

2010 Fall Session Power Within Feedback Form

Freshman Participant

In order to enhance future programs, I would greatly appreciate it if you could answer the following questions and return to me in the enclosed envelope by January 6, 2011. It is not necessary to reveal your identity on this form.

1. How would you describe your experience with Power Within?

My experience has been incredible!!
I have learned so much about life
that I will carry with me forever!
It was helpful but also fun learning
to be a leader which I love.

2. On a scale of one to ten, what was your level of satisfaction with Power Within?

I would give it a ten because I learned
so much about really everything and also
I had a great time, I loved coming to
class and seeing my friends and you.

3. What do you believe would improve the program? What would you change, add or eliminate?

I probably would like to do a little more yoga
because that was fun & also the Q&A
game because I love sharing mine & hearing
what other people had to say

4. What did you like most about Power Within?

I love when we relaxed at the last 5
mins of class because that just gets away
all the stress and makes you feel good.

5. What part or concept/skill that you learned in Power Within has been most helpful to you?

I mostly learned how to pick up for myself in a nice way so neither me or someone will get hurt.

6. What do you believe is the perfect size group for Power Within?

I think the perfect size would be 3 at least. Too many wouldn't be good because you wouldn't have time to share anything.

7. Do you believe one and a half hours was an adequate length of time? If not, is your recommendation that the time together be longer or shorter?

I think we needed more time because we always had so many great conversations together & we always ran out of time, so I think make 2 or 2½ hours is better.