

Pre-Assessment

Directions: Please fill out the survey prior to attending the workshop. Circle the best choice for the following questions below based on how you feel about your value at your school site.

1. I think I will be able to use what I learn in this session in my classroom.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

2. It is important for me to learn the course material in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

3. I am very interested in the content area of this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

4. I think the materials in this session are useful for me to learn.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

5. I like the subject matter of this professional development.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

6. Understanding the subject matter within this session is very important to me.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

Directions: Please fill out the survey prior to attending the workshop. Circle the best choice for the following questions below based on how you feel about your self-efficacy at your school site.

7. I believe I will do well in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

8. I'm certain I can understand the most difficult material presented in the articles and in-depth discussions in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

9. I'm confident I can understand the basic concepts, tools, and resources taught in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

10. I'm confident I can understand the most complex materials presented by the instructor in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

11. I'm confident I can do an excellent job on the tasks and discussions in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

12. I expect to do well in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

13. I'm certain I can master the skills to benefit myself and my scholars being taught in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

14. Considering the difficulty of this session's topic, the instructor, and my skills, I think I will do well in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

Post-Assessment

Directions: Please fill out the survey upon completion of the workshop. Circle the best choice for the following questions below based on how you feel about your value at your school site.

1. I think I will be able to use what I learn in this session in my classroom.

- vi. Strongly Agree
- vii. Agree
- viii. Neutral
- ix. Disagree
- x. Strongly Disagree

2. It is important for me to learn the course material in this session.

- xi. Strongly Agree
- xii. Agree
- xiii. Neutral
- xiv. Disagree
- xv. Strongly Disagree

15. I am very interested in the content area of this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

16. I think the materials in this session are useful for me to learn.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

17. I like the subject matter of this professional development.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

18. Understanding the subject matter within this session is very important to me.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

Directions: Please fill out the survey prior to attending the workshop. Circle the best choice for the following questions below based on how you feel about your self-efficacy at your school site.

19. I believe I will do well in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

20. I'm certain I can understand the most difficult material presented in the articles and in-depth discussions in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

21. I'm confident I can understand the basic concepts, tools, and resources taught in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

22. I'm confident I can understand the most complex materials presented by the instructor in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

23. I'm confident I can do an excellent job on the tasks and discussions in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

24. I expect to do well in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

25. I'm certain I can master the skills to benefit myself and my scholars being taught in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

26. Considering the difficulty of this session's topic, the instructor, and my skills, I think I will do well in this session.

- i. Strongly Agree
- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

Evaluation Immediately Followed

Directions: Circle the best choice for the following questions below based on how you feel about your value at your school site.

- a. I think I will be able to use what I learn in this session in my classroom.
 - i. Strongly Agree
 - ii. Agree
 - iii. Neutral
 - iv. Disagree
 - v. Strongly Disagree

- b. I think the materials in this session are useful for me to learn.
 - i. Strongly Agree
 - ii. Agree
 - iii. Neutral
 - iv. Disagree
 - v. Strongly Disagree

- c. I'm certain I can understand the most difficult material presented in the articles and in-depth discussions in this session.
 - i. Strongly Agree
 - ii. Agree
 - iii. Neutral
 - iv. Disagree
 - v. Strongly Disagree

- d. I'm confident I can do an excellent job on the tasks and discussions in this session.
 - i. Strongly Agree

- ii. Agree
- iii. Neutral
- iv. Disagree
- v. Strongly Disagree

Evaluation (Delayed)

Directions: Circle the best choice for the following questions below based on how you feel about your value at your school site.

a. Practicing Self-care is important to me.

i. Strongly Agree

ii. Agree

iii. Neutral

iv. Disagree

v. Strongly Disagree

b. I know more about self-care strategies now than I did before the program.

vi. Strongly Agree

vii. Agree

viii. Neutral

ix. Disagree

x. Strongly Disagree

b. I implement self-care strategies when stressed out.

i. Strongly Agree

ii. Agree

iii. Neutral

iv. Disagree

v. Strongly Disagree

c. I am less stressed as a result of the program.

i. Strongly Agree

ii. Agree

iii. Neutral

iv. Disagree

v. Strongly Disagree