

Running Start Institute™ Research Study

Informed Consent Form

We welcome your participation in the Running Start Institute™ research project. As a participant, you ask you to:

- (1) Attend a 6-hour Personal Life Success Plan training program once each of three years
- (2) During each workshop session, develop your own Personal Life Success Plan
- (3) Turn in an anonymous, digital copy of your Personal Life Success Plan each year, for three years

This project is part of a national study of goal-setting strategies and outcomes. The results of the study will be made public, but your involvement will remain confidential. The Running Start Institute™ research team will maintain an anonymous database of all collected life plans.

Your participation is completely voluntary. As a participant, you will gain access to Running Start™ software and processes to create your Personal Life Success Plan. For further information, please contact the Running Start Institute at bettywilson@runningstart.org.

I have read the information noted above and agree to voluntarily participate in The Running Start Institute™ research project:

___yes ___no

Agency: _____

City/State: _____

Participant: _____
(please print name)

Participant: _____ Date: _____
(signature)

Signature of Witness:

_____ Date: _____
(signature)

Running Start Institute™ Year I Participant Questionnaire

Participant Access Code: _____

1. Please describe one or more community event(s) that you enjoy:

2. What grade level and/or training programs have you completed so far?

3. Describe the most important thing you want to accomplish within the next three or four years:

4. Describe a few of your personal advantages (on the job, in school, with family)?

5. How do you prefer learning new information?

6. Your age range:
 under 25 25-35 35-45 45-55 55-65
 65-75 75-85 85+

7. Please check one: Male Female
8. How do you refer to yourself, in terms of your ethnic identity?

9. Do you have children? Yes No

10. What is your marital status? _____

11. How would you describe your background?
 Primarily urban Primarily rural
 Primarily small town (other)

Thank you for your completing this confidential survey!