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National Dance Institute of New Mexico Comprehensive Evaluation Results Prove Positive Impact on Students

National Dance Institute of New Mexico (NDI-NM), with RMC Research Corporation, an outside evaluation firm, conducted a comprehensive evaluation of its programs throughout the state.

NDI-NM programs were found to have the following positive impacts:

- Student ratings of **attitudes toward physical fitness** and dance increased over time.
- Students who participated in the 30-week in-school program also showed increases for **healthy risk taking** (i.e., willingness to try something new).
- Student ratings of **feeling physically fit** increased over time. This was particularly evident for students in the 30-week in-school program. These students also showed increases for self-reported acquisition of fitness and dance skills.
- The more time students spent in the program, the more they reported feeling a sense of **social connectedness**.
- Students in the NDI-NM Advanced Training Program reported increased levels of **self-confidence** and **teamwork** skills. High school aged students in the Advanced Training Program in Santa Fe showed strong increases on several items related to **persistence, working hard to do one's best**, and self-reporting of physical fitness.
- Teachers noted that NDI-NM had a positive impact on students' ability to work together as a team, their sense of self discipline and increased self-confidence.
- Principal and teacher ratings of satisfaction with aspects of NDI-NM programming were very positive. Principals liked the highly structured approach and the discipline and responsibility the program engendered.
- NDI-NM experiences were viewed by classroom teachers as **complementary to academics and connected to New Mexico State Standards**.
- Survey results indicated that parents strongly agreed that their children developed positive attitudes toward fitness, became better at **positive risk taking**, and gained teamwork skills as a result of their participation.

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In 2005-2006, data was collected from 2,700 students, 129 classroom teachers, 19 principals, 95 parents, and 15 NDI-NM program staff and analyzed using both quantitative and qualitative methods. RMC Research is currently conducting a second year of the NDI-NM evaluation.

At NDI-NM, working hard, doing your best and never giving up is our mission. It means successful students, inspired teachers, and a brighter future for New Mexico!

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Founded in 1994, National Dance Institute of New Mexico (NDI-NM) reaches 6,100 underserved children from kindergarten through high school annually throughout the state. NDI-NM's highly-trained instructors bring award-winning arts and physical education programs to these students and to 784 public school teachers in urban, rural and Native American communities. NDI-NM is located at 1140 Alto Street in Santa Fe, New Mexico. Further information is available at www.ndi-nm.org or by calling 505-983-7646.