Appendix G: Evaluation Form for the Life Skills Sessions

Evaluation Form

<table>
<thead>
<tr>
<th>Session Title:</th>
<th>Date:</th>
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1. What did you enjoy the most about this session?

2. What did you enjoy least about this session?

3. How much information covered in this session was new to you?
   
   1 – NONE  
   2 – A LITTLE  
   3 – SOME  
   4 – MOST  
   5 – ALL  

4. Overall, how would you rate this session?

   1  
   VERY POOR  

   2  
   POOR  

   3  
   AVERAGE / OK  

   4  
   GOOD  

   5  
   VERY GOOD  

5. What suggestions can you make so that we can improve this session for future groups?

   - Thank you for taking the time to fill out this form.  
   Your comments will be valuable in helping us to improve the course.

😊