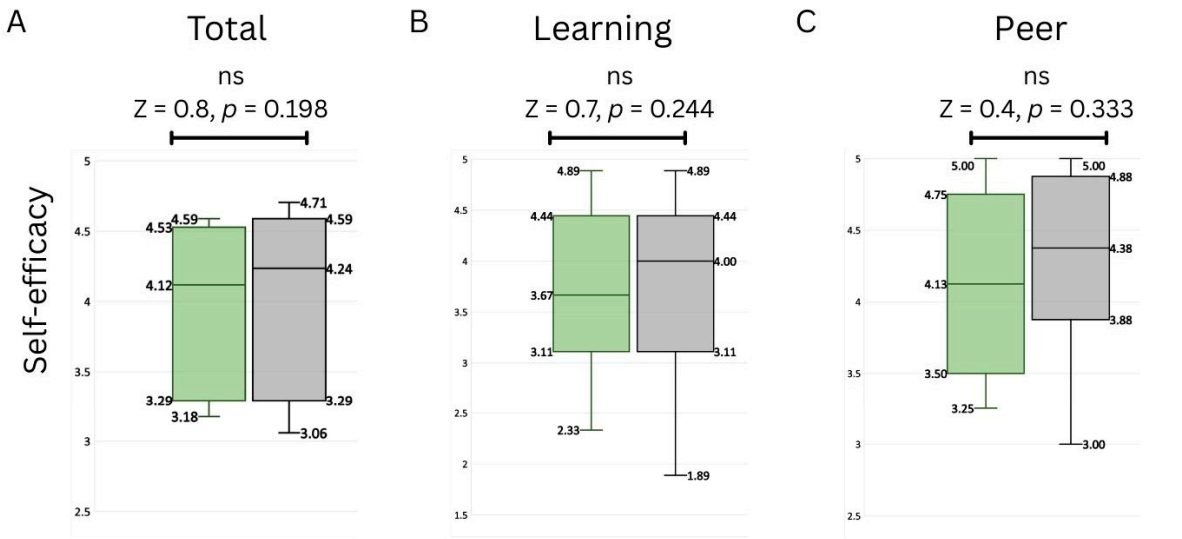

	Pre	Post
Shapiro-Wilks	W = .85 p = .016	W= .88 p = .041
Skewness	-0.1008	-0.398
Kurtosis	-1.8742	-1.393

	Pre	Post
Shapiro-Wilks	W = .95 p = .605	W = .94, p = .363
Skewness	-0.1824	-0.9087
Kurtosis	-0.9688	0.6348

	Pre	Post
Shapiro-Wilks	W = .89, p = .071	W = .93 p = .241
Skewness	-0.1958	-0.6737
Kurtosis	-1.5461	-0.4232

Figure S1. Box and Whisker Plot results on the pre- and post-self-efficacy survey results.