Activist Skills and Experiences Questionnaire

This is a list of useful skills and experiences for social change activists. It can be used for self-assessment, goal setting, or progress evaluation. Consider including your applicable experience in non-social change activities too.

		E	xperien	ce		S	kill	
		None	Some	Lots	Weak		Strong	Expert
Α	Self-Education / Educational Outreach							1
1	Educate yourself about an issue							
2	Clearly present your ideas to another person							
3	Discuss your ideas with someone who disagrees							
4	Attend a house meeting, community meeting, or teach-in							
5	Plan a house meeting, community meeting, or teach-in							
6	Arrange a speaker for a group (civic group, etc)							
7	Speak to a small group							
8	Give a formal speech to a large group (more than 30 people)							
9	Engage in street speaking (public speaking to passersby)							
10	Pass out leaflets on an issue							
11	Table (pass out or sell literature from a table)							
12	Canvass door-to-door to present information (not for \$)							
13	Make a sign, banner, poster, etc.							
14	Create a flyer announcing an event							
15	Write a news article for publication							
16	Write an editorial for publication							
17	Create or curate a website							
18	Publish a blog or Facebook page							
19	Engage others using social media							
20	Interview someone for publication/airing							
21	Publicly sing a song							
22	Write a social change song or poem							
23	Perform a play or skit (street theater)							
24	Write a social change play/skit							
25	Publicly display social change artwork							
26	Create social change artwork or crafts							
27	Write a social change short story or novel							
28	Create a podcast							
29	Create a video							
30								
B	Background Research							
1	Research a specific problem or solution							
2	Compile data to illuminate a specific problem or solution							
3	Statistically analyze data to learn about an issue							
4	Write an informational leaflet or article explaining research	_						
5	Write a research report/analysis explaining research results	_						
C	News Media Outreach				ļ			
1	Write a letter-to-the-editor	_						
2	Write a calendar or public service announcement	_					ļ	
3	Create a TV or radio public service announcement	_						
4	Write a press release (and send it)	_						
5	Make follow-up phone calls to news media							
6	Be interviewed by the news media							
7	Build a relationship with a reporter/editor	_						
8	Arrange a press conference							
9	Speak at a press conference							
10								

Page	· 2	F	xperien	<u>CO</u>		SI	kill	
1 age		None	Some	Lots	Weak			Expert
D	Legislative Work	Ttolle	bonne	Lots	weak	1 an	buong	Expert
1	Write a letter to your member of Congress or other official							
2	Sign a petition							
3	Circulate a general petition (non-legally binding)							
4	Circulate a legally binding petition							
5	Write a general petition							
6	Write a legally binding petition							
7	Coordinate a letter-writing/petition campaign							
8	Call or visit a public official (lobbying)							
9	Coordinate a lobbying campaign							
10	Speak at a government committee hearing							
11	Arrange a government committee hearing (with an official)							
12	Register people to vote							
13	Walk a district (canvass) for a political candidate							
14	Call voters on behalf of a candidate or to get out the vote							
15	Write a speech for a candidate							
16	Analyze voter data for outreach targeting							
17	Organize a political campaign							
18	Handle the finances for a political candidate							
19	Run for office							
20	Be elected and hold a government office							
21	Be an assistant to a government official							
22	Be a delegate to a political party convention							
23	Be a political party official							
24								
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			-					
E	Legal Intervention							
1	Research the legal aspects of a social problem							
2	Assist lawyers in preparing a lawsuit/injunction							
3	Prepare a lawsuit/injunction							
4	Argue a legal case in court							
5								
F	Demonstrations / Protest / Direct Action							
1	Wear or display a symbol representing a cause							
2	Attend a rally							
3	Participate in a vigil							
4	March or parade for a cause							
5	Participate in a boycott							
6	Organize a boycott							
7	Vote your company shares for social responsibility							
8	Divest from socially-irresponsible companies or funds							
9	Be a whistleblower (release secret information)							
10	Fast for a cause							
11	Participate in an economic, political, or social strike							
12	Attend a civil disobedience demonstration							
13	Be a nonviolent monitor/peacekeeper at a demonstration							
14	Provide support for those risking arrest/jail							
15	Plan a demonstration (rally, march, strike, blockade, etc.)							
16	Negotiate with opponents or police	_						
17	Risk arrest for a cause							
18	Be arrested for a cause							
19	Spend time in jail	_						
20								

Page	23	Experience		Skill				
U			Some	Lots	Weak	Fair	Strong	Expert
G	Strategic Planning — Campaign Design						. 0	
1	Evaluate the forces supporting and opposing social change							
2	Establish a specific goal for a campaign							
3	Design a campaign that accomplishes a specific goal							
4	Evaluate a campaign for its effectiveness							
Н	Building Organizations							
1	Contribute money to an organization							
2	Volunteer for an organization (some involvement)							
3	Join an organization (active involvement)							
4	Encourage someone to join an organization							
5	Form an organization							
	8							
Ι	Group Bonding							
1	Teach or lead a group in song							
2	Teach or lead a group in a game or ritual							
3	Organize or facilitate a group outing (party, picnic, etc.)							
4	Organize or facilitate a community ceremony or celebration							
J	Cooperative Decision Making							
1	Plan a meeting agenda							
2	Facilitate a small meeting							
3	Facilitate a meeting of more than 30 people							
4	Facilitate a difficult meeting							
5	Propose a social change activity for a group							
6	Write a formal proposal for a group activity							
K	Personal Skills / Conflict Resolution							
1	Ask someone who is unlike you about her/his background							
2	Sympathize with another person's perspective (unlike yours)							
3	Tell someone your criticisms of her/him							
4	Tell someone your appreciations of her/him							
5	Mediate a dispute between individuals							
6	Mediate a dispute between groups							
7	Learn/develop techniques to help yourself when upset							
8	Arrange for others to support you when you are upset							
9	Support another person when she/he is upset							
10	Set personal goals and achieve them							
11	Help another person evaluate her/his goals							
12	Encourage and support another person to reach a goal							
13	Learn about oppressive behavior (sexism, racism, etc.)							
14	Interrupt interpersonal oppressive behavior							
15	Ask a disruptive person to leave an organization							
L	Multicultural Connection							
1	Teach someone else about your group's culture							
2	Learn the background of someone from another culture							
3	Work closely with someone from another culture							
4	Learn a great deal about another culture							
5	Teach someone of your culture about another culture							
6	Inventory the ways you are oppressed and privileged							
7	Resolve conflicts between people of different cultures							

Page	- 4	E	xperien	ce		S	kill	
1 48-		None	Some	Lots	Weak	_		Expert
Μ	Coalition Building			•			<u> </u>	
1	Actively participate in a coalition event/campaign							
2	Design a coalition event/campaign							
3	Speak to a group to get them involved in a coalition							
4	Negotiate with another group to resolve disagreements							
5								
Ν	Fundraising		-					
1	Write a fundraising letter or email							
2	Purchase a mailing list for fundraising							
3	Write a grant request proposal							
4	Make a presentation to a foundation granting committee							
5	Arrange a benefit event (speech, film, dinner, etc.)							
6	Call a potential donor	_						
7	Visit a potential donor							
8	Canvass to raise money							
9								
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	Office Work							
0 1	Office Work Mail requested literature			1			1	
$\frac{1}{2}$	Answer correspondence for a group							
3	Make copies, collate, and staple documents							
4	Use a computer for email and surfing the web	-						
5	Use a computer to create documents							
6	Use a computer for complicated page layout							
7	Use a computer for financial analysis							
8	Solicit articles, photos, graphics for a newsletter/newspaper							
9	Design a flier, leaflet, newsletter, or newspaper							
10	Edit a flier, leaflet, newsletter, or newspaper							
11	Lay out a flier, leaflet, newsletter, or newspaper							
12	Have a flier, leaflet, newsletter, or newspaper typeset							
13	Have a flier, leaflet, newsletter, or newspaper printed							
14	Prepare a bulk mailing							
15	Manage an email list							
16	Prepare a mass email message using a database							
17	Write a budget for a project							
18	Perform basic bookkeeping (check deposit, recording, etc.)							
19	Perform complete bookkeeping							
20	Manage petty cash							
21	Manage an organization's finances (check writing, etc.)							
22	Manage a mailing list							
23	Manage an office (organize files, establish procedures)							
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P	Supervising Others				Į			
1	Recruit a volunteer/intern							ļ
2	Hire an employee	_						ļ
3	Supervise an employee, intern, or volunteer							
4	Evaluate the performance of an employee, intern, volunteer							
5	Fire an employee, intern, or volunteer							
6								
7								

Page	5	E	xperien	ce		S	kill	
U		None	Some	Lots	Weak	Fair	Strong	Expert
Q	Kitchen and Life Skills		•	•				
1	Cook for more than 10 people							
2	Plan a meal for more than 10 people							
3	Plan a meal for more than 100 people							
4	Take care of a toddler							
5	Take care of a young child							
6	Take care of an older child							
7	Take care of several children at once							
8	Work with teenagers							
			-				-	
R	Teaching Skills to Others							
1	Attend a skills-building workshop							
2	Teach a person one-on-one							
3	Present activist skill information to a group							
4	Facilitate a role play or exercise							
5	Develop a skills-building workshop							
6	Facilitate a short workshop							
7	Facilitate a several-days-long workshop							
8	Evaluate the effectiveness of a workshop							
9	Write skills-building leaflets or manuals							
S	Evaluating Effectiveness		-					-
1	Evaluate your own skills and abilities for effecting change							
2	Evaluate your effectiveness in bringing about change							
3	Evaluate the effectiveness of the groups you work with							
4	Make changes in your activites so you are more effective							
5								
T	Other Things Not Listed Above — Please Fill In			1				
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Inspired by: "Skills and Knowledge of a Social Change Agent," by Jim Nunes-Schrag and Christopher Mogil, April 5, 1984, Movement for a New Society.

- Prepared by Randy Schutt http://www.vernalproject.org OK to copy for non-commercial purposes.

Activist Knowledge and Experiences Questionnaire Philosophy, History, Issues Topics, and Methods

This is a list of social change philosophy, history, issue topics, and methods about which activists should have at least some knowledge. It can be used for self-assessment, goal setting, or progress evaluation.

			Know	ledge	
		None	Some		Expert
Α	Economic Systems / Philosophies / Critiques				
1	Capitalism/markets, government regulation				
2	Unequal negotiating power: monopoly, monopsony				
3	Other market failures – externalities, information, behavior, etc.				
4	Free enterprise/entrepreneurialism				
5	Welfare state				
6	Marxism/socialism				
7	Communism				
8	Cooperative ownership				
9	Stewardship				
10	Macroeconomics – productivity, inflation, unemployment, trade				
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B	Political & Social Systems / Philosophies				
1	Monarchy				
2	Oligarchy/plutocracy/kleptocracy				
	Dictatorship				
4	Fascism/nationalism				
5	Representative democracy, pluralism				
6	Libertarianism				
7	Participatory democracy				
8	Anarchism				
	Pacifism				
	Militarism				
11	Colonialism/imperialism				
	Humanism				
12	Multiculturalism				
	Environmentalism				
14	Consumerism				
15	Religion and spirituality				
17					
17	Utopian visions				
18					
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C	Oppressive Social / Cultural Institutions				
	**				
1	Patriarchy/sexism				
2	Racism				
3	Nativism/xenophobia				
4	Colonialism				
5	Ageism				
6	Ableism				
7	Heterosexism/CIS genderism				
8	Classism				
9	Consumerism				
10	Authoritarianism				
11					
12					

None Some Lots Fxper None Some Lots 1 Anti-slavery	Page	2	Knowledge			Social Change Experience			
1 Anti-slavery			None			Expert			Lots
1 Anti-slavery	D	History of Major U.S. Social Change Movements							
3 Labor	1	Anti-slavery							
4 Women's suffrage 5 Civil rights 6 Ban the bomb, anti-nuclear weapons 7 Anti-Vietnam war 8 Women liberation/feminist/#MeToo 9 Gay/lesbian/transgender rights 10 Anti-nuclear power 11 Anti-US, intervention in Central America	2								
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17 Black Lives Matters	15	Climate change							
18	16								
19	17	Black Lives Matters							
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18 Agriculture (and pesticides)									
	19	Energy							
20 Transportation									
21 Waste disposal and toxins									
22 Healthcare	22								
23 Social security and retirement	23	Social security and retirement							
24 Family issues and childcare									
25 Family planning and abortion	25	Family planning and abortion							

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