Participant Survey

**Instructions:** Thinking about the course you just completed, please indicate to what degree you agree with each statement using this rating scale:

1 = Strongly Disagree       2 = Disagree            3 = Agree              4 = Strongly Agree

Please provide comments along with your rating to help us to improve this course in the future.

**Learning Environment**

The class environment helped me to learn.  1  2  3  4

There were no major distractions that interfered with my learning.  1  2  3  4

**Comments:**

**Relevance**

The program material will be helpful for my success in the future.  1  2  3  4

I will be able to immediately use what I learned.  1  2  3  4

**Comments:**

**Delivery**

I was well engaged with what was going on during the program.  1  2  3  4

The activities and exercises aided in my learning.  1  2  3  4

I was given adequate opportunity to demonstrate what I was learning.  1  2  3  4

**Comments:**
Overall
The program met my expectations.  
1 2 3 4
I am clear on how to apply what I learned on the job.  
1 2 3 4
I would recommend this program to my co-workers.  
1 2 3 4

Comments:

From what you learned, what will you be able to apply on your job?

Energy for Change
How confident are you that you will be able to apply what you have learned back on the job?  
(Circle one rating)

<table>
<thead>
<tr>
<th>0…..1…..2…..3…..4…..5…..6…..7…..8…..9…..10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all confident</td>
</tr>
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If you circled 6 or lower, please answer the following question. Circle all that apply.

My confidence is not high because:

a. I do not have the necessary knowledge and skills
b. I do not have a clear picture of what is expected of me
c. I have other higher priorities
d. I do not have the necessary resources to do it
e. I do not have the human support to do it
f. Other (please explain):
How committed are you to applying what you learned to your work? (Circle one rating)

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-1</td>
<td>Not at all committed</td>
</tr>
<tr>
<td>2-3</td>
<td>Extremely committed</td>
</tr>
</tbody>
</table>

If you circled 6 or lower, please answer the following question. Circle all that apply.

My commitment isn’t high because:

a. I do not have the necessary knowledge and skills
b. I do not have a clear picture of what is expected of me
c. I have other higher priorities
d. I do not have the necessary resources to do it
e. I do not have the human support to do it
f. I am not required to do this
g. I am not rewarded or recognized for doing this
h. Other (please explain):

What barriers do you anticipate that might prevent you from applying what you learned?

What might help to overcome those barriers?

What outcomes are you hoping to achieve as a result of your efforts?