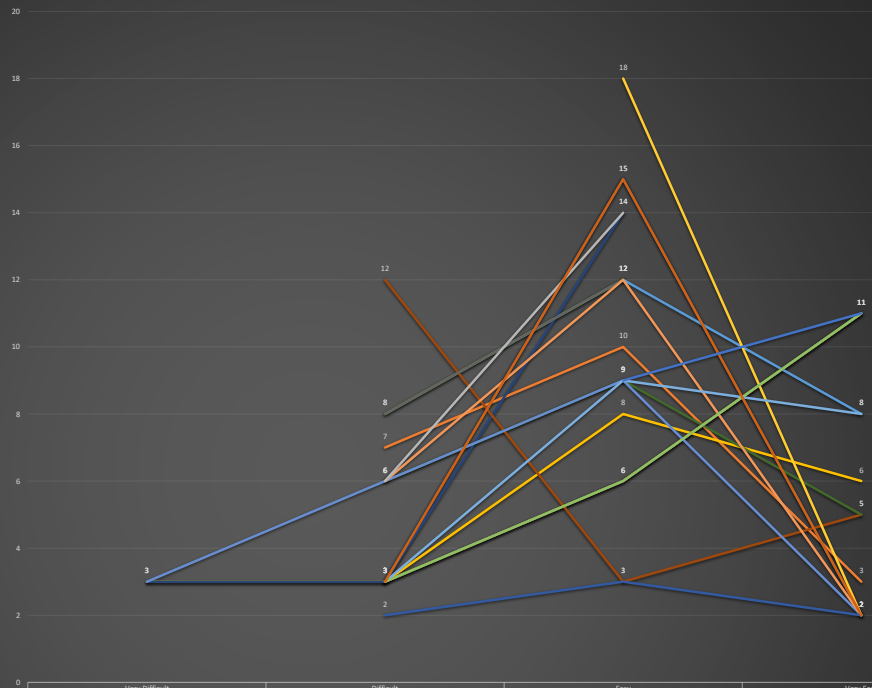


Post Survey Results



	Very Difficult	Difficult	Easy	Very Easy
Knowing what people may be feeling by the look on their face	3	7	10	3
Knowing the emotions I feel	3	3	6	11
Noticing what my body does when I am nervous	3	3	8	6
Knowing what my strengths are	3	12	12	8
Getting through something even when I feel frustrated	3	8	12	8
Being patient even when I am really excited	3	3	14	3
Staying calm when I feel stressed	3	12	3	5
Reaching goals that I set for myself	3	8	12	3
Thinking through the steps I will take to reach my goal	3	3	6	11
Thinking about what might happen before making a decision	3	3	15	2
Thinking of different ways to solve a problem	3	6	9	5
Demonstrating empathy	3	6	9	2
Demonstrating self-discipline and self-control	3	6	12	2
Identifying long and short-term academic, career, and social/emotional goals	3	6	14	2
Demonstrating effective coping skills when faced with a problem	3	3	18	2
Demonstrating critical thinking skills to make informed decisions	3	3	9	8
Demonstrating creativity	3	3	6	11
Demonstrating ability to manage transitions and ability to adapt to changing situations and responsibilities	3	2	3	2
Use of effective oral and written communication skills and listening skills	3	3	15	2
Demonstrating social maturity and behaviors appropriate to the situation and environment	3	3	9	11