

Please tell us your opinion of the training you received. Your answers will help us to make changes. Return this form to your training or conference facilitator.

**Self-Assessment:** Circle the ONE response that most closely matches your self-assessment.

1. How would you describe <b>your knowledge and skills</b> related to this topic <b>BEFORE</b> you participated in this workshop?	<b>Expert</b> I use regularly and teach others about the topic	<b>Competent</b> I use regularly but recognize I have things to learn	<b>Apprentice</b> I have a basic knowledge and limited experience	<b>Novice</b> I have a little or no knowledge and little or no experience
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**Session Content:** Circle the ONE response that most closely matches your opinion

As a result of attending this session:	Substantial	Moderate	Little	None
2. The new <b>knowledge</b> about this subject that I gained in this session is...	4	3	2	1
3. The new <b>skills</b> about this subject that I gained in this session is...	4	3	2	1
4. The understanding I gained regarding the <b>value and relevancy</b> of this subject is...	4	3	2	1
5. The level of <b>confidence</b> I now have in using the skills needed in this subject area is...	4	3	2	1
6. The improvement in my <b>ability to access additional resources</b> on this subject is...	4	3	2	1

**Session Evaluation:**

• Overall I considered this session	Very Useful	Useful	Somewhat Useful	Barely Useful	Not useful at all
• Overall activities were	Excellent	Good	O.K.	Poor	Very poor
• The information presented was	Excellent	Good	O.K.	Poor	Very poor
• The facilitators' skills were	Excellent	Good	O.K.	Poor	Very Poor
• The concepts presented were	Very Clear	Clear	Somewhat clear	Somewhat confusing	Confusing
• My expectations and needs were	Totally Met	Met	Somewhat Met	Barely Met	Not met at all
• The amount of new knowledge and/or skills that I acquired was	Overwhelming	Too Much	Just Right	Too little	Not Enough
• The hand-outs and materials were	Very Useful	Useful	Somewhat Useful	Barely Useful	Not useful at all

Comments: (use back if necessary)