



National Dance Institute of New Mexico Programs Have Positive Impacts on Students

This brief presents selected findings from the RMC Research Evaluation Report, based on data collected during the 2006-2007 school year.

National Dance Institute of New Mexico

The National Dance Institute of New Mexico (NDI-NM) was founded in 1995 on the belief that the arts have a unique power to engage and motivate children. The purpose of NDI-NM programs is to help children develop discipline and a standard of excellence that will carry over into all aspects of their lives. In the 2006-2007 school year, NDI-NM programs served over 6,000 children in urban, rural, Native American, and frontier communities throughout New Mexico. Of these students, 75% qualified for free or reduced price lunch, 60% were Hispanic, 20% were White, 17% were Native American, 1% were African-American, and 1% were Asian.

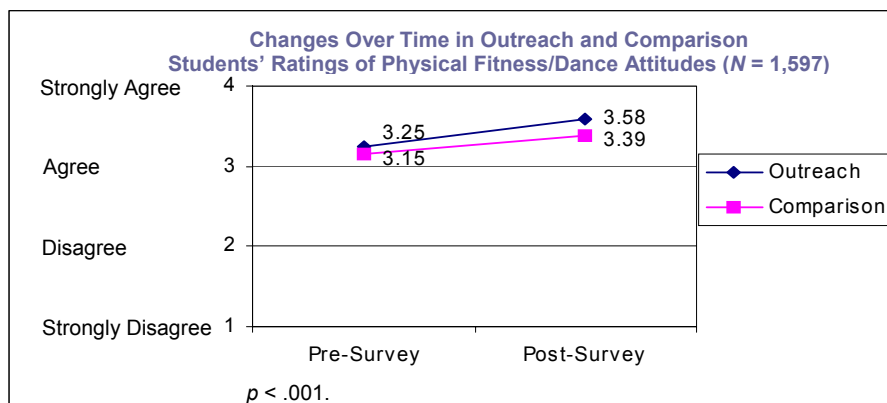
RMC Research Corporation conducted an evaluation of NDI-NM in-school (Outreach) and Advanced Training programs in Albuquerque, Santa Fe, and northern New Mexico, and 2- to 3-week residency programs throughout the state. In 2006-2007, data were collected from 3,485 students, 137 classroom teachers, 21 principals, and 18 NDI-NM program staff and were analyzed using both quantitative and qualitative methods.

I like NDI's dedication to the arts and to the children of New Mexico. I like how they are trying to motivate different kids who come into the program to stay healthy, to be engaged in what they like, and to do their best at whatever they do.

– Student

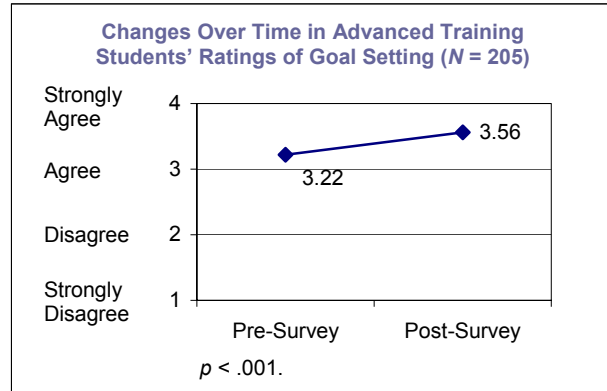
Selected Findings

- Students were positively impacted by their participation in NDI-NM.** Across all programs, students showed increases from fall 2006 to spring 2007 on measures of excellence, tenacity, working hard, confidence, focus, teamwork, discipline, school engagement, and physical fitness/dance attitudes and skills.
- Students' attitudes toward physical fitness and dance and their ratings of feeling physically fit increased significantly over time.** Students who participated in NDI-NM in-school programs in 2006-2007 had greater gains than students from a comparison group who did not participate in NDI-NM programs.



- **The more time students spent in the program, the more they reported enjoying NDI-NM and the higher their ratings were on measures of excellence, working hard, tenacity, and confidence.** Student ratings on these measures were highest for the 30-week program.

- **Students in the NDI-NM Advanced Training Program showed strongest impacts in the areas of goal setting, body confidence, social confidence, and self-confidence.** Students' ratings were also high on the measures of NDI-NM enjoyment/engagement, connectedness, and having fun.



- **Principals and teachers were very satisfied with all aspects of NDI-NM programming.** Principals liked the gains students made in physical fitness/dance skills, their desire to do their personal best, and sense of self-confidence. Teachers noted that NDI-NM had a positive impact on students' ability to work together as a team, motivation to attend school on days NDI-NM classes were held, level of persistence, and sense of self-confidence.

One of the things that I see is that it builds kids' self-confidence. Anytime a student who has participated in NDI does a class presentation, there's a different sense of their presence. The language is there 'to do your best' and to not give up...that certainly translates into encouragement in the classroom as well.

– Principal

- **NDI-NM experiences were viewed by classroom teachers as complementary to academics and connected to New Mexico State Standards.** Outreach and Residency program teachers reported connecting NDI-NM activities most frequently to physical education, health education, and the arts. Teachers noted that they used NDI-NM strategies for classroom management and discipline, and for reinforcing concepts of excellence and high standards with their students.

NDI has taught me certain classroom management strategies such as how to get students quiet and motivated. For me it's a way to integrate my teaching with another teachers' teaching (that of the NDI instructor) so we can all do it together.

– Teacher