The Power of Dance:
How Dance Affects Mental and Emotional Health and Self-Confidence in Teenagers

Code Number: \_\_\_\_\_\_

Date: \_\_\_\_\_\_

Student Interview Questions

1. Did you have any expectations about the experience? Teachers? Classes? Dance itself?
2. Were you nervous?
3. Were you self-conscious? If yes, in a positive way? Or a negative way?
4. Do you feel differently about dance after having taken today’s dance classes?
5. What was your favorite part of today’s dancing?
6. Why do you think dance is so powerful?
7. Do you feel better, mentally or emotionally, after dancing?
8. Will you try to keep dance in your life? Why? Or why not?
9. Would you like to see more dance offered at your school?

Other questions may arise based on the dancer’s responses and observations made during the classes. This would be very impromptu. The notes made on the Note-taking Guide/Observation Rubric will inform any additional interview questions.