**National Mentoring Resource Center (NMRC)**

**Measurement Guidance Toolkit**

**Ready-to-Use Measures**

**OUTCOME:** Mentoring Relationship Quality

**MEASURE:** Social Support and Rejection Scale

Do you have a relationship with a significant adult, other than a parent, who you see on a regular basis?

□ Yes

□ No

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Use the scale below to answer questions about the adult you have a relationship with: | | | | | |
|  | Never | Rarely | Sometimes | Often | Always |
| 1. This person cares about how I am doing in school. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 2. This person is very sure I can do well in school and in the future. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 3. This person cares about me even when I make mistakes. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 4. This person really listens and understands me. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 5. This person looks out for me and helps me. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 6. This person and I both have fun when we’re together. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 7. I talk to this person about problems with my friends. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 8. I talk to this person about problems with my parents/family. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 9. I feel safe when I’m with this person. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 10. I tell this person things that are very private | □  1 | □  2 | □  3 | □  4 | □  5 |
| 11. I talk to this person when something makes me angry or afraid. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 12. This person gives me useful advice in dealing with my problems. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 13. This person has qualities or skills that I’d like to have when I’m older. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 14. I learn how to do things by watching and listening to this person. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 15. This person introduces me to new ideas, interests, and experiences. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 16. This person pushes me to succeed at the things I want to do. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 17. Sometimes I think that this person doesn’t like me. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 18. I don’t like things this person says or does. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 19. This person is too busy to pay attention to me. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 20. This person and I get angry at each other. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 21. I feel this person will let me down. | □  1 | □  2 | □  3 | □  4 | □  5 |
| 22. If I tell this person what I’m thinking, he/she will laugh at me. | □  1 | □  2 | □  3 | □  4 | □  5 |

**Calculate each subscale by averaging scores on the following items:**

**Feels valued (6 Items):** 1, 2, 3, 4, 5, 6

**Trust (5 items):**  7, 8, 9, 10, 11

**Mentoring** (**5 items):** 12, 13, 14, 15, 16

**Negativity** (**6 Items):** 17, 18, 19, 20, 21, 22

**Alternate introduction to items:**

If you would like youth to refer to a specific important non-parental adult in their life, you can use the introduction below and replace “this person” with the name of the identified adult.

I’d like to learn more about the adults who are important to you.

1. Of all the adults in an after-school program, who is closest to you?
2. Of all the adults in your school, who is closest to you?
3. Of all of your adult relatives who are at least 21 years old (not your parents), who is the closest to you?

Think about the adult(s) that you named. How often do you agree with each statement below?

(E.g., “I talk to \_\_\_\_ about problems I’m having with my friends.”)