Motivation: It’s All Up To You
Evaluation

Regarding this session, how would you rate each of the following?

5 = excellent    4 = very good    3 = average    2 = fair    1 = poor

- Content of session__________________.
- Quality of instructor(s)______________.
- Usefulness of handouts______________.

What did you gain or like most about this session?

How could this session be improved?

What two ideas, techniques, or strategies discussed at this session do you feel you will apply in your work or volunteer group?

Any other comments and/or suggestions about this session? (Please use back for more space)