growth and development in several ways including the measured domains. These outcomes are accompanied by a very high level of enjoyment, highlighting the Swift motto that “fun is just the start”. Compared to national averages, campers at Camp Swift have higher outcomes in all of the domains that were measured. Volunteer counselors continue to be impacted through their involvement with strong positive responses in all the measured domains and overwhelmingly positive responses on the Camp Swift satisfaction survey.

The results for 2019 were similar across all surveyed domains for both counselors and campers compared to the 2018 results. In 2016, the results were higher across all measured domains. Swift Youth Foundation will continue to monitor the year over year results and the factors that influence the results.

Certainly, this evaluation has some limitations due to the nature of the design. First, campers and counselors self-reported, which can sometimes be unreliable and inaccurate. Second, timing may have influenced responses, since surveys were completed at the end camp. Third, the survey was administered by volunteers whom are limited in training time.

Even with these limitations, the overwhelming positive direction of the outcomes is clear. Camp Swift is making a difference in the lives of those who participate. Swift Youth Foundation plans to continue to provide this valuable programming for all that are involved.



Areas for further consideration

The Swift Youth Foundation will continue to train staff in more detail on how to promote positive outcomes from Camp Swift.

Year over year impacts and results will continue to be monitored.

Translating the surveys into Spanish to better gauge the survey responses for campers whom English is not their native language.

APPENDIX

Camper Survey Questions

How much, if any, has your experience as a camper in this camp changed you in each of the following ways?

Friendship Skills

1. Becoming better at finding friends who like many of the same things that I like.
2. Becoming better at helping my friends to have a good time when they are with me.
3. Becoming better at listening carefully to things that my friends tell me.
4. Becoming better at talking to friends about things that are important to me.
5. Becoming better at getting to know more things about my friends.
6. Becoming better at understanding my friends' feelings.
7. Becoming better at being trusted by my friends.
8. Becoming better at trusting my friends.

Problem-Solving Confidence

1. When I have a problem I know the source.
2. When I have a problem I look for the things that might be causing it.
3. When I have a problem I stop and think about options before making a decision.
4. When I have a problem I think of different ideas and combine some to make the best decision.
5. When I have a problem I choose a realistic plan.
6. When I have a problem I make good choices about what to do.
7. After dealing with a problem I check to see if the problem has gotten better.
8. After dealing with a problem I consider how it worked out.

Teamwork

1. Placing group goals above the things that I want.
2. Working well with others.
3. Helping others succeed.
4. Cooperating with others.
5. Being helpful in small groups of kids my age.
6. Helping a group be successful.
7. Supporting a group when they have selected an activity that I don't want to do.
8. Appreciating opinions that are different from my own.



Responsibility

1. Being more responsible for my actions.
2. Making things right if I mess something up.
3. Fixing my own mistakes.
4. Owning up to my mistakes.
5. Not blaming others for mistakes I make.
6. Apologizing if I hurt someone's feelings.

Perceived Competence

1. Becoming better at thinking of new things to do in my free time.
2. Becoming better at understanding new information.
3. Becoming better at doing art projects.
4. Becoming better at doing recreation activities.
5. Becoming better at doing recreation activities with other people.
6. Becoming better at meeting new people.
7. Becoming better at taking care of myself.
8. Becoming better at learning new things.

Counselor Survey Questions

Counselors were asked each question on a 6-point true-false scale [False, Somewhat False, A Little False, A Little True, Somewhat True, True]. Each question was asked again in the context of camp with the question, "is the above statement more or less true today than before camp?" Responses to the second question were on a 6-point more-less scale [A Lot Less, Somewhat Less, A Little Less, A Little More, Somewhat More, A Lot More].

Problem-Solving Confidence

1. When I have a problem I stop and think about options before making a decision.
2. When I have a problem I make good choices about what to do.
3. After dealing with a problem I consider how it worked out.

Family Citizenship Behavior

1. When I go home, I plan to act respectfully toward other members of my family.
2. When I go home, I plan to do things that make our home a better place to live without being asked.

Independence Skills

1. I can do things on my own.
2. I can make decisions by myself.

Friendship Skills

1. I am good at finding ways to meet people who I want to be friends with.
2. I am good at getting to know people who I might want to become friends with.

Interest in Exploration

1. I enjoy getting to know new people.
2. I look forward to learning to do new activities



Responsibility

1. I accept responsibility for my actions.
2. If I mess something up, I try to make things right.

Teamwork

1. I can be a good group leader.
2. I can place group goals above the things that I want.
3. I can cooperate with others.
4. I can be a team-player in a small group

