AF D2D Seminar Critique

1. The 2-day seminar was ideal. (Check a block)

   [ ] 1 - Disagree  [ ] 2 – Somewhat Disagree  [ ] 3 – 50/50  [ ] 4 – Somewhat Agree  [ ] 5 - Agree

Comment:

2. I was able to express my feelings, experiences and opinions. (Check a block)

   [ ] 1 - Disagree  [ ] 2 – Somewhat Disagree  [ ] 3 – 50/50  [ ] 4 – Somewhat Agree  [ ] 5 - Agree

Comment:

3. As a result of this seminar, I have developed some positive new perspectives, coping skills, and/or attitudes. (Check a block)

   [ ] 1 - Disagree  [ ] 2 – Somewhat Disagree  [ ] 3 – 50/50  [ ] 4 – Somewhat Agree  [ ] 5 - Agree

Comment:

4. It was important to have food. (Check a block)

   [ ] 1 - Disagree  [ ] 2 – Somewhat Disagree  [ ] 3 – 50/50  [ ] 4 – Somewhat Agree  [ ] 5 - Agree

Comment:
5. It was important to include stretching, exercise and deep breathing activities. (Check a block)

Comment:

6. It was important to hear from the Sexual Assault Response Coordinator. (Check a block)

Comment:

7. It was important to go to the Family Support Center. (Check a block)

Comment:

8. This seminar helped me identify and/or appreciate personal strengths and/or positive characteristics in myself. (Check a block)

Comment:
9. Family concerns were addressed adequately. (Check a block)  

Comment:

10. It was important to hear the briefing about Post Traumatic Stress Disorder. (Check a block)  

Comment:

11. It was important to hear from Public Affairs. (Check a block)  

Comment:

12. It was important to hear from the Legal Office. (Check a block)  

Comment:
13. The trip to the Health And Wellness Center was important. (Check a block)

Comment:

Additional Comments/Suggestions:

Name (printed) (optional) _______________________________