



## **Golden Gate Movement Research**

Golden Gate Board of Directors Dr. Lynley Murphy

In the first year of the non-profits inception, research took place in multiple schools in Jordan School District. Professor of Public and Community Health at Utah Valley University, Dr. Lynley Murphy with the endorsement of Superintendent Anthony Godfrey, went into classrooms and conducted a study.

Research studies are vital in assessing, understanding and contributing knowledge and progress toward any behavior-related activities. It is also the best way to determine and develop materials that best meet student needs.

Currently, Golden Gate is actively working to conduct district-wide research to assess the greatest concerns and needs students have while attending middle school and high school.”

### **Nominal Group Process**

The Nominal Group Process is used to brainstorm and identify initial student concerns. This method encourages sharing, but also allows each student to be heard therefore determining which concerns are most important to him or her. The students rank the concerns with the top 10 answers collated. The collated top 10 answers are plugged into the Hanlon Method for Prioritization. Students then must rate each concern according to size of the problem, how serious the problem is at their school, and feasibility of ability to resolve the problem or learn skills to combat or deal with the issue. Those three rated variables, (size, seriousness, and feasibility) are plugged into a statistical formula and the outcome data is again collated. The results of this method create a prioritization of the greatest concerns and whether anything can be done to create change within the school.

## Student Challenges, Fears & Concerns Worksheet

Use the following numbers to determine how serious each of the concerns is for you.

**0 = No Concern, 1-3 = Mild Concern, 4-6 = Moderate Concern, 7-10 = Serious Concern**

Please Circle Your Grade:      10<sup>th</sup> Grade      11<sup>th</sup> Grade      12<sup>th</sup> Grade

<b>Top 10 Student Concerns</b>	What is the <b>SIZE</b> of the problem?	How <b>SERIOUS</b> is the problem?	Can we <b>DO</b> anything at school to solve this problem?	Priority Score (A+2B)C	Final Score
Example: Making new friends	9	5	2		
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

**Golden Gate Movement Research  
West Hills Middle Schools Results (7<sup>th</sup> – 9<sup>th</sup> Graders)  
January – May 2019**

**PRIORITIZED FEARS & CONCERNS: N=426 Students  
Surveyed**

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Bullying	32962
Homework	32516
Stress	30780
Depression	28981
Feeling Isolated/Loneliness	16060
Suicide	14400
Social Anxiety	14167
Drugs	14033
Teachers Don't Care	13516
Family Abuse & Problems	12614
Fighting	12083
Social Media Addiction	10352
Peer Pressure	9902
Unrealistic Expectations	9874
Feeling Judged	7442
Gossip	7070
Grades	6823
Lack of Confidence	6090
Exhaustion	5502
Cliques/Not Fitting In	5467
Low Self-Esteem	4263
Vaping	4191
Fear of Failure	4128
Racism	3873
Sexual Harrassment	3745
Drama With Friends	3589
School is too Early	3479
Inappropriate Actions	3198
Boy-Girl Relationships	2682
Overcrowded Hallways	2396
Bad Influences	2241
Cutting	2160
Apathetic about Grades	2084
Safety	2079
Self-Conscious	1885
Need Better Equipment/Chairs	1776

Giving Up	1755
Sexism	1536
Pornography	1524
Lack of Common Sense	1459
Self-Harm	1390
Low Technology	1382
Body Image	1375
Foul Language	1333
Body Shaming	1303
Anger	1286
Mean Kids	1255
Disrespect	1254
Crowded Hallways	1234
Theft	1127
Fear of School Shootings	1099
Cyber stalking	1013
Perfectionism	852
Pressure to have Sex	399
Feminism	281

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**Golden Gate Movement Research  
Bingham High School Results (Sophomore – Senior)  
January – May 2019**

**PRIORITIZED FEARS & CONCERNS: N = 818 Students Surveyed**

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Fatigue	89693
Social Anxiety	79445
Too Much Homework	65360
Overwhelmed/Stress	62722
Depression	62136
Time Management	48511
Grades	43122
Fear of Future	38590
Isolated	34370
Meeting Expectations	31475
Snap Judgments	21704
Drug Use	20445
Social Media	17455
Workload	16594
Students' Mental Health Problems Not Taken Seriously	15919
Feeling Overwhelmed	15607
Poor Communication with Admin	14305
Teachers Don't Care About Students	13861
Peer Pressure	10496
No Motivation	9360
Friend Drama	8970
Not Fitting In	8280
People are Unkind	7077
Having Clean Water & Bathrooms	6747
Extra-Curricular Activities	6598
Needing Break	5812
Don't Have Coping or Life Skills	5658
Worry about Grades/College	5496
Need More Counselors	5315
College/Grades	5297
Family Problems	5063
Bullying	4822
No Breaks	4764
Balance	4585
Concerns about Future	4462
Lack of Motivation	4149
Students Don't Care	3883

Disrespect	3835
Home Problems	3813
Managing Being an Athlete	3713
Vulgar Language	3379
Body Image/Physically Fit	3306
Balancing Job & School	3189
Self-Harm	3148
Identity	2344
Pressure to Have Sex	2337
Perfectionism	2320
Overworked	2252
Too Many Cliques	2040
Relationships	1560
Criticism of Their Generation	1439
Managing School & Sports	1197
Disrespect From Others	1073
Racism	843

# GOLDEN GATE RESEARCH

## Collapsed Categories

1. *Anxiety; Social Anxiety*
2. Homework; Too Much Homework
3. Tired; Exhaustion; Lack of Sleep
4. Social Media Addiction; Phone Addiction; Social Media
5. Staff and Admin Don't Care; Admin Doesn't Care; Poor Communication with Admin
6. Friend Drama; Social Drama; Drama w/Friends; Drama
7. Jerks/Bullies; Bullying
8. Snap Judgments; Comparing Others; Feeling Judged; Judged by Peers; Being
9. Unfairly Judged by Others; Being Judged
10. Not Taking Suicide Seriously; Concern About Teen Suicide; Students' Mental Health
11. Problems Not Taken Seriously
12. Isolated; Loneliness; Feeling Ignored; Feeling Lonely; Feeling Excluded; Feeling Isolated;
13. Not Fitting In; Feeling Lonely/Isolated
14. Teachers Don't Care; Teachers Don't Care About Students
15. Bad School Water; Having Clean Water & Bathrooms
16. People are Unkind; Unkindness
17. Stress; Overwhelmed/Stress
18. Unrealistic Expectations; Expectations; Meeting Expectations
19. Feeling Overwhelmed; Overwhelmed
20. Difficulty with Parents; Home Problems
21. Drug Use; Drugs

## **With Prioritized Results**

With the prioritized results, Golden Gate plans to revise the educational materials that are part of their educational curriculum so that students are taught knowledge and skills that may help them become a more successful student, a more self-assured person, and someone who develops the friendship-making skills that can affect them for life.

Once this portion of the research data has been collected, the educational materials updated, and edited, a pretest will be administered to students regardless of their interest or participation in the Golden Gate Movement at the beginning of the fall semester, 2019. Students will be invited to participate in the Golden Gate Clubs or Initiatives then students will take the post-test at the end of the academic year.

Students participating in Golden Gate will act as the experimental group with students who chose not to participate acting as the control group. The survey will determine the difference in soft skills developed, friendships made, and knowledge and behaviors related to the initial concerns students had previous to the research efforts.