



2024

MOUNT COOK THEORY OF CHANGE

PUSHING BOUNDARIES

OPENING MINDS

Introduction

Mount Cook Adventure Centre wants to make a difference to people's lives through direct experience with the outdoors. We want every individual who comes to us, to go through a journey of social and personal development. Our theory of change identifies the outcomes we strive to meet.

Vision - To make a difference to people's lives through direct experience with the outdoors.

Mission - To provide access to the outdoors and outdoor activities for all, especially young people and those who might not otherwise have the opportunity.

Values - Exceeding Expectations. Professional Throughout. Everyone Valued.

Impact of residentials

Research shows that 99% of teachers felt pupils were more confident in their own abilities after a residential trip. [YHA school residential impact survey 2016/17 report]

Our aim is to improve children's physical health, build self-esteem, confidence levels, emotional health and well-being.

	WHAT WE DO	ACTIVITIES	OUTCOMES	LONG TERM
RESILIENCE & SELF CONFIDENCE PERSONAL DEVELOPMENT	We create scenarios where children can <ul style="list-style-type: none"> • push boundaries • broaden horizons • build resilience • build confidence 	<ul style="list-style-type: none"> • Rock Climbing and Scrambling • Abseiling • High Ropes • Zip Wire & Traverse Cube • Via Ferrata • Guided Walk Offsite • Bushcraft • Archery & Onsite Orienteering • Fossil Hunting and Gem Panning 	<ul style="list-style-type: none"> • Ability to overcome physical and emotional challenges. • Awareness of their capabilities and limitations • Ability to set themselves higher aspirations, knowing they can achieve their goals. 	<ul style="list-style-type: none"> • To increase their ability to manage and overcome challenging situations and adversity. • To endow a positive outlook, built from self-confidence. • To increase resilience which can 'increase achievement',
TEAMWORK & COHESION SOCIAL DEVELOPMENT	We provide opportunities for children to <ul style="list-style-type: none"> • celebrate success • build positive relationships • develop teamwork and communication skills • improve emotional awareness 	<ul style="list-style-type: none"> • Archery Tag & Maze Cube • Game of Tribes • Low Ropes & Problem Solving • The Mount Cook Challenge • Team Challenges • Orienteering at Black Rocks • Rocket Building • Campfire & Bushcraft • Indoor Climbing and Landkarts 	<ul style="list-style-type: none"> • Develop their communication skills • Improve children's listening skills • Strengthen relationships • Strengthen problem solving skills 	<ul style="list-style-type: none"> • To develop skills for cooperation, conflict resolution and celebrating success • To build their social awareness of situations and the feelings of others • To form healthy positive relationships
INDEPENDENCE AND SELF-REFLECTION EMOTIONAL DEVELOPMENT	We have created an environment where young people can <ul style="list-style-type: none"> • have a shared residential experience • mature self-control • strengthen independence • celebrate their successes 	<ul style="list-style-type: none"> • Staying away from home overnight • Sharing rooms • Eating together in our dining hall • Clearing away after mealtimes • Checking their own schedule and managing their own time keeping • Having the correct kit for activities (clothing, water bottle, suncream/waterproofs etc.) 	<ul style="list-style-type: none"> • Learn how to manage responsibilities and their consequences • Develop critical thinking skills • Encourage self-control and how to self-manage 	<ul style="list-style-type: none"> • To take accountability for their actions. • To have a good awareness of and skills to ensure good time keeping • To develop their understanding and empathy towards others as well as understanding their own emotions • To build aspirations and seek new challenges • To develop self-control

As part of your school's arrival and departure, we asked your students to complete a short survey reflecting our objectives to increase their Personal Development, Social Development and Emotional Development

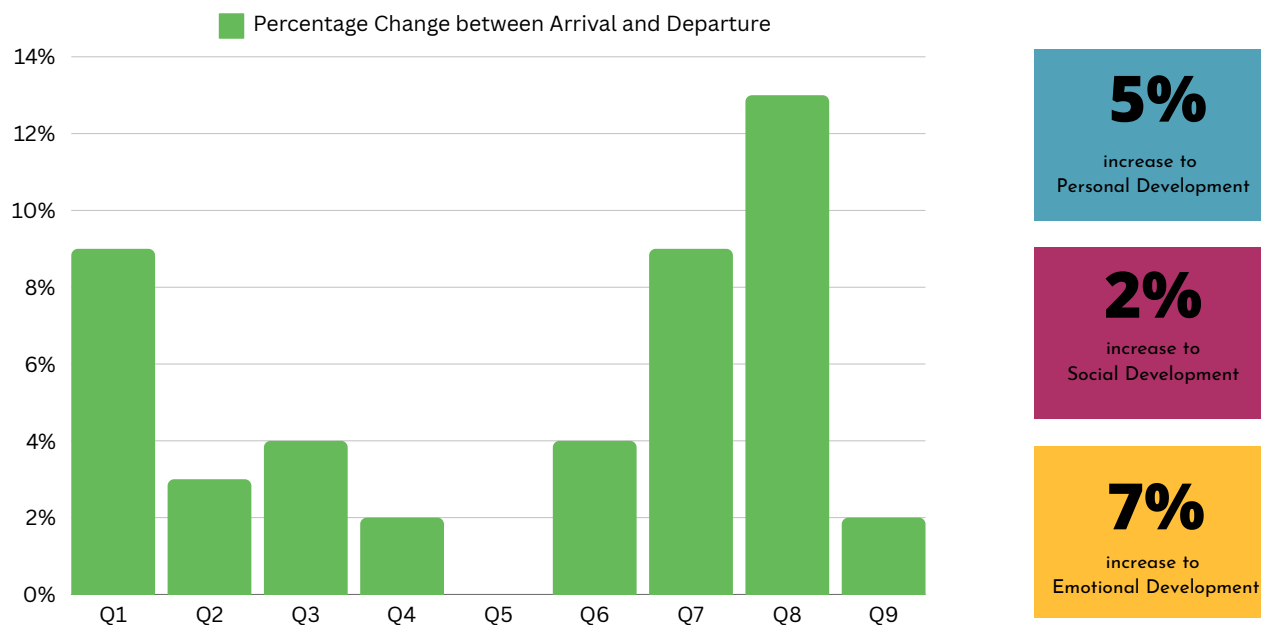
EXAMPLE Primary

2 Night Residential: 10th - 12 July 2024

Your aims for the trip were:

"developing resilience, experiencing new challenges, independence but generally at this time of the year it is around them having a fun experience together before they go to secondary school."

This graph shows the percentage change between your arrival and departure for each question



We've been developing our theory of change since 2022. We started gathering data from schools in 2023 and have used this data to adapt our questions and processes, we are now in phase 3 where we are able to report back to schools on their results. As we gather more data we will have a better understanding of our overall impact.

Your students increased across all three of our target areas for development. Their biggest increase was to their emotional development. Question 8, in this section had the biggest increase of 13% and relates to celebrating success. Question 5 relates to positive relationships and whilst it didn't see any change, it was the highest scoring question on arrival for the group. These results show your young people achieved your aims of developing resilience, trying new things and growing their independence!

Your young people had overall growth in their:

Confidence / Willingness to try new things, Broadened Horizons & Growth Mindset, Resilience, Teamwork, Patience & Self-control, Communication & Social and Emotional Awareness, Celebrating Success & Emotional Awareness, Independence / Being away from home

The table below shows the total percentages and scores for your whole group.

	Q	% Change	Arrival Total	Departure Total	Max Total	Total % Change
Personal Development	Q 1	9%	590	622	735	5%
	Q 2	3%				
	Q 3	4%				
Social Development	Q 4	2%	620	633	735	2%
	Q 5	0%				
	Q 6	4%				
Emotional Development	Q 7	9%	542	582	735	7%
	Q 8	13%				
	Q 9	2%				

The table below shows the increase/decrease between their arrival and departure scores per activity group for each question.

Score Change for each Activity Group										
Group	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Total
1	10	3	6	4	0	6	9	9	5	52
2	3	2	2	1	-1	3	2	4	1	17
3	8	5	2	5	5	7	8	5	5	50
4	-5	-6	-1	-2	-5	-6	-4	2	-3	-30
5	2	2	-1	-4	2	-2	1	0	-4	-4

Your activities whilst at Mount Cook:

Resilience & Self Confidence

- Rock Climbing & Scrambling @ Black Rocks
- Via Ferrata
- Guided Offsite Walk (evening)

Teamwork & Cohesion

- Archery Tag & Maze Cube
- Low Ropes & Problem Solving
- Team Challenges (evening)

Here are some comments from your pupils:

'Thank you to everyone at Mount Cook. Cameron helped me push myself.'

'I have enjoyed my time especially doing via ferrata, Rock climbing and scrambling.'

'Even as a picky eater I still had lots of food I would eat.'

'Cameron was radical dude!'

'I liked going on the zipline and everything else'

'The food was nice and the staff were helpful'

'Catherine is a good instructor'

'I liked the cake. Everyone's proud of me'

'Mount Cook is excellent, especially at making memories. Helped me realise who I really am.'

'Staying up all night and scrambling was good. Staff was 11/10'

'The food was nice and the staff were helpful'

'My favourite thing was rock climbing with Cameron and the obstacle course with Lucas'

'It was fun!!!'

'My favourite = scrambling'

Data Collection:

Our data is entered manually and this leaves room for human error.

You brought 49 students with you and we have entered data for 49 students so we are confident the data is accurate, however some questions were not answered. Where this has happened, answers have been discounted for arrival and departure.

For reference the questions are listed on the next page.

We'd welcome any feedback you have on this report.

If you have any questions please let us know.

Arrival and Departure Questions

We asked your young people to rate how much they agreed with the below statements, which score 1 - 5.

Strongly Disagree (1) / Disagree (2) / OK (3) / Agree (4) / Strongly Agree (5)

- Q1. I am willing to try new things
- Q2. I have a positive growth mindset
- Q3. I am a resilient learner
- Q4. I work well as part of a team
- Q5. I have a positive relationship with my friends
- Q6. I am good at waiting my turn
- Q7. I can share my thoughts and feelings with others
- Q8. I can recognise when I have done something well
- Q9. I am comfortable being away from home overnight

Questions 1 - 3	Personal Development Resilience and Self-confidence	Resilience Confidence Broadened Horizons
Questions 4 - 6	Social Development Teamwork and Cohesion	Teamwork Relationships Communication Self-control
Questions 7 - 9	Emotional Development Independence and Self-reflection	Independence Celebrating Success Social Awareness Emotional Awareness