WORKSHOP EVALUATION

Survey Responses: 8

Workshop Title: STRESS MANAGEMENT WORKSHOP Date: 11-29-10

Please mark the response that best describes your opinion of today's workshop.

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you rate the workshop overall?</td>
<td>100% (8)</td>
<td>--</td>
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</tbody>
</table>

Comments:

How would you rate the workshop's usefulness? 75% (6) 25% (2)
Comments:

How would you rate the strategies presented at the workshop? 75% (6) 25% (2)
Comments:

What are the most useful ideas, tips, or techniques you will take from today's workshop?
- Follow your dreams.
- Deep breathing, meditation.
- Start doing___, stop doing___, keep doing.
- Set boundaries for myself.
- Stop stressing so much. Prioritize my daily life.
- Taking ten minutes to go into my own zone and forget my worries and take a breath. Regenerate my emotional battery.
- Mindfulness.
- Breathing when you feel stressed. Don’t procrastinate and use time management. Use positive attitude.

How will you use what you’ve learned in today’s workshop?
- Choosing my career for my life.
- Apply it when I am in stress.
- Whenever I’m stressed, I’ll take a mental vacation.
- By being more organized.
- I will use it in my everyday life.
- Manage my stress. Identify what causes some of my stress and see what I can do to cope.
- Take baby steps to making change.
- I will be more of a positive person, dream big and take it slow.
What topics would you recommend for future workshops?

- Have presentation ready 10 minutes before the time it is supposed to start.
- Deep relaxation, finish strong.
- None, great workshop.
- Time management. (3)
- Studying habits.
- Job hunting.
- Ways to help sleep.

All 8 respondents were students. Six indicated they were from MVC.