

'Coping With Exams' – A Young Person's Guide To Stress Management – Evaluation & Feedback

Date...19/1/22... Year ...2022...



Feedback Form

Thank you for your participation today. We always aim to develop services around the needs of the audience and so please could you give us your thoughts on the following :- .

1. Do you feel the workers were professional, supportive & approachable ?

Definitely

2. Was there a good mix of activities to keep you interested ?

Yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

Group Activities

4. How do you feel your understanding of stress and how to cope with it has grown ?

Definitely

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

Tagging

6. On a scale of 1-10 how would you rate the session?

8

7. Any other feedback or comments welcome.

Thank you

Thank You .



'Supporting Brighter Futures'

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1. Do you feel the workers were professional, supportive & approachable ?

yes

2. Was there a good mix of activities to keep you interested ?

yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

yes

4. How do you feel your understanding of stress and how to cope with it has grown ?

NO

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

6. On a scale of 1-10 how would you rate the session?

6

7. Any other feedback or comments welcome.

Thank You .

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yes

2. Was there a good mix of activities to keep you interested ?

yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

yes

4. How do you feel your understanding of stress and how to cope with it has grown ?

It was helpful to do it in a group of people
and feel supported

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

yes - tapping

6. On a scale of 1-10 how would you rate the session?

10

7. Any other feedback or comments welcome.

Thank You .

'Coping With Exams' – A Young Person's Guide To Stress Management – Evaluation & Feedback

Date..... Year13.....



Feedback Form

Thank you for your participation today. We always aim to develop services around the needs of the audience and so please could you give us your thoughts on the following :- .

1. Do you feel the workers were professional, supportive & approachable ?

Yes especially penny, very open + honest

2. Was there a good mix of activities to keep you interested ?

activities were engaging and were better as everyone became more comfortable with each other

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

I did expect a bit more advice but the workshop did let me take interesting things away

4. How do you feel your understanding of stress and how to cope with it has grown ?

I feel like I will now have more methods to help me cope when I feel stressed instead of ignoring it

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

writing out and breathing

6. On a scale of 1-10 how would you rate the session?

~~8~~ 8

7. Any other feedback or comments welcome.

Thank You .

'Coping With Exams' – A Young Person's Guide To Stress Management – Evaluation & Feedback

Date...18th..... Year ...13.....

Feedback Form

Thank you for your participation today. We always aim to develop services around the needs of the audience and so please could you give us your thoughts on the following :-

1. Do you feel the workers were professional, supportive & approachable ?

Yes, I felt comfortable and supported.

2. Was there a good mix of activities to keep you interested ?

I enjoyed the range of activities they were a ^{mix} of fun, creative, calming methods.

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

I feel I have gained alot of methods + ideas to help with exam stress.

4. How do you feel your understanding of stress and how to cope with it has grown ?

Found new coping methods.

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

Yes, tapping method.

6. On a scale of 1-10 how would you rate the session?

9.

7. Any other feedback or comments welcome.

Thank you :)

Thank You .

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Date.....19/1/22..... Year13.....

Feedback Form

Thank you for your participation today. We always aim to develop services around the needs of the audience and so please could you give us your thoughts on the following :- .

1. Do you feel the workers were professional, supportive & approachable ?

yes .

2. Was there a good mix of activities to keep you interested ?

Yes .

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

yes. I learnt things as well as having fun.

4. How do you feel your understanding of stress and how to cope with it has grown ?

I've learnt more coping strategies such as tapping .

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

Yes Tapping

6. On a scale of 1-10 how would you rate the session?

10

7. Any other feedback or comments welcome.

Thank You . It was very helpful .

Thank You .

'Coping With Exams' – A Young Person's Guide To Stress Management – Evaluation & Feedback
 Date...18.11..... Year13.....

Feedback Form

Thank you for your participation today. We always aim to develop services around the needs of the audience and so please could you give us your thoughts on the following :- .

1. Do you feel the workers were professional, supportive & approachable ?

Definitely yes

2. Was there a good mix of activities to keep you interested ?

Yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

Yes, but maybe a bit to distress it in the actual exam it is going badly to recompose yourself

4. How do you feel your understanding of stress and how to cope with it has grown ?

More knowledgeable now.

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

The Tapping technique

6. On a scale of 1-10 how would you rate the session?

9

7. Any other feedback or comments welcome.

Thank you for your time to help me, is really really appreciated.

Thank You .



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Yes

2. Was there a good mix of activities to keep you interested ?

Yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

4. How do you feel your understanding of stress and how to cope with it has grown ?

I feel I understand stress more and how it applies to myself

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

6. On a scale of 1-10 how would you rate the session?

7

7. Any other feedback or comments welcome.

I did feel the saucepan worry activity was a bit judgemental because of the group saying how stressful they find it

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Yes

2. Was there a good mix of activities to keep you interested ?

Yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

Was a lot more interactive than expected

4. How do you feel your understanding of stress and how to cope with it has grown ?

Kind of the same

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

Emotional Freedom technique

6. On a scale of 1-10 how would you rate the session?

7

7. Any other feedback or comments welcome.

Thank You .



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1. Do you feel the workers were professional, supportive & approachable ?

yes

2. Was there a good mix of activities to keep you interested ?

yes

3. Did the content of the workshop meet your expectations, or would you have liked more? (Please provide details)

yes

4. How do you feel your understanding of stress and how to cope with it has grown ?

yes a bit

5. Have you gained different tips, hints and ideas on how to manage stress and if so, which was your favourite ?

Tapping

6. On a scale of 1-10 how would you rate the session?

8

7. Any other feedback or comments welcome.

N/A

Thank You .