Survey of Learning Outcomes- Positively Powerful Empowerment Workshop

N=125

|  |  |
| --- | --- |
| Question | Average (5=strongly agree, 1=strongly disagree) |
| 1. One purpose of this event was to owning your personal power and being comfortable to say, “No.” My understanding of owning your personal power and being comfortable to say, “No.” is greater after attending this event. | 4.37 |
| 2. Another purpose of this event was to define how you want to be treated and treat others. My understanding of defining how you want to be treated and treat others is greater after attending this event. | 4.40 |
| 3. Another purpose of this event was to be empowered to empower others. My understanding of being empowered to empower others is greater after attending this event. | 4.50 |
| 4. This activity was inspiring, engaging, and sparked my curiosity. | 4.48 |
| 5. This activity helped me connect with people to whom I normally do not have the opportunity to interact. | 3.97 |
| 6. Attending this event was a good use of my time. | 4.41 |
| 7. I would recommend this event to a friend. | 4.36 |

Open Ended Questions

1. What did you learn from this event?

84% of the respondents stated that they feel empowered including making changes in their lives, having more confidence, and saying “no.”

1. What type of International, Intercultural, Engagement events and/or programming would you like to see in the future?

Suggestions included: more empowerment workshops, self-defense workshops, motivational workshops, presentations by our international students, and workshops on cultural differences.