

Center for Dependable Strengths

What are the results of DSA Research?

University of Washington, Seattle, Washington

Dr. Jerald Forster, Director

A five year study was conducted at the Dependable Strengths Project at the University of Washington, aided by funds from the National Science Foundation. Before and after tests showed people who participate in DSA classes or workshops significantly increase their:

- self-esteem
- motivation to achieve
- internal locus of control
- mental health
- self-efficacy.

State of Idaho School System

Dr. Ernie Biller, Director, February 4, 1994

Assessment of Career Odyssey, Phase One by 8th grade teachers of 9 Idaho schools involving 673 students, 95 controls.

The teachers had been trained to deliver a ten-session version of the Dependable Strengths Articulation (DSA) process in their classrooms. Three months later they were asked to rate on a line of 1-to-5 what effects the DSA had on their students.

a. Did DSA have any <u>positive influence</u> on students?	"Significant"
b. To what degree was DSA <u>helpful</u> ?	4.25 of 5
c. Daily <u>behavior</u> of students since completing DSA?	4.40 of 5
d. <u>Attitudes</u> of students towards learning after DSA?	4.30 of 5
e. To what degree would you <u>recommend</u> this version of DSA to other 8th grade teachers? ("Recommend")	4.60 of 5

The Idaho schools involved: Patient Education, State Hospital South; Franklin Jr. High; Boundary County Jr. High; Jefferson Jr. High; Cambridge School District 432; Kuna Jr. High; New Meadows Jr. High; Robert Janss School, NICI.

(A 12 months test was accidentally invalidated by a researcher who led the control group in a one-day version of the DSA during the test. The before and after test scores were not significantly different.)

U.S. Department of Labor

Tests reported the DSA helped people find jobs in 50% less time. Those involved said they learned new things about themselves (increased their potential) and got along better with others.

Council of State Governments Award, 1993

The VOTE program in the State of Washington earned this award for its innovative human resource development program with recovering drug and alcohol addicts. With DSA as a key component of the program...

- 84% of 3,000 adults completed
- 78% were employed or in training within 8 weeks
- 68% were in the same jobs a year later
- earning 44% more than comparison cases