



SkillsShop Evaluation Survey

Friday, September 29, 2023 • Holiday Resort Guam



TOPIC: MANAGING STRESS: SELF-CARE STRATEGIES

PRESENTER: BARBARA MAFNAS

40 STUDENTS RESPONDED

1. Please indicate your impressions of the following statements:

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
This SkillsShop was well organized.	36	4			
The materials/ideas were presented effectively and clearly.	35	5			
I have gained usable skills/knowledge that will help me with my personal, educational, and/or career goals.	37	3			
I have learned new information and/or new skills that I can apply to achieve my personal, educational, and/or career goals.	38	2			
The time-line for the SkillsShop was adequate.	36	4			
The presenter(s) was an effective communicator.	38	2			

Summary of #1:

100% (40) of students agreed or strongly agreed that the SkillsShop was well organized.

100% (40) of students agreed or strongly agreed that materials/ideas were presented effectively and clearly.

100% (40) of students agreed or strongly agreed that they gained usable skills/knowledge that will help them with their personal, educational, and/or career goals.

100% (40) of students agreed or strongly agreed that they learned new information and/or new skills that they can apply to achieve their personal, educational, and/or career goals.

100% (40) of students agreed or strongly agreed that the time-line for the SkillsShop was adequate.

100% (40) of students agreed or strongly agreed that the presenter(s) was an effective communicator.

2. What could be done to improve the SkillsShop?

- Nothing. It was great.
- Getting that massage as it ran out of time.
- A yoga exercise, no balloons.
- N/A she was perfect.
- It was great, more activities.
- Nothing. Very excellent SkillsShop.
- I fin this skill shop to be useful in my daily life.
- More activities for relaxation.
- None.
- Ok.
- Everything was amazing! No needed improvements!
- Nothing.
- It's good.
- Thanks Ms. Barb.
- More time.
- More activities.
- Maybe more massage techniques.
- Extend more time.
- More time.
- More time for this class.
- More time.
- More time for Miss Barb.
- More time.
- More time for the other games.
- Offer these more often. Thank you GCC. I only ignore the problem person as communication w/ them is impossible.
- IDK. It was good.

3. What SkillsShop topics would you like to see next year?

- Nursing.
- A programming one where it would teach you logical thinking skills.
- Yoga.
- This one.
- Stress management pt. 2
- More stress management.
- Yes.
- More stress managing SkillsShop.
- None.
- Ok.
- Mental Health.
- More of this self-care.
- Finance.
- Stress Management.
- How to stop procrastination.
- Blood pressure & monitor.
- More stress relief techniques.
- More of this class (we need stress management).
- How to manage anxiety with others. Creating connections.
- Managing emotions.
- Anger Management. Stress Management.
- Financial Management.
- More Stress Management.
- Investment sites and how to invest properly.
- Handling assaults. How to live with an alcoholic & substance abuser.
- More about stress relief.
- This SkillsShop

4. Give ONE example of how you will use the information from this SkillsShop in the classroom, your personal life, your workplace today, or when you enter the workforce in the future.

- Will do breathing techniques when I feel stressed.
- When testing.
- Learn how to relieve stress.
- Being able to improve my friends life.
- I will use the lymbic system activating technique.
- I will use breathing exercise.
- I will bring balloon when I feel stressed.
- Use stress relax exercise before tests.
- Every time I have stress or when I'm stressing out.
- This SkillsShop will really help when dealing w/ stressful situations.
- Work on breathing during stress situations.
- Be overwhelmed at work and find time to breathe.
- Relieving stress and more knowledge on how to activate immune system.
- I will practice those techniques.
- Practice my breathing techniques.
- Massage Therapy.
- Breathing techniques to calm yourself down.
- Breathing / relaxation techniques.
- Breathing techniques to relieve stress.
- Doing a test.
- Blood circulation helps decrease stress by using the techniques method.
- In my personal life, I can use these stress management.
- I can use for my everyday routine.
- To manage my skill for relieving stress.
- I would use the breathing exercises before a test.
- Using everything for relaxing before exams.
- I will be able to manage my stress and better manage my feelings.
- Massaging hands before tests.
- I'll make sure to keep using aroma therapy from now on.
- Working with lyphatic system to improve immune system to stay healthy in personal life and classroom.
- I will do work and do the breathing exercises on my break and when I clock in.
- To sleep better. To handle stressful home life w/ alcoholic partner.
- I will use the breathing techniques.
- Before a test.

5. Overall, I thought the SkillsShop was:

37 - Excellent (**92.5%**) 3 - Good (**7.5%**) 0 - Fair (**0%**) 0 - Poor (**0%**)

Overall, **100% (40)** of students thought the SkillsShop was Excellent or Good.