



Mid-Course Feedback to Instructors

OVERALL EXPERIENCE

Please write as little or as much as you like to any or all of the following questions.

How has the course been for you thus far?

What have you enjoyed/appreciated about your participation so far?

What have you found challenging?

How does this course differ from your expectations?

What is the main thing you hope to receive from this rest of this course?

What do you think *you* can do to contribute to the overall course experience (for yourself, other participants, and instructors)?



CLASS FORMAT

Below is a list of the typical components of each class. Please rate how helpful you find each component, and add any additional comments if you would like.

Small Group Sharing (e.g. about weekly practice)

Not at all Helpful Somewhat Helpful Usually Helpful Very Helpful

Why is this part of class helpful/what do you like about it?

How could we improve this part of the class?

Large Group, Teacher-Facilitated Discussions

Not at all Helpful Somewhat Helpful Usually Helpful Very Helpful

Why is this part of class helpful/what do you like about it?

How could we improve this part of the class?

Experiential Exercises/Guided Meditation Practices

Not at all Helpful Somewhat Helpful Usually Helpful Very Helpful

Why is this part of class helpful/what do you like about it?

How could we improve this part of the class?



OUTSIDE THE CLASSROOM

We are interested in learning more about how you are relating to course material outside of the weekly classes.

On average, how many days per week do you practice the recommended weekly meditation?

0 1 2 3 4 5 6 7

Which do you use to practice? (circle all that apply)

Guided meditation CDs Online guided meditation MP3s

If you are not practicing the recommended meditations, why?

Have you read any of the supplemental readings on the course website?

YES NO

Do you have any feedback or suggestions about supplemental readings?

Do you remember and think about the “informal”/ “awareness” homework suggestions? (e.g. bringing awareness to the process of meditating or not meditating; using the breath as a source of stability in stressful times; noticing emotions and reactions in everyday life)

Circle one: Frequently Occasionally Not Really

What would support your ability to do so? (e.g. email reminders, other suggestions)