

Course evaluation

Looking at you

Rate yourself on a scale of 1 to 10 (1 = not good, 5 = okay, 10 = excellent) for how well you think you have developed your skills in each of the following areas. Please circle your choice.

Your level of self-esteem	1 2 3 4 5 6 7 8 9 10
Your ability to think positively	1 2 3 4 5 6 7 8 9 10
Your ability to cope with peer pressure	1 2 3 4 5 6 7 8 9 10
Your overall level of emotional literacy	1 2 3 4 5 6 7 8 9 10
Your ability to make and sustain positive relationships	1 2 3 4 5 6 7 8 9 10
Your understanding of the link between thoughts, feelings and behaviour	1 2 3 4 5 6 7 8 9 10
Your awareness of what it is to mediate and cope with conflict	1 2 3 4 5 6 7 8 9 10
Your understanding of drugs and alcohol abuse	1 2 3 4 5 6 7 8 9 10
Your understanding of gang culture	1 2 3 4 5 6 7 8 9 10
Your knowledge of sex	1 2 3 4 5 6 7 8 9 10
Your ability to keep motivated and set reasonable SMART targets	1 2 3 4 5 6 7 8 9 10
Your understanding of the stress and pressure presented in school and workplace contexts	1 2 3 4 5 6 7 8 9 10
Your understanding of cyber bullying and how to combat it	1 2 3 4 5 6 7 8 9 10



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Looking at the course activities

Use the same scale to rate the following activities:

Thought-storming activities 1 2 3 4 5 6 7 8 9 10

Quick activities 1 2 3 4 5 6 7 8 9 10

Circle talk 1 2 3 4 5 6 7 8 9 10

Problem scenarios 1 2 3 4 5 6 7 8 9 10

Activity sheets 1 2 3 4 5 6 7 8 9 10

Plenary 1 2 3 4 5 6 7 8 9 10

What did you enjoy the most?

Why?

What did you enjoy the least?

Why?

If we ran the course again, what advice would you give us in order to make it better?



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