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| You enjoyed the course | | |
| Strongly Agree | 43% | 71% |
| Agree | 57% | 29% |
| Neither Agree nor Disagree | 0% | 0% |
| Disagree | 0% | 0% |
| Strongly Disagree | 0% | 0% |

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| You feel the course helped you learn stress management techniques | | |
| Strongly Agree | 19% | 48% |
| Agree | 67% | 38% |
| Neither Agree nor Disagree | 5% | 14% |
| Disagree | 10% | 0% |
| Strongly Disagree | 0% | 0% |

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| Your rating of the instructor | | |
| Excellent | 43% | 71% |
| Good | 52% | 29% |
| Average | 0% | 0% |
| Below Average | 5% | 0% |
| Horrible | 0% | 0% |

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| What did you like about the course? (section 5) |
| |  | | --- | | * Variety of activities and I didn't feel to pressured to be competitive | | * The instructor provided a great atmosphere | | * I enjoyed the yoga practice and volleyball. | | * It was very relaxed and stress free. | | * I liked how we changed up the activities and the knowledge that I learned. | | * The yoga was a very good stress management technique that was very fun and can be done anywhere. | | * It was easy, I got to meet new people, and learned some possible stress management techniques. | | * The instructor was younger and in shape, and awesome that he participated with us. | | * I liked that I was able to use the class time in order to worry less about the things that I had to get done and just relax. | | * It was really cool to play without expectations of greatness. I got to play games that I haven't played since high school and hadn't known how much I missed it. It was nice to do it and know that I wasn't ignoring homework in order to have fun, that it was a class where having fun was okay. | | * Variety of the activities and being able to try things I've never done before. | |  | | * Yoga and learning breathing techniques | | * I liked how we learned basic skills to help calm stress in everyday life, along with some activities that helped get stress relief. | | * Playing different activities | | * The different types of sports throughout the semester | | * The flexibility of activities and variety of them | | * The course changed to match the student's wants/needs. | | * The activities we were able to do. | | * I liked that it wasn't really challenging. It was engaging and fun and interesting but not hard. I think this class was really good for this semester with everything thats happened and I'm really glad I got into it. | | * I liked all the sports we got to play and the team building activities. I also liked the dancing section because I thought I was going to hate it at first but I actually learned so much from that week. | | * The different ways in which I was able to relieves stress, that actually worked for me and the outdoors part of the class was the best! | |

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| What did you dislike about the course? |
| |  | | --- | | * Not always sure what we were doing (scheduling could be better) | | * Yoga. I think that people should try it and that some people would like it but I really really didn't like it. Keep it in the course. | | * I really didn't like the yoga section at all or the kick boxing. | | * Dodgeball and Ultimate Frisbee did not help with my stress levels at all. | | * Too many sessions with doing meditation and techniques. Only do one or two sessions. playing the same thing over and over again. (Volleyball) | | * We did a lot of the same things, which made some classes a little boring. | | * I wish we had more time to do other activities.  We did a lot of the same activities, partly because of weather, but some of them were a little bit boring after awhile.  Maybe put some games together to create a new kind of game. | | * The traveling to other parts of campus. | | * Wish we would have used the rec center more | | * While the time management log was useful, the other assignments stressed me out with the course load that I took this semester. Perhaps letting us work on it during class could eliminate this. | | * The assignments we unclear and relaxing exercises we're not my favorite. | | * I did not like the time log project it was just confusing. | | * the log assignments | | * The assignments | | * I disliked the PMR exercise. Personally it did not benefit me.  I prefer activities such as yoga and the breathing exercises. | | * I wish we participated in activities that were more intense. | | * Nothing | | * There was nothing really that I did not like | | * Nothing! | | * There wasn't anything I really disliked. | | * N/A | |

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| General comments on the course, instructor, what could be better, etc |
| |  | | --- | | * Physical activities were a good stress reliever because they engaged the body and the mind and took my mind off of what was stressing me in the first place. | | * Loved the variety. Loved the different techniques that we learned to cope with stress. I will definitely use these skills throughout life. | | * You're a pretty cool dude. Thank you for the semester. The class itself was fine and I'm glad I got to take it. I hope you enjoyed yourself as well. Thank you. | | * Less time on meditation and more activity time | | * He was helpful and made the class fun with what he had to teach. | | * Kevin was awesome. He was timely with grading assignments and explained things clearly. The first assignment was tricky to figure out so perhaps for future classes he could show students an example of the assignment before having students complete their own. | | * Had fun, stay fun | | * I liked everything we did. | | * This course was really enjoyable and the instructor made it fun and everyone was involved. | | * Liked the class. Even though it was time consuming, the daily logs really helped me realize how I spend my time. | | * If things were a little bit more planned out ahead of time instead of guessing what we are doing each day and how to dress before the class starts. | | * Prep on what we were doing each day. It can help us make sure that we wear the proper clothes and shoes for it. | | * Make sure assignments are clear and have planned activities for us to do. Try to involve the class a little more as one, kind of bored during class but overall fun class | | * I think the class overall was enjoyable and the only thing i would change is adding in more variety of activities. | | * It was fun! Thanks | | * Really like the instructor. Maybe not play volleyball as much. | | * Come up with different games or activities to switch up the routine more. | |

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| What did you like about the course? (section 8) |
| |  | | --- | | * I like that I learned different types of ways to deal with my stress. | | * It taught me stress management techniques and gave me a reason to get out a exercise way more than I have been! | | * I like how it was a class that I actually looked forward going to every week. And it was a class that you get to play sports in, which made it better. | | * I liked PMR and the breathing techniques, as well as the welcoming environment of the class. | | * It wasn't just a way to learn how to manage your stress but also a nice class during the week to kind of just have fun and only have to worry about participating in fun activities. Also, it got me to start doing more physical activities on my own. | | * It was fun, I enjoyed the variety of activities | | * Learning new techniques. | | * I liked how it got me to try new sports that I would not of normally done, and I was able to make some friends in the class. | | * I loved having the teams and having group activities! | | * I liked that nobody had to feel left out. There was always something for everyone to do and you didn't have to feel bad if you weren't the best athlete in the class. I also liked that there was stress management but it wasn't too heavy. | | * The diversity in the sports we played. | | * The different activities we did, I really enjoyed yoga, I liked the guest yoga person too. I felt the best after yoga. Kickball was fun too. I also liked going to the rec center, and going outside. | | * I really enjoyed all of the different activities we did such as yoga, kickboxing, volleyball, and the muscle relaxation techniques. This class was really fun and I always looked forward to attending. | | * That we went out and did different activities and then when finished we came back in to prepare ourselves mentally with stress techniques. | | * I enjoyed not doing the same activities over and over again.  I learned some useful techniques for relaxing and stress release. | | * Regardless of what was learned, class was always a different course. A lot of time to be physically active made class worthwhile for me. | | * Being physically active, and make new friends | | * I really enjoyed this class and the ease of working with the professor. | | * I liked almost everything I did in this class. | | * I liked the wide variety of skills that we learned to help manage the stress. I enjoyed that physical activity and competition was used to help relieve the stress in a subconscious kind of way. | | * I liked that it really did relieve stress and everyone in the class was pretty cool. | |

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| What did you dislike about the course? |
| |  | | --- | | * I didn't like the daily log because at first it made me more stressed trying to figure out how to do it. | | * The thing I didn't like about the course was the yoga section of the class, since that is not a strong suit of mine when the guest came into the classroom to show us I felt bad looking like I didn't want to participate but in actuality I wasn't able to do the full motions of his advanced yoga positions. | | * I felt like some of the sport activities stresses me out more than It helped deal with stress. | | * The physical sports part is too easy; I could have worked out a lot better on my own!! | | * Ballroom dancing. | | * I wasn't a fan of the ultimate Frisbee. | | * I wish that we had more time outside and played more activities outside. | | * I did not like they days we met in the gym | | * I did not like RPM or meditation. I felt like it cut into activities and was not a big help. Dancing was a bit awkward. | | * Meditation | | * I disliked the muscle relaxation thing. The girl on the recording sounded like she was 7. | | * None. | | * It was only two days a week. | | * There was nothing that I really disliked about the course. | | * I felt some of the activities for stress management were not helpful. | | * Nothing! | | * I have no disapproval of this course. | | * Nothing | | * n/a | | * Nothing really | | * Nothing at all. | |

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| General comments on the course, instructor, what could be better, etc |
| |  | | --- | | * The instructor was the best! Made activities fun and participated with us. | | * The instructor was good and made the class interesting. | | * I liked the whole course I thought that it was a very effective class and I feel like I did learn a lot and a wide variety. | | * The teacher enjoyed this course as much as the students did. Everyone put in good effort. Diversity was well done. Maybe some more stress management techniques could be involved. | | * I've been taught  valuable information in this class and experienced  frequent time for stress relieving activities. I have no complaints and enjoyed your class very much. | | * I AM SO HAPPY I TOOK THIS CLASS :) | | * I believe that the instructor had knowledge about what he was teaching. I particularly enjoyed all the group activities. | | * Very good with teaching the class about all the sports. Really creative and helpful when it came to sports I knew nothing about. | | * If possible, provide more stress techniques. | | * I like the course a lot . I think that stress relief activities that do not involve laying on the ground would be better. I felt silly doing the RMP and meditation and I felt it was way to slow to do after coming in from outside. I do not know of any examples or I would offer them :) | | * The whole semester was very enjoyable and I felt like I learned something important every day through stress management techniques and through information provided in our discussion circle. | | * Instructor showed a lot of knowledge about stress management techniques and did a great job to create an open class. We weren't just there to learn about stress management, we got to make friends and enjoy everybody participating in the activities. Maybe make this class like 2 credits and make it 3 days a week. | | * I really liked this class and feel that I learned a lot! The only thing that could make it better is doing more activities like yoga and Pilates for longer periods of time. | | * He is a very nice instructor. He made the class so much fun. | | * I enjoyed this course and thought the instructor did a great job. | | * The instructor was great. He kept the class interesting and fun with all of the different activities, also when the weather was nice we went outside which was even better! | |