

Student Evaluation After SEJ Process Training

This Student Evaluation contains the following questions (students are asked the extent to which they agree to each statement, using a 1-5 Likert scale) giving an insight into the student's understanding of the SEJ, how to use it and in which way it will support with their mental health. This form can be adapted such as deleting items, but nothing can be added unless prior permission is obtained from the SEJ Foundation.

Statement	None of the time	Rarely	Some of the time	Often	All the time
I understand the SEJ process	1	2	3	4	5
I understand how to use the SEJ Worksheet	1	2	3	4	5
I understand the link between the 4 bodies	1	2	3	4	5
I am aware of how my feelings impact my choices	1	2	3	4	5
I am aware of how my feelings impact my actions / behaviours	1	2	3	4	5
I am aware of how my thoughts when believed impact my choices	1	2	3	4	5
I know how to question my thoughts	1	2	3	4	5
I am aware of how my thoughts impact my actions / behaviours	1	2	3	4	5
I am aware I am not my feelings	1	2	3	4	5
I am aware I am not my thoughts	1	2	3	4	5
I am more self-aware	1	2	3	4	5
I am aware I do not have to believe every thought	1	2	3	4	5
I can regulate my thoughts	1	2	3	4	5

I understand my thoughts are memories and not always relevant to the moment	1	2	3	4	5
I understand how I feel is dependent upon what I think (believe)	1	2	3	4	5
I feel more empowered	1	2	3	4	5
I feel more engaged	1	2	3	4	5
I feel I can reach my full potential	1	2	3	4	5
I am clear about what I am supposed to do if I need support	1	2	3	4	5
The best things about this training are:					
The training could be improved by:					