**National Mentoring Resource Center (NMRC)**

**Measurement Guidance Toolkit**

**Ready-to-Use Measures**

**DOMAIN:** Mentoring Relationship Quality

**MEASURE:** Youth Strength of Relationship Scale (YSoR)

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| For each of the sentences below, **decide how true each statement is for you**. Then, circle one number that fits best. If you think the statement is NEVER TRUE, circle “1”; if you think it is HARDLY EVER TRUE, circle “2”; if the statement is SOMETIMES TRUE, circle “3”; if you think it is MOST OF THE TIME TRUE, circle “4”; and if the statement is ALWAYS TRUE, circle “5.” |
|  | **(Circle One)** |
| **Never True** | **Hardly Ever True** | **Sometimes True** | **Most of the Time True** | **Always True** |
| 1. My Big has lots of good ideas about how to solve a problem.
 | 1 | 2 | 3 | 4 | 5 |
| 1. My Big helps me take my mind off things by doing something with me.
 | 1 | 2 | 3 | 4 | 5 |
| 1. When I’m with my Big, I feel ignored.
 | 1 | 2 | 3 | 4 | 5 |
| 1. When I’m with my Big, I feel mad.
 | 1 | 2 | 3 | 4 | 5 |
| 1. When I am with my Big, I feel safe.
 | 1 | 2 | 3 | 4 | 5 |
| 1. When I’m with my Big, I feel disappointed.
 | 1 | 2 | 3 | 4 | 5 |
| 1. My relationship with my Big is very important to me.
 | 1 | 2 | 3 | 4 | 5 |
| 1. When I’m with my Big, I feel bored.
 | 1 | 2 | 3 | 4 | 5 |
| 1. When something is bugging me, my Big listens while I talk about it.
 | 1 | 2 | 3 | 4 | 5 |
| 1. I feel close to my Big.
 | 1 | 2 | 3 | 4 | 5 |

**DOMAIN:** Mentoring Relationship Quality

**MEASURE:** Mentor Strength of Relationship Scale (MSoR)

|  |  |
| --- | --- |
| To what extent do you agree with the following statements? | **(Circle One)** |
| **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| * 1. I am enjoying the experience of being a Big.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I expected that being a mentor would be more fun than actually it is.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. My Little and I are interested in the same things.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I feel confident handling the challenges of being a mentor.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. Being a Big is more of a time commitment than I anticipated.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I feel overwhelmed by my Little’s family difficulties.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. My Little has made improvements since we started meeting.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I sometimes feel frustrated with how few things have changed with my Little.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. My Little and I are sometimes at a loss for things to talk about.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. It is hard for me to find the time to be with my Little.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I think my Little and I are well-matched.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I get the sense that my Little would rather be doing something else.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. My Little has trouble sticking with one activity for very long.
 | 1 | 2 | 3 | 4 | 5 |
| * 1. I feel close to my Little.
 | 1 | 2 | 3 | 4 | 5 |