

# Program Evaluation Summary

*“CRUTCHES: An Original Approach to Managing Life’s Daily Challenges In and Out of the School”*

Chazy Central Rural School Teacher Mentoring Program

March 20, 2007

Chazy, New York

Presentation Scoring Summary

Total Number of Evaluations: **15**

Numerical Rating    1=Poor        2=Fair        3=Good        4=Excellent

Speaker	Relevance of Information		Usefulness of Instruction/Skills		Quality of Instruction		Organization of Presentation		Overall Impression	
	Average	4.0/4.0	Average	3.9/4.0	Average	4.0/4.0	Average	4.0/4.0	Average	3.9/4.0
Tom Bull	1		1		1		1		1	
	2		2		2		2		2	
	3		3	2	3		3		3	1
	4	15	4	13	4	15	4	15	4	14

## Comments

- \* Was a very “feel good” motivational experience! Thank you!
- \* The best workshop of the year!
- \* This is a necessary workshop for anyone!! We cannot change the world, but we can endeavor to! This workshop helps us learn to cope with what the world can throw at us.
- \* Great job! Thank you!
- \* Superb job!
- \* All good information—never too late to improve one’s self.
- \* Thanks for your time to help us think about our perceptions; Red/Green exercise was great!
- \* When your book comes out, please let me know!
- \* Nice dancing, Tom!
- \* Excellent facilitator with great information!
- \* Tom, you did an excellent job. You have a “calming” way when you present—thank you very much!
- \* Well done! Thank you!
- \* Great humor! Slide presentation was excellent.
- \* Thank you! I got some reminders of things I knew and learned some new things too!
- \* Nice delivery and mood setting!

*Something helpful to me during the workshop:*

- \* Great topic!
- \* Recognizing patterns and how to break them.
- \* Overall great feeling! When I left Tom’s workshop I felt I was in a great mood.
- \* Mr. Bull is very entertaining and very funny!
- \* Reminder of our perspectives. We often focus on some things and not attend to or act on others; as educators we tend to spend a large portion of our time on negative behavior problems.
- \* It’s good to hear all these ideas to remind us that we all feel stress, but we can and need to handle it.
- \* Remembering to center myself—sometimes the small stuff is really small stuff.
- \* Great ideas with unforgettable and helpful lists (CRUTCHES).
- \* Stress management tips.

- \* Ways to take things more calmly. That was an amazing presentation!
- \* Techniques to distress.
- \* Giving me permission to be human—no one can do it all.

*Something else I would like to have experienced:*

- \* More time! It went by too quickly.
- \* Role play strategies to practice positive ways to cope with stress.
- \* More time to develop implementation of ideas.
- \* A massage!
- \* Another workshop to practice the specific skills. Bring him back!
- \* More discussion.
- \* Introduction to how religion may affect lifestyle and stress management.
- \* More time! 😊