

Course: Coping with Stress

Location:

Speakers:

Date

Please take a few moments to answer the following questions. All information will be used for the improvement of the program.

PART 1

Please write in or check your response:

Age _____ Gender Male _____ Female _____ Zip Code _____

Marital Status: Married _____ Single _____ Divorced _____

Telephone # _____ Email Address _____

Race: Non-Hispanic Black _____ Non-Hispanic White _____ Hispanic _____ Asian _____

Other _____

Do you have children? Yes _____ No _____. If yes, how many and ages? Number _____

Ages: _____

Are you a grandparent? Yes _____ No _____

Do you care for your grandchildren? Yes _____ No _____

PART 2

Rate the questions using the following scale. Please circle the number.

5 Strongly Disagree

4 Disagree

3 Undecided

2 Agree

1 Strongly Agree

Pre-Test

1. I can define stress

Strongly Agree

1

2

Undecided

3

4

Strongly Disagree

5

2. I know what factors which are related to poor mental health

1

2

3

4

5

3. I am aware of factors that lead to good mental health

1

2

3

4

5

4. I know what cultural factors that can lead to good mental health

1 2 3 4 5

PART 3

Rate the questions using the following scale. Please circle the number.

5 Strongly Disagree

4 Disagree

3 Undecided

2 Agree

1 Strongly Agree

Post-Test

1. I can define stress

Strongly Agree

Undecided

Strongly Disagree

1

2

3

4

5

2. I know what factors which are related to poor mental health

1

2

3

4

5

3. I am aware of what factors that lead to good mental health

1

2

3

4

5

4. I know what cultural factors that can lead to good mental health.

Strongly Agree

Undecided

Strongly Disagree

1

2

3

4

5

PART 4

Course Evaluation:

Rate the questions using the following scale. Please circle the number that best fits your answer.

5 Strongly Disagree

4 Disagree

3 Undecided

2 Agree

1 Strongly Agree

1. The Course Content Met Your Needs

Strongly Agree

Strongly Disagree

1

2

3

4

5

2. The event had the right amount or mix of presentation, discussion and exercises.

1

2

3

4

5

3. The overall quality of the event was excellent

1

2

3

4

5

4. The Instructor encouraged students to participate in the course

Strongly Agree

Strongly Disagree

1

2

3

4

5

5. Additional comments and topics you are interested in hearing about:

