Identification Number: _______________

***To assign yourself a unique identification number, please combine the initials of your first and last name with the 4 digits that describe the month and day of your birth. For example, Laura Taylor was born on July 4; her unique identification number is: LT0704.

Socializing Healthy Habits in Young Children:  
Part 2: Physical Activity

Post-Session Evaluation

To improve this workshop, I need to hear your thoughts and ideas about what was helpful and what was not so helpful. Please provide brief and honest responses to the questions below. Thank you!

1=Strongly Disagree  2=Disagree  3=Neutral  4=Agree  5=Strongly Agree

1. Today's presenter was knowledgeable about the topic.
   1  2  3  4  5

2. Today's program allowed enough chances for me to participate and ask questions.
   1  2  3  4  5

3. Today's learning aides (e.g., overheads, videotapes, small group activities) helped me to better understand the material.
   1  2  3  4  5

4. Overall, today's program was worthwhile.
   1  2  3  4  5

5. Overall, the presenter was effective.
   1  2  3  4  5

6. Today, I learned...

7. Today's program inspired me to try something new....I am going to.....

8. I'd like to tell you that....

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