



Participation Waiver \* Get to know you \* Survey

1. First and foremost, by choosing to be an Ivy Girl, I agree to always keep the Ivy Girl Promise, to be kind to myself.
2. I understand that my Ivy Girl club is not therapy nor are my leaders certified counselors. I attend knowing that these ladies are just my good friends and I do not expect them to be professionals in the world of mental health.
3. I promise to keep everything that is said in my Ivy Girl clubs completely confidential. Failure to do so will result in my dismissal from the club.
4. I agree to be kind and respectful to the other girls in my club. I do not have to agree with them but I promise to always treat everyone in my club with dignity and respect.
5. I agree to the Ivy Girl Academy discipline policy. 1<sup>st</sup> strike: You will be given one warning for any of the following choices- Cursing, disrespect, inappropriate attire (no cleavage, midriff or miniskirts), raising my voice in anger, not keeping the confidentiality code. 2<sup>nd</sup> strike for any of the previously mentioned behavior, you will be asked to leave that meeting but you are allowed to come back if you agree to apologize and make better choices. 3<sup>rd</sup> strike- you are dismissed and not welcome back. We expect excellence in our behavior.
6. I agree to be on time to meetings and to leave when the meeting is over, out of respect for my leaders who have other commitments to get to.
7. I agree to respect the boundaries of my leaders and not text or email them more than twice a week. I know they are there for me but they also have other obligations.
8. I will not hold Ivy Girl Academy liable for any lost or stolen items of mine as well as any physical injury that might happen at a club meeting or activity related to the Ivy Girl Academy.
9. I agree to follow through with my commitments to my club. If I cannot fulfill my obligations, I will work to replace myself or make other arrangements so I don't let the group down.
10. I promise to choose to come to my club meetings with a positive attitude.

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Printed Name of Ivy Girl

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Signature of Ivy Girl

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Signature of Parent or Guardian

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Date

# Who is your awesome self? 😊

Full name:

What do you prefer to be called?

Birthday:

Emergency phone number of someone we can call:

Cell:

Address:

Email:

Shirt Size:

Allergies/Medical issues we need to be aware of?

Siblings?

Pets?

Where did you grow up?

Fave food?

Fave place?

Fave color?

Fave hobby?

Fave animal?

What do you want to be when you grow up?

What is one or two things you are hoping to get out of this Ivy Girl Club?

What do you think you could give to this club that could help it be fun and successful?

These next questions are very important for us to understand where you are in your life and how we can best help you have an awesome experience in your club.

Please answer honestly, everything is kept confidential!

What do you need in order to believe in yourself more?

On any given day, how many times do you compliment yourself?

Is it hard for you to stand up for yourself?

Is it hard for you to stand up for your friends?

Do you hang out with anyone that makes you feel small or worthless?

How many times a day do you say "I'm grateful for..." to yourself or to others?

How many times a month do you do something kind for someone else?

On a scale from 1-10, how kind are your friends to you?

On a scale from 1-10, how kind are you to your friends?

What is the best thing about being a teenager?

What is the worst thing about being a teenager?

On a scale from 1-10, how powerful are you right at this moment?

On a scale from 1-10, how powerful are you when you are doing something you are really good at or doing something you love?

On a scale from 1-10, how badly do you want to feel powerful, strong, confident and happy?

Are you willing to work for that?      Yes      No

What is your definition of leadership?

On a scale of 1-5, how confident do you feel in everyday life?

1                      2                      3                      4                      5

On a scale of 1-5, how capable do you feel you are of being in a leadership position with your peers?

1                      2                      3                      4                      5

On a scale of 1-5, how often do you put yourself down?

1                      2                      3                      4                      5

On a scale of 1-5, how often do you help other people?

1                      2                      3                      4                      5

On a scale of 1-5, how important are leadership skills to you personally?

1                      2                      3                      4                      5

What are the top 3 challenges you feel teenagers are facing these days?

1

2

3

On a scale of 1-5, in your opinion, can leadership skills help teens with these challenges?

1                      2                      3                      4                      5

Where do you see yourself in 5 years?

How effectively do you feel you are able to handle conflict

**Not effectively at all      Somewhat effectively      Very effectively**

How likely are you to stand up for yourself or others?

**Not likely      Sometimes likely      Almost always likely**

How positive of a thinker are you?

**Not positive      Somewhat positive      Almost always Positive**

How honest are you?

**Not vey honest      Very Honest      Almost always honest**

When you have a negative thought about yourself or others how long do you let that thought stay with you?

**A day      An hour      5 minutes**

In general how happy do you feel?

**Sometimes happy      Mostly happy      Almost always**

How likely are you to join a leadership position? (for example FCCLA, student council, church leadership, or other community leadership opportunity)

**Less likely**

**More Likely**

**Most likely**

On a scale of 1-5, can leadership help you with that vision?

1

2

3

4

5

List 3 things you want to improve within yourself- pertaining to leadership skills.

1

2

3

Who is your hero? What 3 qualities does he/she have that you like/want?

We are so happy you're joining this club! We know you have greatness in you and if you're willing to put in the effort, we can work together to help you shine!

If you have any questions or concerns, you can always talk to your masters, advisor or email headquarters- [hq@ivygirlacademy.com](mailto:hq@ivygirlacademy.com)