

DATE _____

COPE PROGRAM EVALUATION

Please answer the following questions:

1) Did you find the COPE program helpful? ___yes ___no

2) If you found the COPE program helpful, in what ways did it help you?

3) If you do not think the COPE program was helpful, please describe why it was not helpful?

4) What did you like best about the COPE program?

5) What did you like least about the COPE program?

6) What, if anything, have you changed since starting the COPE program?

7) What was the most helpful topic in the COPE program for you?

8) Why was this topic helpful?

9) What topic in the COPE program would you have liked to spend more time on?

10) What topic in the COPE program would you have liked to spend less time on?

11) What new or different thoughts do you now have about dealing with stress, concerns or things that worry you?

12) What things that you learned in the COPE program do you plan to continue to use?

13) What would you change about the COPE program?

14) Was the homework/skills building after each session in the COPE program helpful to you?

____yes ____no

15) If the homework was helpful, how was it helpful?

16) Did you like the length of the COPE sessions?

____ yes (if yes, why?) ____ no (if no, why?)

17) Have you talked with your parent(s)/guardian about things you have learned in the COPE program? ____yes ____no

18) What would you tell a friend about the COPE program?

19) Do you think all teens should get the COPE program?

____ yes (if yes, why?) ____ no (if no, why?)

20) Did you learn new ways to deal with your thoughts? ___yes ___no

21) Did you learn new ways to deal with your feelings? ___yes ___no

22) Did you learn new ways to deal with your behaviors? ___yes ___no

23) What else would you like to share about this C.O.P.E. experience?

Thanks so much for completing this evaluation of the COPE program!