

## Course Evaluation Form

### What now?

Your WSD course has ended. We hope that we have assisted you to create a personal support network and develop skills that will continue to help with your personal growth.

### Tell us who you are and what you want to do now

Details you give here are confidential and are used for support and evaluation only.

First name	Last Name:
Date my course began .....(month) .....(year).	
I want my name to remain on the membership list	Yes / No

### If you have answered "Yes", please provide your contact details below:

Address: <i>(include postcode please)</i>		
Phone: Home:	Work:	Mobile:
Email:		

As a member you can:

- receive the WSD Newsletter and join WSD Facebook to keep in contact with your group
- join in the WSD social activities
- volunteer to help with WSD courses and social activities
- go through the ten week course again at any time.

### Are you able to help us?

WSD is a support group run entirely by people who have attended a course.

Can you help us by: *(please ✓)*

- talking to future groups about your experience of starting life anew:
- hosting a shared meal at your house (maybe with a co-host?);
- hosting other events (e.g. going to the movies)
- facilitating (full training will be given) *(circle one)*;
- help us run WSD by joining the Committee;




Now / Later / Never

## How are you managing now?

(Put a ✓ in the box that best describes where you are at. If you fluctuate day to day, choose the lowest.)



<b>I'm overwhelmed</b>	<b>I'm sceptical</b>	<b>I'm encouraged</b>	<b>I'm confident</b>	<b>I'm moving forward</b>
Could anything change the way I'm managing right now?	I don't know that anything could change the way I'm managing right now.	How can I change the way I'm managing right now?	I know there are things I can do that will change how I'm managing right now.	I'm doing things that will change how I'm managing and it's working.

## How did we perform?

(Circle as appropriate where 1 = Great, 2 = Good overall, 3 = I had issues)

My experience of:	My Score	If you scored 2 or 3, how could we improve?
The registration process	1 2 3	
The first night	1 2 3	
Large group work	1 2 3	
Small group discussion within large group	1 2 3	
Small group interaction	1 2 3	
The course workbook	1 2 3	
Course activities/games	1 2 3	
Course music	1 2 3	
Guest speakers	1 2 3	
Safe, respectful atmosphere	1 2 3	
Opportunity to contribute	1 2 3	
Resolving problems as they arose	1 2 3	
Shared meals on the course	1 2 3	

## Comments and suggestions

Is there anything else you would like to mention including future social activities that you would enjoy?

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## ***Donations***

Donations are always very much appreciated. They help pay for advertising, workbooks, hall hire and other expenses.

If you want to make a donation, please give cash/cheque to your course co-ordinator, post a cheque to us at PO Box 1414 Wellington (make it payable to WSD Support Group) or donate through internet banking. The bank details are 03 0510 0730257 00. Please put your name and "donation" as references.

**I have donated/will donate \$ \_\_\_\_\_ (cash / cheque / internet banking)**

**Thank you for making a special time for yourself to  
attend this course.**

**Kia kaha and lots of good wishes for the future from WSD.**