



Managing Stress and Pursuing Wellness

in Times of Tight Margins

LESSON EVALUATION

1. County/State in which you took this class: _____

2. Date: _____

3. Male ____ Female ____

Procedure: Please read (or listen to) each question carefully and provide a response. Depending on the question, fill in your answer or circle the number that most accurately reflects your thoughts.

Rate your knowledge for each item below on the scale of 1 to 5 (1 = low to 5 = high). First, rate your level of knowledge on each statement from **before participation** in the class. Next, please rate your level of knowledge on each statement **after participation** in the class.

Area of Knowledge		Low	Low-medium	Medium	Medium-high	High
4. My understanding of rural stress issues and warning signs of stress challenges	Before Participation	1	2	3	4	5
	After Participation	1	2	3	4	5
5. My awareness of how to assess stress issues and take steps in managing stress	Before Participation	1	2	3	4	5
	After Participation	1	2	3	4	5
6. My ability to identify and plan useful coping methods for responding to stress and improving wellness	Before Participation	1	2	3	4	5
	After Participation	1	2	3	4	5
7. My recognition of available resources and sources of support in managing stress	Before Participation	1	2	3	4	5
	After Participation	1	2	3	4	5

8. As a result of this lesson, I will take the following steps to *manage stress in my family and/or farming or ranching operation*:

1. _____
2. _____

9. Two behaviors I plan to change to *manage stress and improve wellness* are:

1. _____
2. _____

10. Please share any other comments you have related to this educational program.

Thank you!