

Please do not write your name on this form. Confidential.



Pre-training and Post-Training Evaluation

PLEASE COMPLETE BEFORE TRAINING BEGINS

	Not true about me	Rarely true about me	Some-times true	True about me	Very true about me
1. I know my own early warning signs for stress.	①	②	③	④	⑤
2. I am confident that I can recognize these signs before I experience too much stress.	①	②	③	④	⑤
3. It is important to me to slow down, stop, and evaluate the stressors in my life.	①	②	③	④	⑤
4. I am confident that I can evaluate these stressors effectively.	①	②	③	④	⑤
5. I can recognize when I am engaging in unhealthy coping and correct the situation.	①	②	③	④	⑤
6. For me, coping is not just about releasing tension but a life-style of healthy coping.	①	②	③	④	⑤
7. I know the signs of not coping well.	①	②	③	④	⑤
8. I have healthy life-style and coping factors that help me keep stress from building up.	①	②	③	④	⑤
9. I understand the link between unhealthy coping and unhealthy habits like addiction or substance abuse.	①	②	③	④	⑤
10. Overall, I am confident that I can keep stress from affecting my performance at work.	①	②	③	④	⑤

Attention Facilitators. Please staple or print back-to-back to assess change across each student.



Pre-training and Post-Training Evaluation

PLEASE COMPLETE AFTER TRAINING ENDS

	Not true about me	Rarely true about me	Some-times true	True about me	Very true about me
1. I know my own early warning signs for stress.	①	②	③	④	⑤
2. I am confident that I can recognize these signs before I experience too much stress.	①	②	③	④	⑤
3. It is important to me to slow down, stop, and evaluate the stressors in my life.	①	②	③	④	⑤
4. I am confident that I can evaluate these stressors effectively.	①	②	③	④	⑤
5. I can recognize when I am engaging in unhealthy coping and correct the situation.	①	②	③	④	⑤
6. For me, coping is not just about releasing tension but a life-style of healthy coping.	①	②	③	④	⑤
7. I know the signs of not coping well.	①	②	③	④	⑤
8. I have healthy life-style and coping factors that help me keep stress from building up.	①	②	③	④	⑤
9. I understand the link between unhealthy coping and addiction or substance abuse.	①	②	③	④	⑤
10. Overall, I am confident that I can keep stress from effecting my performance at work.	①	②	③	④	⑤

→ As a result of today's session on stress and problem solving...	Stayed the same	Improved slightly	Improved some	Improved much	Improved greatly
1. My ability to handle stress has...	①	②	③	④	⑤
2. My knowledge of healthy coping has...	①	②	③	④	⑤
3. My skills for pausing and evaluating stress has...	①	②	③	④	⑤
4. My desire to address stress effectively has...	①	②	③	④	⑤
5. My knowledge of where to go to get help if I cannot handle stress has...	①	②	③	④	⑤



PLEASE COMPLETE AFTER TRAINING ENDS

Overall Training Evaluation

	Strongly Disagree	Disagree	In Between	Agree	Strongly Agree
1. The facilitator was well prepared with all slides, materials, and handouts.	①	②	③	④	⑤
2. The facilitator was knowledgeable about the subject matter.	①	②	③	④	⑤
3. The facilitator made the material relevant to my own personal situation.	①	②	③	④	⑤
4. The facilitator clearly explained the slides and each section of the workshop.	①	②	③	④	⑤
5. The facilitator presented the handout survey “Stress, Problem Solving, and You” in a way that was easy to follow and useful.	①	②	③	④	⑤
6. The facilitator did a good job of guiding participants for the breathing, self-talk, and stretching exercises.	①	②	③	④	⑤
7. The facilitator instructed us on creating a positive affirmation for health or strength.	①	②	③	④	⑤
8. The pace of the session helped my learning (not too slow or too fast).	①	②	③	④	⑤
9. Overall, I am satisfied with the facilitator.	①	②	③	④	⑤
10. Overall, I would recommend this workshop to others.	①	②	③	④	⑤