

Appendixes

Appendix 1: Participant Survey – “Under Construction” – Expectations

Wellness Through Living ~ “Under Construction” **Expectations**

In the space below, write three things you hope will happen during this next 10 weeks.

1. _____
2. _____
3. _____

In the space below, write three things you hope will not happen during this next 10 weeks.

1. _____
2. _____
3. _____

Is there anything you can foresee that might prevent you from attending the program?

Do you have any specific expectations of the Life Skills Coaches or the Office Staff?

Have you set any goals for yourself after making the decision and commitment of attending the ten week program of Life Skills?

Upon graduation, can you comment on your expectations and what direction you will take from here?

Appendix 2: Participant Survey – “Under Construction” – Completion

Wellness Through Living ~ “Under Construction” **Completion**

Peak experiences that you had:

What did you dislike about the Coach or program?

What can you do now, that you didn’t have the tools to do before?

What did you accomplish over the ten weeks for yourself?

Do you have any suggestions to improve the program?

What did you enjoy the most about the program (i.e. lessons, meeting new people, and new skills)?

Did you enjoy your 50h volunteer job placement?
