

# WHOLE HEALTH COURSE EVALUATION : \_\_\_\_\_ (topic)

We value your input, and it will shape how we plan future courses.

Please rate the following for this course on a scale of 1 to 5:

*MODULE* *Poor* *Excellent*

<b>Quality of Content</b> Did you learn something valuable?	1	2	3	4	5
<b>Skills</b> Do you feel like you can do more to promote your own Whole Health?	1	2	3	4	5
<b>Instructors</b> How well did the teachers of this course do?	1	2	3	4	5
<b>Mindful Awareness Activity</b> Did you find the mindful awareness practice useful? Interesting? Inspiring?	1	2	3	4	5
<b>Whole Health Resources</b> Do you feel like you know where to go if you want to learn more?	1	2	3	4	5
<b>Handouts and printed materials</b> Were the handouts you were given helpful? Readable? Inspiring?	1	2	3	4	5
<b>Personal Health Plan</b> Do you feel like you have a better sense of how to add this topic into how you take care of yourself?	1	2	3	4	5
<b>OVERALL RATING OF THIS COURSE</b>	1	2	3	4	5

What about the course was most helpful to you?

What about the course today could be even better?

Any other feedback and helpful suggestions? (Feel free to write on the back, too)