

Slide 1

Date 2023-12-11
Session 1
Type slide
Title Self Evaluation
Respondents 2

No votes for this session

Slide 2

Date
Session 1
Type slide
Title Instructions
Respondents 0

No votes for this session

Question 3

Date 2023-12-11
Session 1
Type scales
Question How would you rate your comfort level in self evaluation activities?

Respondents 21

Choices	Weighted average	0	1	2	3	4	5	6	7	8	9	10
I felt comfortable	7.285714286	3	0	0	1	0	0	1	2	2	6	6
I did neither feel comfortable or uncomfortable	3.428571429	9	1	2	0	1	3	0	0	1	0	4
I felt uncomfortable	1.095238095	15	1	1	0	2	0	2	0	0	0	0

Question 4

Date 2023-12-11
Session 1
Type scales
Question How clear are the instruction provided for self evaluation
Respondents 21

Choices	Weighted average	0	1	2	3	4	5	6	7	8	9	10
Clear	6.523809524	2	0	0	0	1	2	2	6	4	3	1
Need some work	4.619047619	6	0	2	0	1	3	1	1	4	1	2
Not clear	1.714285714	11	0	3	3	1	2	0	1	0	0	0

Question 5

Date 2023-12-11
Session 1
Type open
Question What emotions did you experience during self evaluation?

Respondents 21

Responses	Upvotes
Learnt more about myself, my goals are clear just need to work on it, missing my family 😞	0
Confused, struggle	0
Overwhelming	0
Confusion, wonder	0
I would like the question to be more specific	0
A bit confused about my personal goals, what do I want to do and what can I do	0

Doubt, passion, confusion	0
Happy. Chill.	0
I like to be given the time and opportunity to reflect on things	0
I feel clearer about what I want	0
reflection, confidence & anxiety	0
self-inspect	0
Curious, confused, excited to learn	0
Hesitate, blankly. I am not sure the direction of some questions and how to interpret it. But it is very detailed in many aspects	0
Doubt, confusion, passion	0
Confused about the future	0
good	0
confused	0
Confused first I think. Then I came dawn and try to thought all of answers for these questions. Last I think I have some thoughts about my self, my life journey, my career.	0
Dizzy , overwhelmed, uncertain, ambitious	0
confused	0
Confused	0
I feel that even I myself cannot tell what I am like. I can write down answers but I'm not certain about my conclusions	0

Although i am clear about my goals but some time i feel confused that if i will be successful to achieve what i want. And also sometime i got confused that what happens next when i achieve everything.

In fact, I am a little anxious, because a semester has passed, I have to think about some employment issues in the next time.

Question 6

Date 2023-12-11
Session 1
Type open
Question Can you share an anecdote about the process of doing a self evaluation
Respondents 12

Responses Upvotes

Nostalgic, self reflective 0
Fun and engaging 0
Self evaluation leads to greater progress 0
No one refused money! 0
I get to learn more about myself, and become aware of things I hadn't thought before 0

Constantly learning 0
from my mistakes while
trying to work on myself

Most people said they 0
love money

No idea about this part. 0
someone do not want 0
safety so they have no
idea about what to fill in
the "Safety" part

The questions 0
regarding what I seek
in life and what I think
the world needs
definitely took longer to
write, because all this
time we have the
tendency to think more
about ourselves first.

I think we use to do it 0
on daily basis..
sometime it relaxed us
and sometime we got
fear that we are not
aware of what we are
going to do

I found that my self- 0
knowledge was limited.

Question 7

Date	2023-12-11
Session	1
Type	open
Question	Can you share an anecdote about the process of doing a self evaluation
Respondents	2
Responses	Upvotes

Fun and engaging 0
someone do not want 0
safety so they have no
idea about what to fill in
the "Safety" part

Question 8

Date 2023-12-11
Session 1
Type open
Question Could suggest any
change in the self
evaluation form to
promote well being
Respondents 4

Responses	Upvotes
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Clear instructions might help in completing the form	0
Maybe simplify the visuals and make the system more dynamic	0
NA	0
Give some tags in several stickers so that not always need to write down and just grab a sticker to attach to the paper	0