

Appendix A

A Matter of Balance Student Training Evaluation (Fall 2019)

I. Demographics

1. What is your current age?
 - a. 18-24 years old
 - b. 25-34 years old
 - c. 35-44 years old
 - d. 45-54 years old
 - e. 55-64 years old
 - f. 65-74 years old
 - g. 75 years or older

2. What is your race/ethnicity?
 - a. African American
 - b. American Indian
 - c. Asian
 - d. Caucasian
 - e. East Indian
 - f. Hispanic
 - g. Other (please specify) _____

3. What is your gender?
 - a. Male
 - b. Female

4. What is your classification?
 - a. Freshman
 - b. Sophomore
 - c. Junior
 - d. Senior

5. Are you a Public Health Student?
 - a. Yes
 - b. No

6. Do you currently work in a health-related field?
 - a. Yes
 - b. No

ID# _____

Do not provide your response on this box. **For official use only.**

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II. A Matter of Balance Training

7. Have you previously participated in trainings like the “A Matter of Balance?”
 - a. Yes
 - b. No

8. Did you have any prior knowledge of programs like the “A Matter of Balance” before this semester?
 - a. Yes
 - b. No

9. The knowledge and skills I gained from “A Matter of Balance” program will be useful for my career?
 - a. Yes
 - b. No

III. Classroom Training (three 2-hour sessions)

	I Str on gly Dis agr ee	I Dis agr ee	Ne ith er Ag ree no r Dis agr ee	I Ag ree	I Str on gly Ag ree
The trainers were confident and prepared.	1	2	3	4	5
The trainers were knowledgeable about the topic.	1	2	3	4	5
The room set up was appropriate for the training.	1	2	3	4	5
The duration of the training was right for me.	1	2	3	4	5
The pace of the training was effective for me.	1	2	3	4	5
The training covered the materials I expected.	1	2	3	4	5
Self-study from the leader manual was necessary to be an effective leader for A Matter of Balance.	1	2	3	4	5

10. What were the major strengths of the classroom training? What was the most useful?

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11. What were your major challenges during the classroom training?

12. What aspects of the classroom training could be improved and how?

IV. Community Training (eight 2-hour sessions)

13. Were there **senior citizens** or **non-TSU students** as participants of your community training experience?

- a. Yes
- b. No

	I Str on gly Dis agr ee	I Dis agr ee	Ne ith er Ag ree no r Dis agr ee	I Ag ree	I Str on gly Ag ree
I was confident to train the community members after my classroom training.	1	2	3	4	5
I was prepared to train the community members after my additional self-study of the manual.	1	2	3	4	5
I experienced improvement in my leadership skills when delivering community lessons.	1	2	3	4	5
I experienced improvement in my social skills when delivering community lessons.	1	2	3	4	5
I experienced improvement in my marketing abilities to increase recruitment for community training.	1	2	3	4	5

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I experienced improvement in my ability to work in a team.	1	2	3	4	5
My group was able to able to maintain excitement when delivering lessons.	1	2	3	4	5
I will be able to conduct such trainings at a community level in the future.	1	2	3	4	5
I received adequate help from the program managers/course leaders to conduct the community training.	1	2	3	4	5

14. What were the major strengths of the community training? What was the most useful?

15. What were your major challenges during the community training?

16. What aspects of the community training could be improved and how?

17. Following the addition of your recommendations for improvement, would you recommend this type of class/experience to a fellow student? Why or Why not?