**Evaluation form for each weekly session**

**Pilot Study of a Student-led Peer Support Wellbeing Programme**

***We would be most grateful if you could provide some feedback on the wellbeing session and how you felt that it went.***

1. On a scale of 0 to 10, do you feel that the session helped you?

(0 – not at all, 10 definitely)

1. What did you find MOST useful about the session?
2. Do you have any further comments on the session, or suggestions for improving similar sessions in the future?
3. On a scale from 0 to 10 how likely would you be to recommend this specific session to a friend or to attend another similar one in the future? (0 – not at all, 10 – definitely would recommend)

**Weekly evaluations**

**WEEK ONE – MANAGING PHYSICAL ANXIETY AND STRESS – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 1 | 10 | **7** |

**What was most useful about the session?**

* **Action** plans provided
* **Doing** the walking exercise
* Learning **practical** techniques
* Mode of delivery
* Real-world **application**

**Suggestions for improvement:**

* More **activities**/discussion
* Keep it **interactive**
* Microsoft Teams – not an ideal environment

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 4 | 10 | **8** |

**General comments:**

All students found this session useful because it delivered practical help, tips and advice that they could use in their everyday lives (e.g. the walking exercise and breathing techniques). Early feedback shows the importance of keeping the sessions interactive by incorporating activities and discussion points. Only slight negative comment centered on using Microsoft Teams (distracted by notification pop-ups). Is there any other platform that could be used?

**WEEK TWO – RELATIONSHIPS – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 2 | 10 | **7** |

**What was most useful about the session? Learning about:**

* **Healthy** relationships
* **How** to manage difficulties (conflict resolution, having “difficult” conversations, consent) through **communication**
* Key **contact** details (relevant services that can help)
* **Tips** (making friends at university, online safety)

**Suggestions for improvement:**

* More **activities**/discussion
* Keep it **interactive**
* Ensuring material is applicable to students of all ages, including **mature students**

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 3 | 10 | **8** |

**General comments:**

Mature students deemed some of the material delivered in this session as “irrelevant” (their journey into university not being, 18, post A-level). There was a strong emphasis on the need for more group activities/short exercises and more real-world examples/scenarios needed to enhance understanding.

\*Less students completed Q4 compared to week one.

**WEEK THREE – SELF-CARE AND LOW MOOD – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 2 | 10 | **8** |

**What was most useful about the session? Learning about:**

* **Sleep hygiene**
* **How** to **practice** self-care (sleep diaries, focus on the positives)
* **Relevance** of the topic
* **Tips** (real-world examples)
* Group Discussion

**Suggestions for improvement:**

* More **activities**/discussion
* Keep it **interactive**
* Some material “shallow” (re getting nails done) – may not be a preferred self-care approach for all.

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 3 | 10 | **8** |

**General comments:**

Feedback is following a similar pattern to weeks 1-3 – students are finding the hints and tips (this week esp. around sleep hygiene and sleep diaries) useful and practical and realizing the importance of self-care and looking after it. More need for prompts and group activities/short exercises – one student commented that the proposed self-care method covered (beauty/nails) as ‘shallow’ and not applicable to them. This week has had the highest average score so far.

\*Again less students completed Q4 compared to week one – a lot of gaps in the improvements field.

**WEEK FOUR – LIFE DURING A PANDEMIC – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 6 | 10 | **8** |

**What was most useful about the session? Learning about:**

* **Five steps to well-being**
* Information was **‘bitesize’ and ‘concise’**
* Discussing **personal experiences**
* Key **contact** details (relevant services that can help)
* **‘Bitesize’ Tips** (reducing stress, discussing personal experiences)

**Suggestions for improvement:**

* More **activities**/discussion
* Presenter needed more prompts – flow felt like a ramble.

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 4 | 10 | **8** |

**General comments:**

In terms of overall scoring – this session has scored the highest. The presenter has noted they’d like more notes to have clear structure and direction for the session. The improvements section was poorly answered – other than more activities/discussion, which is a recurring theme – there were no suggestions offered (other than the presenter needing more notes).

**WEEK FIVE – ACADEMIC ACHIEVEMENT – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 6 | 10 | **8** |

**What was most useful about the session? Learning about:**

* **Advantages** to remote/online learning
* **Meaning and definition** of academic success and achievement – everyone is different.
* **Positivity** around lockdown and seeing the benefits of distance learning.
* Key **contact** details (at the end of each presentation – signposting where to get help)
* **Tips** (academic success)

**Suggestions for improvement:**

* Less **repetition**
* More **reflective** content.

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 7 | 10 | **8** |

**General comments:**

This has been the highest rated session so far – both in terms of written feedback and scoring. Students found this session useful for the practical tips for success and seeing the positives to remote/online learning despite a lockdown. They also seem to have enjoyed the discussion around what academic achievement is and how it differs from person to person.

**WEEK SIX – NEGATIVE THINKING – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 1 | 10 | **8** |

**What was most useful about the session? Learning about:**

* Ways to **change** and **control** negative thinking
* Using **CBT** to challenge negative thoughts
* **Awareness** of **positive** thinking.

**Suggestions for improvement:**

* Slides **too long** and some information **triggering**
* More **activities**

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 1 | 10 | **8** |

**General comments:**

This session mostly follows the previous sessions re scoring with the exception of one student – they felt the information was “triggering”. Students found it useful, especially around ways to control and change negative thinking. The application of CBT was also informative.

**WEEK SEVEN – CONFIDENCE – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 6 | 10 | **9** |

**What was most useful about the session? Learning about:**

* **Importance** of being oneself
* Learning about **FAST**
* **Positive** affirmations/ways to counteract negative thought/thought processes
* Key **contact** details (at the end of each presentation – signposting where to get help)
* **Tips** (combating low self-esteem, positive inner talk)

**Suggestions for improvement:**

* NONE!

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 7 | 10 | **9** |

**General comments:**

Another well received session – there were **no** areas of improvement mentioned. General feedback is that the session was both ‘uplifting’ and ‘encouraging’. Activities and group discussions still seem to be popular within the sessions, especially in this case, learning ways to think more positively about yourself and situations around you.

**WEEK EIGHT – MANAGING PHYSICAL HEALTH – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 6 | 10 | **8** |

**What was most useful about the session? Learning about:**

* **Variety** of topics covered (alcohol units, symptoms of illnesses, sleep hygiene)
* Physical Health Guidelines
* **Comprehensive** yet delivered in a **manageable way.**

**Suggestions for improvement:**

* NONE!

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 6 | 10 | **8** |

**General comments:**

Seems like another well received session – there were **no** areas of improvement mentioned. There was not much written commentary this week – one student did highlight the **‘Couch to 5k’** challenge set by the university and they have found it ‘improved health and mental wellbeing’.

**WEEK NINE – CONSENT– STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 3 | 10 | **9** |

**What was most useful about the session? Learning about:**

* **Informative** of topics covered (alcohol units, symptoms of illnesses, sleep hygiene)
* Raised **awareness**
* **Clear, balanced** messaging
* What is consent (misguided truths)
* **Discussion** and use of resources (videos)

**Suggestions for improvement:**

* Advance sensitivity warnings re session content.

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 6 | 10 | **9** |

**General comments:**

Session went well; use of video helped to ‘break up session’ and to get message across. Students found the session delivered the message around consent in a clear and balanced way. Only point of feedback was to give out prior sensitivity warnings about the session content but I think Kelly you had said this had already been done?

**WEEK TEN – DISABILITIES AT UNIVERSITY – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 6 | 10 | **9** |

**What was most useful about the session? Learning about:**

* **Hidden** disabilities (not all are ‘seen’)
* Real-life stories/PASS leaders’ own experiences
* **Different** forms of **disability**
* How we can **support** individuals with disability
* Insight into student disability and mental health (use of **statistics**)

**Suggestions for improvement:**

* Less rigid adherence to PPT slides (good to mix in real-life anecdotes)

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 7 | 10 | **9** |

**General comments:**

Session got really good feedback. Seems the students enjoyed learning about all the different types of disability, including ‘hidden’ disabilities. They appreciated the real-world experiences and one student felt it ‘really opened them up’ to knowing and appreciating more about this topic. No real improvements suggested, perhaps less reading more slides and more discussion, but that seems to have happened anyway.

**WEEK ELEVEN – LONELINESS – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 3 | 10 | **9** |

**What was most useful about the session? Learning about:**

* **Tips** and **activities** tomanage loneliness
* Session delivery: easy to understand, **clear** and well-designed slides.
* Use of **media resources**
* **De-stigmatizing** loneliness

**Suggestions for improvement:**

* Inclusion of chronic illness when discussing loneliness.

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 3 | 10 | **9** |

**General comments:**

Session got really good feedback. The leaders are doing a good job – the mode of delivery alongside how the slides were put together was praised. They also enjoy the inclusion of videos (probably to break up the session). Also the consideration that loneliness affects everyone. No real improvements suggested, asides from the suggestion to include chronic illness when considering loneliness.

**WEEK TWELVE – MENTAL HEALTH MATTERS – STUDENT FEEDBACK**

|  |  |  |  |
| --- | --- | --- | --- |
| **How helpful was the session?**  *(0 not at all-10 definitely)* | Lowest | Highest | **Average Session score** |
| 5 | 10 | **9** |

**What was most useful about the session? Learning about:**

* **Relevancy** tocurrent life
* Session delivery: **Mental Health Fitness Action Plan**, **clear** and well-designed slides.
* **Talking** and **listening** to each other
* **Warning signs** for mental health problems

**Suggestions for improvement:**

* None listed.

**Would you recommend the session to a friend/attend again in future?**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Would you recommend the session?***  (0 not at all – 10 definitely) | **Lowest** | **Highest** | **Average Session score** |
| 7 | 10 | **9** |

**General comments:**

This evaluation was short on detail. The session itself seems to have been well received; talking and listening to each other about mental health (problems) and learning what the warning signs are, seemed particularly useful. No real improvements suggested, not sure if that’s because there weren’t any or if this was a little rushed.