



Map the Road Within

### STUDENT EVALUATION FORM

DATE:	YOUR NAME:	GRADE:	YOUR AGE:

**Did you have fun in InnerState1?**

a lot of fun	it was ok	I did not enjoy it.

**How do you feel about your future now, compared to when you started InnerState1?**

much better	slightly better	about the same	slightly worse	much worse

**Do you feel like you can make better choices as a result of the program?**

much better	slightly better	about the same	slightly worse	much worse

**Do you feel like this program will improve your schoolwork?**

much more	slightly more	about the same	slightly less	a lot less

**Do you have a better understanding of yourself than you did before the program started?**

a lot more	slightly more	no change	slightly less	much less

**Do you get along better with other people your age than you did before InnerState1?**

much better	slightly better	no change	slightly worse	much worse

**Do you get along better with adults than you did before InnerState1?**

much better	slightly better	no change	slightly worse	much worse

**Do you get along better with people at home than you did before InnerState1?**

much better	slightly better	no change	slightly worse	much worse

**Do you feel like you can handle stress better than you did before you started this program?**

much better	slightly better	no change	slightly worse	much worse

**Do you feel like you can better control your anger or frustration when you get mad?**

much better	slightly better	no change	slightly worse	much worse

**Are your friendships different?**

much better	slightly better	no change	slightly worse	much worse

**Can you define a goal you want to achieve and develop a plan to accomplish that goal after this course?**

much better	slightly better	no change	slightly worse	much worse

**How do you feel about your future after InnerState1?**

much better	slightly better	no change	slightly worse	much worse

**What is the reason?**

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**Would you like to participate in more programs like InnerState1?**

definitely!	maybe	no way

**What is the reason?**

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**What new skills have you learned through InnerState1?**

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**What are the biggest challenges you face?**

**How would InnerState1 help other people your age?**

**Where else should the InnerState1 program be offered?**

**Thank you so much for taking time to complete this evaluation of the *InnerState1* program!**

[www.innerstate1.com](http://www.innerstate1.com)

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