



## 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)

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Not at all confidentExtremely confident

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)

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10	
Not at all committed	Extremely committed

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?