



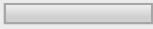
S.A.N.E. in the City Evaluation


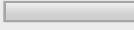
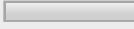
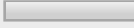
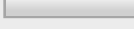
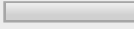
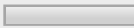
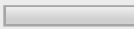




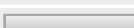
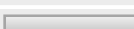
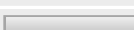

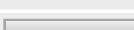
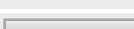

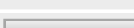
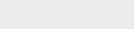
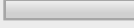
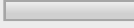
Description: Electronic survey to be distributed via e-mail. Please allow access to: Kari Ellingson, Stacy Ackerlind, Jim Asbrand, Brenda Young.

Date Created: 6/16/2008 4:20:34 PM

Date Range: 6/23/2008 12:00:00 AM - 7/31/2008 11:59:00 PM

Total Respondents: 56

Q1. Which of the following did you attend? (Check all that apply)				
Count	Respondent %	Response %		
27	48.21%	47.37%		Breakfast
30	53.57%	52.63%		Lunch
0	0.00%	0.00%		Did not attend
56	Respondents			
57	Responses			

Q2. Please provide comments on the meal(s) you attended:				
Count	Percent			
50	100.00%			
Count	Percent			
1	2.00%			Chartwell's gets better all the time.
1	2.00%			Delicious
1	2.00%			Delicious! I loved the chicken. Even though the menu said it was spicy chicken, it did not burn the taste buds. Wonderful flavor. I think most people steered away from the salad that contained grape tomatoes due to the recent salmonella scare occurring in the other kinds of tomatoes. Overall, just fabulous. Beautiful view and good venue to network with others.
1	2.00%			Food presented beautifully and tasted delicious. Afternoon luncheon tasted a little salty to me.
1	2.00%			Good meal, nice selection. I really like the set up it looked very nice. Maybe some milk next year.
1	2.00%			I enjoyed the breakfast
1	2.00%			I enjoyed the food. I myself, can not eat onions, but they were big enough I could pick them out.
1	2.00%			I enjoyed the salad but the dressing was a little salty! The Chicken and rice was good! My favorite was the dessert...a must have!!!
1	2.00%			I loved the chinese buffet!
1	2.00%			I loved the omlets. It was delicious!
1	2.00%			I thought it was good.
1	2.00%			I thought it was great. The food was good and there was enough to actually fill you up!
1	2.00%			I thought the food was delicious!
1	2.00%			I very much enjoyed the breakfast. There was a variety of food, which made it nice for everyone and their specific diet requirements. For those of us who don't have a diet...there was plenty of food for seconds. I also enjoyed that there was a choice of coffee or hot tea. I do not drink coffee, but enjoy tea, so it was nice to be able to have that. Thank you everyone! :)
1	2.00%			I wasn't that impressed with the breakfast. There were some options, but most of what I didn't like!
1	2.00%			It was a delicious lunch!
1	2.00%			It was all very good
1	2.00%			It was delicious
1	2.00%			It was delicious! It would have been nice not to wait 15 minutes for the main dish, but once it came it was very good.
1	2.00%			it was good
1	2.00%			it was good....although we had to wait a while for the chicken.
1	2.00%			It was ok.

1	2.00%	<input type="checkbox"/>	Lunch was delicious.
1	2.00%	<input type="checkbox"/>	mexican omlets are a little spicey for sitting that long but that is just an observation :) it was great! and fun to get to know our co-workers better
1	2.00%	<input type="checkbox"/>	Not great food, but okay.
1	2.00%	<input type="checkbox"/>	Presentation lovely. Food delicious.
1	2.00%	<input type="checkbox"/>	pretty good
1	2.00%	<input type="checkbox"/>	Really wonderful!
1	2.00%	<input type="checkbox"/>	The breakfast meal was good. I liked the food.
1	2.00%	<input type="checkbox"/>	The food was a little dry- the sauce for the rice was to strong. The dessert was great, the salad was really nice. (Could have added some ranch) Overall ok
1	2.00%	<input type="checkbox"/>	The food was delicious and well presented.
1	2.00%	<input type="checkbox"/>	The food was good
1	2.00%	<input type="checkbox"/>	the food was great, but the tortillas should have been at the front of the food line so it would be easier to assemble a burrito.
1	2.00%	<input type="checkbox"/>	the food was so-so and the oj tasted watery
1	2.00%	<input type="checkbox"/>	The food was very good.
1	2.00%	<input type="checkbox"/>	The food was very tasty.
1	2.00%	<input type="checkbox"/>	The lunch was good.
1	2.00%	<input type="checkbox"/>	the lunch was very good
1	2.00%	<input type="checkbox"/>	The meal was good. It was a good example of something healthy.
1	2.00%	<input type="checkbox"/>	The meal was great. I especially loved the guacamole. I was very glad you had coffee. The pastries were nice, but they were probably my least favorite part of the meal, they weren't that "fluffy"
1	2.00%	<input type="checkbox"/>	The meal was pretty good, but could have included maybe another side like vegetables rather than those crunchy chip things.
1	2.00%	<input type="checkbox"/>	The meal was very good. It was pretty to look at and tasted good too.
1	2.00%	<input type="checkbox"/>	The meal was very good. Love the fruit tarts.
1	2.00%	<input type="checkbox"/>	The meal was very tasty. I enjoyed the chicken skewers and the salad. My only suggestion is that the salad dressing and teriyaki sauce were extremely salty.
1	2.00%	<input type="checkbox"/>	The meal was wonderful.
1	2.00%	<input type="checkbox"/>	They ran out of chicken right away, so we had to wait 20 minutes until they cooked more. The food was very good when we finally got it.
1	2.00%	<input type="checkbox"/>	very good
1	2.00%	<input type="checkbox"/>	Very good and filling
1	2.00%	<input type="checkbox"/>	very good. Loved the eggs and bacon. Pastries kindof dry...
1	2.00%	<input type="checkbox"/>	very tasty


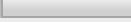
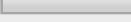
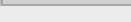
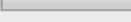
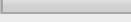
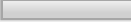
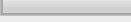
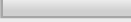
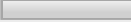

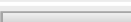
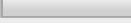
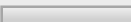
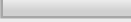
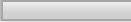

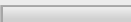

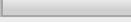
50 Respondents

Q3. Please rate the keynote speaker, "Life Beyond Eight to Five" presented by Janzell Tutor, ASUU:

Count	Percent		
32	57.14%	<input type="checkbox"/>	Excellent
15	26.79%	<input type="checkbox"/>	Good
8	14.29%	<input type="checkbox"/>	Average
0	0.00%	<input type="checkbox"/>	Fair
1	1.79%	<input type="checkbox"/>	Poor
0	0.00%	<input type="checkbox"/>	Did not attend

56 Respondents

Q4. Please provide comments on the keynote speaker:



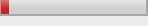
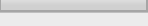
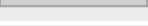
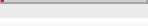
Count	Percent	
44	100.00%	
Count	Percent	
1	2.27%	 Didn't give a lot of time to do the exercises she wanted us to think through, but otherwise very nice job.
1	2.27%	 Enthusiastic, engaging, motivating, great voice!
1	2.27%	 Good enthusiasm, well prepared, upbeat, fun, motivational- still wondering how to implement all the good ideas she gave.
1	2.27%	 Great speaker, enthusiastic, informed, sometimes hard to follow brochure with lecture
1	2.27%	 I didn't really like just being given a bunch of websites. It's very unlikely that I will look at any of them.
1	2.27%	 I enjoyed Mrs. Janzell and her presentation...I thought she did a great job! She is very Energetic and "A LIVE"...something Fresh and New...just what we need! Janzell gave a beautiful performance with her great voice...she has a lot of confidence in herself...a great attribute. I loved all of her tips and I know that they will help me in becoming S.A.N.E. in the City!
1	2.27%	 i got a little bored...it was all information i already knew
1	2.27%	 I LOVED her song.
1	2.27%	 I thought it was very pleasant to have one of our "own" be the keynote speaker instead of someone outside of the university community. I've know Janzell since she worked in Admissions, but I didn't realize how much talent she has.
1	2.27%	 I thought she did a nice job in presenting and not just reading things off of her handout.
1	2.27%	 I thought she was very enthusiastic and fun and her topic was pertinent and useful, but the pamphlet she had didn't really seem to go along with her speech. The websites didn't seem to me to pertain to the layout she had. For example, the focus on theaters didn't seem like it fit with her topic headers when the topics were more about determining what is important to you, planning, etc. I think they would have been more appropriate in a resources section. Including more variety would probably fit more audiences as well as not everyone shares the same interests. Her speech, however, had some great ideas and she tried to involve the audience so on the whole I thought it was good.
1	2.27%	 I thought that she was good, it made me more motivated to do things outside of work other than watch tv and go grocery shopping! It may have been nice to have information (in the brochure with all the links) that were related to more interests/talents than what she likes.
1	2.27%	 I thought the handout was very informative and had great ideas. But, I would have liked the speaker to do more than just read over everything that was listed in the handout. Even though I didn't love the presentation, I thought she was great and entertaining. She had great enthusiasm.
1	2.27%	 I'm not going to comment b/c I'm much to critical--picky.
1	2.27%	 Janzell brought a lot of great information in a short amount of time - It was very animated and interesting!
1	2.27%	 Janzell did a great job, she is enthusiastic and humorous, was well prepared, she had obviously done a lot of research that will help all of us and has had some first hand experience with many of the ideas/sights etc. that she spoke of, she involved the audience, and also include student government officers to share the program and relate information that helped build our awareness of their responsibilities and programs at the U. It was a treat to hear Janzell sing.
1	2.27%	 Janzell was just delightful. It's such fun to "see" issues from a young person's point of view. She is so talented and enthusiastic. Thanks for letting her sing.
1	2.27%	 Janzell was very energetic and positive. What a beautiful voice she has!I enjoyed all of her suggestions.
1	2.27%	 Janzell was very enthusiastic--I'll give her that. But enthusiastic doesn't equal knowledgeable, tactful, or useful. Much of this was not her fault--but rather that of the committee who decided on this presentation. I don't believe they considered the audience. We know Utah, most of us have already been stretching our budgets for years, and we know what to do with our free time--it's the work time/on-campus options and developments I would like to have more info about. There were NO new ideas presented, and the pamphlet could have been summed up in two or three websites. All the people at my table were at least several years older--with more life experience--than the presenter (two being mothers of adult children and two being professional performing artists/arts advisors/teachers). I think anyone in the room probably knew as much or more than she did. Janzell's comments about delegating/prioritizing/time and money management were rather simple and naive. The song "Popular" was stupidly inappropriate and insulting for the situation. Who thought of having ASUU people present? If I'm going to take time

away from doing something productive in my office, it should at least be for something new, useful and enriching. I believe we had Olene Walker as the keynote speaker several years ago. Why don't you get someone like Mario Cappechi? Just because someone is willing or eager to speak doesn't mean that person is an expert—or even knowledgeable. I was under the impression that the purpose of SANE was to provide support staff with 1) enrichment and 2) appreciation. Since I felt neither enriched nor appreciated, I left after this presentation and got some productive work done at my desk.


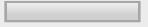
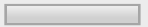
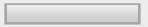
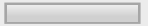


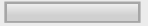
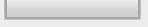
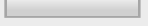
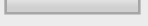
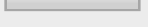
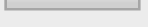







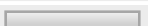
1	2.27%	<input type="checkbox"/>	Janzelle is awesome! i appreciated her sharing all of those websites regarding the are we live in. this will be very helpful. it is also helpful as we don't get paid very much as employees to know what resources are available to help us with our wages and living.
1	2.27%	<input type="checkbox"/>	lots of energy
1	2.27%	<input type="checkbox"/>	Loved her enthusiasm and wealth of knowledge.
1	2.27%	<input type="checkbox"/>	She did good. I thought her singing was a bit much and didn't really fit with the theme. I also thought she tried to put way too much information into a short speech. It was kind of overwhelming.
1	2.27%	<input type="checkbox"/>	She had such a personality
1	2.27%	<input type="checkbox"/>	she has a lot of energy
1	2.27%	<input type="checkbox"/>	she is an excellent speaker and very engaging, but the presentation felt a little rushed
1	2.27%	<input type="checkbox"/>	She knew what she was talking about. She kept your interest.
1	2.27%	<input type="checkbox"/>	She provided many great resources and I really enjoyed her presentation.
1	2.27%	<input type="checkbox"/>	She provided so good information. I enjoyed the website handout. And she is an amazing singer.
1	2.27%	<input type="checkbox"/>	She seemed organized in her presentation, however she did talk really fast and really loud.
1	2.27%	<input type="checkbox"/>	She was a very prepared and engaging speaker. She gave us so much advice and websites to the newest community events. I am new to the area and was thrilled to have such insight into activities around the area. Thank you, Janzell! :)
1	2.27%	<input type="checkbox"/>	She was energetic and delightful, and what a voice!!!
1	2.27%	<input type="checkbox"/>	She was enthusiastic and let you feeling happy and ready to go do something fun.
1	2.27%	<input type="checkbox"/>	She was fabulous!
1	2.27%	<input type="checkbox"/>	She was going a little fast so I felt anxious but I liked it being more like a workshop class than just someone talking.
1	2.27%	<input type="checkbox"/>	She was great- fun had alot of great ideas. Very well spoken and content was fun to listen to. Her voice is very beautiful- great song.
1	2.27%	<input type="checkbox"/>	She was very energetic and held my attention. Loved the singing!
1	2.27%	<input type="checkbox"/>	She was very enthusiastic, the presentation was well researched, and she was able to keep the audience involved. Also, great singer!
1	2.27%	<input type="checkbox"/>	Thanks for all the great information. It was obvious that a lot of work went into research and preparation.
1	2.27%	<input type="checkbox"/>	the room temp was cold
1	2.27%	<input type="checkbox"/>	Up beat and good information. Loved Janzell's singing.
1	2.27%	<input type="checkbox"/>	Very energetic and fun. Kept me interested!
1	2.27%	<input type="checkbox"/>	very energetic and some great ideas. Very well presented.
1	2.27%	<input type="checkbox"/>	Very energetic.

44 Respondents

Q5. Please rate the workshop, "Baby Steps to Better Fitness" presented by Curt Larsen, Bennion Center:

Count	Percent		
26	49.06%		Excellent
23	43.40%		Good
3	5.66%		Average
0	0.00%		Fair
0	0.00%		Poor
1	1.89%		Did not attend
53 Respondents			

Q6. Please provide comments on the "Baby Steps to Better Fitness" workshop:

Count	Percent		
44	100.00%		
Count	Percent		
1	2.27%		All forms of communication throughout this lecture were used and made it very interesting and entertaining. I enjoyed making the bread - hands on experience, talking to others to find out helpful tips, read them in his handout, etc. Very fun and informative.
1	2.27%		Although we were networking with each other, it would have been nice to hear what others are doing to take baby steps.
1	2.27%		Curt is an encourager and I really appreciated his upbeat way of encouraging us to change our ways for the better.
1	2.27%		Curt shared a great deal of information. I liked ththe fact hat he had folks share ideas amongst themselves in small groups. The hands on portion of his presentation was a lot of fun. The bread dough baked up into great rolls. I liked that fact that he focused on small changes over time as a way to reachlarger goals for a healthier lifestyle.
1	2.27%		didn't like the fish
1	2.27%		enjoyed the interaction
1	2.27%		Fun and informative.
1	2.27%		Good "hands-on" activities, but some parts of the workshop did not seem related to each other. At some points, it seemed like he was just hosting a cooking show.
1	2.27%		good job
1	2.27%		great handouts, good participation activities, very knowledgeable
1	2.27%		Great, I thought it was very interactive and entertaining. I enjoyed being able to participate and it was all helpful information. I liked talking to others for their ideas as well.
1	2.27%		He did a good job presenting, and I appreciated the data that he showed in the beginning. It is important to be aware of this trend, and I have never seen the data presented in this way. An eye opener for sure!
1	2.27%		He had some great tips but this was not one of my favorite workshops!!!
1	2.27%		He really did give us baby steps to better fitness. I also enjoyed the hands on that he had everyone do.
1	2.27%		He was interesting- had great ideas and did not judge. He was fun, he wanted everyone to join in and that was fun.
1	2.27%		I can't believe he accomplished so much in such little time. I feel he offered great suggestions for lifestyle changes that were easy to implement and that made sense.--Just great!!!
1	2.27%		I did not attend this workshop yesterday, bc I went to it last year in the Den.
1	2.27%		I enjoyed the wide variety of audience participation and learned a few things about bread and sushi! I appreciated the facts he had gathered about the obesity in America and how it has dramatically gone up over the last 2 decades. Nothing like scaring me into eating better and wanting to pay attention to what he had to say about nutrition.
1	2.27%		I felt encouraged and was given specific ways to take the 35 calorie challenge.
1	2.27%		I know I need to work on the 50 Ways to Reduce your Calories list. It was an eye opener that not just me but eveyone needs to start eating healthy.

1	2.27%	<input type="checkbox"/>	I liked that he got lots of people involved. It kept it interesting. The handouts had GREAT tips on how to improve eating habits/physical activity little by little. I loved the handout!
1	2.27%	<input type="checkbox"/>	i liked the handouts
1	2.27%	<input type="checkbox"/>	i liked the handouts and making the sushi was fun
1	2.27%	<input type="checkbox"/>	I liked the interactive workshop and tips on how to cut the calories. I felt like I could actually take something useful away from the session.
1	2.27%	<input type="checkbox"/>	I think it was more focused on the nutrition aspect of it but it was great!!! so neat to learn ways to cut calories and stay fit. i liked when we shared ideas of what others are doing to exercise at work. also, the handout was great for cutting calories!!! Curt is awesome!
1	2.27%	<input type="checkbox"/>	I thought he did a great job of physically showing us how easy it is to be just a little bit more healthy. The food demonstrations were great and the ideas in the handouts were great also.
1	2.27%	<input type="checkbox"/>	I thought he was a very good speaker.
1	2.27%	<input type="checkbox"/>	It was a great workshop,well prepared and organised, great audience participation and hands on experience,Curt was a great teacher, fun and informative, was very enjoyable and good follow up with questions about our committment to becoming healthier! I appreciated the handouts.
1	2.27%	<input type="checkbox"/>	It was a lot to take in. He is a good speaker and teacher.
1	2.27%	<input type="checkbox"/>	It was fun being up there and taking part
1	2.27%	<input type="checkbox"/>	It was good, but he could have had better preparation, in terms of being able to clean our hands before and after the food prep...perhaps some hand sanitizer and a few rolls of paper towels would have been nice.
1	2.27%	<input type="checkbox"/>	Liked his non-judgmental approach to the subject and the "baby step" idea that at least we can start somewhere to reduce intake of calories or increase output or energy.
1	2.27%	<input type="checkbox"/>	Loved learning how to make sushi!
1	2.27%	<input type="checkbox"/>	Participation was good. He had a simple yet important message that he stuck to. Provided ways to acheive the goal he asked us to set.
1	2.27%	<input type="checkbox"/>	Really enjoyed this and is great because it is something that anyone can do. It is easy to actually put into practice in our daily lives. Very informative and very insightful.
1	2.27%	<input type="checkbox"/>	Really liked the handouts and the opportunity to try out something fun like rolling sushi.
1	2.27%	<input type="checkbox"/>	The "hands-on" approach was great, but the flow of the presentation seemed unfocused and unplanned.
1	2.27%	<input type="checkbox"/>	The hand out was great, but why white bread and white rice, why not wheat bread and wheat rice...I didn't really like the activity, but I LOVED the hand out with ways to reduce/increase calories in/out. I'm keeping it right in my desk.
1	2.27%	<input type="checkbox"/>	The sushi making idea was great.
1	2.27%	<input type="checkbox"/>	This was may favorite part of the workshop. I think it is really important to focus on how to stay healthy.
1	2.27%	<input type="checkbox"/>	very informitive
1	2.27%	<input type="checkbox"/>	Very innovative.
1	2.27%	<input type="checkbox"/>	Very motivating but not overwhelming.
1	2.27%	<input type="checkbox"/>	Very well done. Liked the way he engaged the audience without being threatening

44 Respondents


Q7. Please rate the workshop, "Learning Styles for Couch Potatoes" presented by Leslie Giles-Smith, Tutoring Center:

Count	Percent		
34	64.15%	<input type="checkbox"/>	Excellent
16	30.19%	<input type="checkbox"/>	Good
2	3.77%	<input type="checkbox"/>	Average
0	0.00%	<input type="checkbox"/>	Fair
0	0.00%	<input type="checkbox"/>	Poor
1	1.89%	<input type="checkbox"/>	Did not attend

53 Respondents

Q8. Please provide comments on the "Learning Styles for Couch Potatoes" workshop:

Count Percent

43 100.00% 

Count	Percent	
1	2.33%	 A great session! Energetic and fun
1	2.33%	 Again, great preparation, presentation, and well organised, Leslie is a great presenter, enjoyed her style and humor, great audience participation, appreciated her efforts, informative, I appreciated the questionnaire and plan to use that with my family to understand our learning styles.
1	2.33%	 everyone was able to participate, fun
1	2.33%	 Fun and exciting speaker! Lots of prizes! What's not to like? It would have been interesting to go through the "Type of Learning style" packet...
1	2.33%	 Fun and informative.
1	2.33%	 fun, interactive...entertaining...good information!
1	2.33%	 Fun.
1	2.33%	 good job
1	2.33%	 good participation exercises, not a lot of info given though
1	2.33%	 Great enthusiasm and the games were a great tool to get the audience involved.
1	2.33%	 Had to go back to my office to get work done before vacation.
1	2.33%	 How everyone was playing the games.
1	2.33%	 I appreciated how involved she was with her audience by having us play games to learn about the different learning styles. I learned a little about myself. She was a little hard to follow in her train of thought sometimes because she does talk fast and is sometimes 2 places at once in her thoughts, it seemed.
1	2.33%	 I didn't really see how this fit in with the whole theme of the conference. I enjoyed it, the lady was prepared and entertaining, but I think that most people know what type of learner they are. I didn't see how this can keep you "sane in your city"
1	2.33%	 I gathered from this workshop we all need to get off the couch and play games with family and friends.
1	2.33%	 I learned a lot about myself and others in this workshop while playing fun games!
1	2.33%	 I love games and I know that I'm a visual person. It was a fun and relaxing class.
1	2.33%	 I thought I knew myself, but Leslie got me thinking hard. She gave such great information in such an entertaining way.
1	2.33%	 It was fun, but the most useful part was the handout on tips for different learners.
1	2.33%	 It was interesting and fun.
1	2.33%	 It was pretty entertaining.
1	2.33%	 Leslie is adorable and that was very interesting and fun! the prizes motivated others to get involved that maybe would have not volunteered. understanding learning styles and personality styles helps to create peace in the office. I really liked this one!
1	2.33%	 Leslie was very good, really enjoyed it!
1	2.33%	 Leslie's presentation was very clever. Her use of games to demonstrate various learning styles certainly engaged the participants. It was fun and informative.
1	2.33%	 Leslie's style of presenting was fun and interesting. I was almost afraid I missed the point of her presentation but she pulled it together so well at the end.
1	2.33%	 Liked the way she compared learning styles to the games she presented and helped us understand how different learning styles can affect our communications in the workplace or at home.
1	2.33%	 lots of fun, lots of participation
1	2.33%	 ok
1	2.33%	 Really informative yet fun. It made me think about the way I prepare lessons and trainings differently. I noticed after this presentation what a good job the S.A.N.E. committee did in providing workshops for all our learning styles.
1	2.33%	 She is always great!

1	2.33%	<input type="text"/>	She is so knowledgeable, has such a bubbly personality and a creative and engaging presentation
1	2.33%	<input type="text"/>	She was a great speaker and I liked how she did all the games and gave us the handout. I wasn't sure what "Couch Potatoes" had to do with anything, and I wasn't sure what it had to do with being "SANE in the City" but it was an interesting workshop.
1	2.33%	<input type="text"/>	She was a very good speaker and loved the games
1	2.33%	<input type="text"/>	She was funny and engaging, and I felt like the three games were a great analogy to the main points of her workshop. The games helped me remember what I learned.
1	2.33%	<input type="text"/>	She was great, and she was able to involve the group and get great participation.
1	2.33%	<input type="text"/>	She's always excellent. Keep bringing her to present!! Treats were pretty cool too.
1	2.33%	<input type="text"/>	This part was fun. The information we recieved about learning types was very interesting.
1	2.33%	<input type="text"/>	This was enjoyable. The games respresenting the learnign styles were on target.
1	2.33%	<input type="text"/>	this was my favorite of the day
1	2.33%	<input type="text"/>	This was very interactive and enjoyable.
1	2.33%	<input type="text"/>	This workshop was so fun! I thought Leslie did a great job...she is someone that is really great at making life more fun!
1	2.33%	<input type="text"/>	Very entertaining and insightful. I learned what kind of learner I am, but I really like how she explained that we need to realize the type of learner other people might be.
1	2.33%	<input type="text"/>	Very informative. I loved the way she presented the different learning styles. Entertaining yet very useful for real life, both work life and home life.

43 Respondents

Q9. Please rate the activity and drawing, "So You Think You CAN'T Dance?" presented by Ryan Randall, Counseling Center:

Count	Percent		
34	64.15%	<input type="text"/>	Excellent
15	28.30%	<input type="text"/>	Good
3	5.66%	<input type="text"/>	Average
0	0.00%	<input type="text"/>	Fair
0	0.00%	<input type="text"/>	Poor
1	1.89%	<input type="text"/>	Did not attend

53 Respondents

Q10. Please provide comments on the activity and drawing:

Count	Percent		
44	100.00%	<input type="text"/>	
Count	Percent		
1	2.27%	<input type="text"/>	Always a fun activity with a hint of suspense!
1	2.27%	<input type="text"/>	Awesome! Wish it would have been longer
1	2.27%	<input type="text"/>	Both activities were fun and fast-paced.
1	2.27%	<input type="text"/>	Easy to learn from this instructor.
1	2.27%	<input type="text"/>	Everyone was dancing and there were a lot of prizes, however, I still KNOW I can't dance!
1	2.27%	<input type="text"/>	FUN FUN FUN!!! LOVED IT!!
1	2.27%	<input type="text"/>	Fun to learn merengue! I wish it was longer though.
1	2.27%	<input type="text"/>	fun, fun, fun
1	2.27%	<input type="text"/>	Great fun.
1	2.27%	<input type="text"/>	Had to go back to my office to get work done before vacation.
1	2.27%	<input type="text"/>	I did not enjoy having a partner for this, I would have prefered to have danced by myself.
		<input type="text"/>	

1	2.27%	<input type="text"/>	I didn't think I would like this class but I did! This was great and a great activity that I would love to do...I will have to look into it...maybe something me and my husband can do together...we all need a little Spice in our lives...and this was it!!! So keep spicing it up :)
1	2.27%	<input type="text"/>	i don't like to dance but it was fun
1	2.27%	<input type="text"/>	I enjoyed the activity. It would have been nice to have a few more minutes.
1	2.27%	<input type="text"/>	I had an injury which kept me from dancing, but I thought it was a GREAT activity. I was entertained just watching everyone have fun.
1	2.27%	<input type="text"/>	I had so much fun! What a great idea to get us moving during a workshop about better health. I think it also made others who thought they couldn't dance excited that, even they CAN dance. Great job, Ryan.
1	2.27%	<input type="text"/>	I think it may have been a little awkward for co-workers to dance with each other but it was great to get movin! i love dancing. i liked that you didn't MAKE people participate. the drawing was fun! it was great that a whole bunch of people got prizes. i know that you all put a LOT of work into these workshops and i feel it was really a great thing for the staff to have a morale booster after the busy busy season. things like this make employees (like myself) feel valued. i think somethign like this woudl be a wise idea to do 2 times a year. i've also heard feedback taht this year was by far the best year you've ever done! FABULOUS!!! thank you!
1	2.27%	<input type="text"/>	I think it was very well organized, and every speaker added something different and fun to the mix, and the prizes were really nice. I think everyone did a good job.
1	2.27%	<input type="text"/>	I thought this was a fun interlude, got everyone up and participating and laughing, and thoroughly enjoying themselves, he handled the group very well and was a fun and positive teacher. Thought the drawing was great, lots of prizes so that everyone had a good chance of being a winner.
1	2.27%	<input type="text"/>	I was actually not looking forward to this activity, but it turned out to be more fun than I thought it would be. The only thing I would suggest if you plan to do this in the future is to do something that doesn't require partners. That was extremely awkward, especially since there were way more girls than guys. I liked the concept though.
1	2.27%	<input type="text"/>	I was surprised that everyone danced. No Wall Flowers. thank you it was fun
1	2.27%	<input type="text"/>	It was lots of fun!!!
1	2.27%	<input type="text"/>	It was such a fun class. I thought it would be awful but it was entertaining.
1	2.27%	<input type="text"/>	Kept it simple so everyone could do it. Great instructions
1	2.27%	<input type="text"/>	Liked the enthusiasm of the presenter and the steps were fun and easy to learn.
1	2.27%	<input type="text"/>	Loved learning the dance
1	2.27%	<input type="text"/>	Maybe try to get everyone a little more excited about it first.
1	2.27%	<input type="text"/>	ok
1	2.27%	<input type="text"/>	Ryan is great. I thought the room would be too small, but it really worked well. I wouldn't be disappointed if we had this activity every year!
1	2.27%	<input type="text"/>	Ryan made everyone feel good-both those who participated and those who didn't. He was really cute.
1	2.27%	<input type="text"/>	Ryan made it so fun to learn the Merengue - even for someone who can hardly get out of a chair. I loved his energy! The prize giveaway was awesome - thank you, thank you, thank you!
1	2.27%	<input type="text"/>	simple, easy to follow directions, enthusiatstic
1	2.27%	<input type="text"/>	So much fun. Even for those who really think they can't dance he had a simple straight forward way to explain and let us practice. Well done.
1	2.27%	<input type="text"/>	So very fun! I loved doing something so out of my comfort zone. But everyone was out of their comfort zone so it was fun.
1	2.27%	<input type="text"/>	The dancing was a light and fun segment. Ryan has a very engaging personality and his passion for dance and caring for people make him a great instructor. I liked the simple break down. It made his class fun, even for someone who considers herself to be dance-impaired.
1	2.27%	<input type="text"/>	There again everyone was up doing.
1	2.27%	<input type="text"/>	This was a really fun activity!
1	2.27%	<input type="text"/>	This activity made us stretch our legs and arms because we had been siting for several hours. With the drawing I would like to see the gifts be handed our differently. By this I mean that the better gifts and the lesser ones be handed out like this. Someone receives a nice gift and then the next person receives a lesser in value gift. The next person a nice gift. The next person a lesser in value gift. And so on. I think you get the idea. Or better yet have the

			gifts about the same price.
1	2.27%	<input type="checkbox"/>	This was great to get to know what other kinds of activities are available on campus. I had a blast! The prizes handed out from the drawings were beneficial to employees that need to squeeze in some fun once in a while.
1	2.27%	<input type="checkbox"/>	This was so much fun and Ryan really made you leave wanting to take a class
1	2.27%	<input type="checkbox"/>	Very fun.
1	2.27%	<input type="checkbox"/>	Went by very fast because it was so fun. :)
1	2.27%	<input type="checkbox"/>	wish it was longer
1	2.27%	<input type="checkbox"/>	yay for lots of prizes. awkward to have to dance with a partner :(
44 Respondents			

Q11. Does the option of half-day workshops accommodate your work schedule?

Count	Percent		
52	98.11%	<input checked="" type="checkbox"/>	Yes (please explain)
Count	Percent		
1	1.92%	<input type="checkbox"/>	A full day would be too much.
1	1.92%	<input type="checkbox"/>	Afternoon was good for me, plus I don't like breakfast foods.
1	1.92%	<input type="checkbox"/>	Although we never get to enjoy the event as an office group together, it gives our office the needed coverage.
1	1.92%	<input type="checkbox"/>	Because we can split up our team to go half in the morning and the other half in the afternoon and still have coverage for the area.
1	1.92%	<input type="checkbox"/>	Because we had enough people to cover
1	1.92%	<input type="checkbox"/>	Being a half day workshop I still have time to do my work.
1	1.92%	<input type="checkbox"/>	don't do much on tuesday mornings anyway
1	1.92%	<input type="checkbox"/>	Half-day workshops are much easier to work around. They allow education without interfering too much in daily job duties.
1	1.92%	<input type="checkbox"/>	I could not have taken a whole day off, but between my cohorts could trade off times.
1	1.92%	<input type="checkbox"/>	I was glad we were able to pick which time we were able to go. That way we could keep some in the office to man the window and calls and vice versa.
1	1.92%	<input type="checkbox"/>	It allows more people from the office the opportunity to attend. It gives time for professional development without cramping your schedule.
1	1.92%	<input type="checkbox"/>	It helps best to accommodate office coverage for smaller departments.
1	1.92%	<input type="checkbox"/>	it is great because it allows all staff from the office to attend
1	1.92%	<input type="checkbox"/>	it is great to get out of the office without falling behind an entire day
1	1.92%	<input type="checkbox"/>	It makes it easier to be able to get some work done that day.
1	1.92%	<input type="checkbox"/>	it was great to split the day up and come do something different than what we do on a day to day basis.
1	1.92%	<input type="checkbox"/>	Our office needs coverage all day so the break up is good
1	1.92%	<input type="checkbox"/>	Our office needs to be covered in regards to phones customer service all during the workday. With the half-day work shops it was very easy to switch off so our office and students didn't suffer for having our office close for a whole day. And if some weren't able to stay for the whole day (I don't think I saw too many that left) they could come to maybe one or two workshops to accomidate their schedule.
1	1.92%	<input type="checkbox"/>	Than everyone can go on the same day.
1	1.92%	<input type="checkbox"/>	That way everyone in the office gets to participate. I couldn't go last year.
1	1.92%	<input type="checkbox"/>	The ability to meet fellow employees is important to increase communication throughout all University Departments, and a half day workshop provides a relaxed atmosphere to achieve socializing amongst departments.
1	1.92%	<input type="checkbox"/>	There are two receptionists where I work, so we can cover for one another and both attend.
1	1.92%	<input type="checkbox"/>	This was a wonderful idea!
1	1.92%	<input type="checkbox"/>	this was the whole office is able to attend. not just some of us

1	1.92%	<input type="checkbox"/>	This worked very well with my schedule, I was able to get my work under control in the morning and then I was free to enjoy the workshop.
1	1.92%	<input type="checkbox"/>	We are able to alternate half day workshops so that the office still functions effectively.
1	1.92%	<input type="checkbox"/>	We are able to split up our department between the two workshops. Since we work with students we need someone here at all times. Plus that doesn't drag it out too long and it breaks up the day which is nice.
1	1.92%	<input type="checkbox"/>	We can work half day, attend workshop half day.
1	1.92%	<input type="checkbox"/>	We can't close our office, so it's nice to let some folks attend the morning and others attend the afternoon so the office remains open, but all may attend the workshops, too.
1	1.92%	<input type="checkbox"/>	We could split up so there was someone to help our students all the time.
1	1.92%	<input type="checkbox"/>	we worked it out in our office
1	1.92%	<input type="checkbox"/>	Worked well for the office so we could initially stay open and everyone could attend.
1	1.92%	<input type="checkbox"/>	Yes, although it is hard to juggle the lunch hours within the office.
1	1.92%	<input type="checkbox"/>	Yes, b/c I'm in the front office, and don't always have someone to watch things if I'm gone.
1	1.92%	<input type="checkbox"/>	yes, if it would have been any longer I would not have been able to make it.
1	1.92%	<input type="checkbox"/>	Yes, it makes it so that everyone in the office can attend.
1	1.92%	<input type="checkbox"/>	Yes, we had no problem covering one another...it worked out great! Just wish it could have lasted all day! We should have one of these workshops at least once a month!!!

1 1.89% No (please explain)

Count	Percent		
1	100.00%	<input checked="" type="checkbox"/>	Well yes and no, the morning people went to lunch right after the workshopes and the afternoon people got to go home from the work shop. It is hard for coverage in the office with the time the way it is set up.

53 Respondents

Q12. What did you find most useful about the workshops?

Count Percent

45 100.00%


Count	Percent		
1	2.22%	<input type="checkbox"/>	A break from the usual office routine.
1	2.22%	<input type="checkbox"/>	A nice break, getting away from the office. Fun topics to learn about...
1	2.22%	<input type="checkbox"/>	Able to get together and have fun. Discuss issues and always learn something new. Hands outs always have great information.
1	2.22%	<input type="checkbox"/>	All the resources provided for different activites in the community.
1	2.22%	<input type="checkbox"/>	better health and count calories
1	2.22%	<input type="checkbox"/>	Everything!! It's so nice to get out of the office and be able to talk with others, and LEARN at the same time. Every year you do a spectacular job!!!
1	2.22%	<input type="checkbox"/>	Expanding our horizons and learning new skills/hobbies outside of work.
1	2.22%	<input type="checkbox"/>	Felt appreciated. Keeping workers happy is a good strategy!
1	2.22%	<input type="checkbox"/>	fun interaction with fellow staff members.
1	2.22%	<input type="checkbox"/>	getting out of the office :)
1	2.22%	<input type="checkbox"/>	Good suggestions and a nice break in the day.
1	2.22%	<input type="checkbox"/>	Healty coices can be easy.
1	2.22%	<input type="checkbox"/>	I enjoyed and found all of it useful.
1	2.22%	<input type="checkbox"/>	I enjoyed the different ways to burn calories and the healthier food choices.
1	2.22%	<input type="checkbox"/>	I liked having handouts so I could enjoy the process more than being busy writing everything down.
1	2.22%	<input type="checkbox"/>	I liked some of the good ideas the first speaker gave about getting involved in your community and finding things that are important to you, and I enjoyed the second one the most since you could try out something related to wellness and some fun handouts from

everyone.

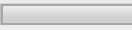
1	2.22%	<input type="text"/>	I liked the advice given, in a fun and carefree manner, from the presenters and keynote speaker to improve the quality of employee's lives at the University of Utah.
1	2.22%	<input type="text"/>	I liked the ideas that Janzell gave us and that she gave us links to find more information that interested us. I also liked the pages of ways to increase our calories out that we received from Kurt. They are helpful and can be used to help our lives outside of work.
1	2.22%	<input type="text"/>	I love how it was more of a "how to have a better life" approach as opposed to a "how to be a better worker" approach. If you have a better life you will be a better worker.
1	2.22%	<input type="text"/>	I loved the enthusiasm and motivational skills of each presenter. I felt energized as I left the workshop instead of feeling guilty that I wasn't doing more or that I'd heard it all before or it didn't pertain to me. I was especially awed that all the presenters were "local" talent from the University. Obviously, Student Affairs ROCKS!
1	2.22%	<input type="text"/>	I really enjoyed the handout at the beginning as well as the websites. I just moved to SLC to work here and find there is so much to do but I can't find much of it.
1	2.22%	<input type="text"/>	I really liked the learning styles workshop because it helped me understand myself and my co-workers better. Because working with people is such a huge part of my job, I found this very helpful.
1	2.22%	<input type="text"/>	I think overall the feel that our "company" values its employees enough to provide such training is the greatest thing I gained. I also learned about this community which will ultimately assist with my job since we are promoting not only the University but also Utah to students and their parents.
1	2.22%	<input type="text"/>	I think the fact that we don't take enough time to take care of ourselves, and yet there are small ways we can that won't take a lot of time.
1	2.22%	<input type="text"/>	I took home the web links that Janzell gave us and am already planning a few weekends out with my spouse. I am very excited for the free date and city resource advice!
1	2.22%	<input type="text"/>	It is a much-needed break from the work day, and it is also very fun to meet and mingle with people from other departments. I think we could use 2 a year!!!
1	2.22%	<input type="text"/>	it was a great bonding experience with coworkers
1	2.22%	<input type="text"/>	It was great getting to know some of my coworkers.
1	2.22%	<input type="text"/>	It was very much hands on. But, I think it was the people that were in the group I was in. They were willing to work in each one of the workshops. If people would have been sitting around and getting in and doing, I feel it would not have been as good.
1	2.22%	<input type="text"/>	It's a great chance to meet staff from other Student Affairs offices and put faces to the names of those we work with. I like being able to "let my hair down" a little and laugh together.
1	2.22%	<input type="text"/>	It's nice to take a break from work and be entertained. I know everyone put a lot of time and effort into it. It is nice that staff members were used!
1	2.22%	<input type="text"/>	learning new things
1	2.22%	<input type="text"/>	Provided tips and skills for real life and work related goals
1	2.22%	<input type="text"/>	the foods we eat and how unhealthy they can be
1	2.22%	<input type="text"/>	the handouts were great, just a fun day. entertaining. time went quickly
1	2.22%	<input type="text"/>	The ideas on how to stay healthy, active, and involved in the community.
1	2.22%	<input type="text"/>	the information to get more involved in the community. Sometimes, we don't know where to start, so it was nice to have a starting place.
1	2.22%	<input type="text"/>	The packet that was given in the beginning.
1	2.22%	<input type="text"/>	The prizes are nice, but even more helpful is the ability to interact with people you wouldn't normally while working. It's a great way to build long-lasting work relationships.
1	2.22%	<input type="text"/>	The sense of community within the group and getting to know more about more people.
1	2.22%	<input type="text"/>	they were fun and informative
1	2.22%	<input type="text"/>	They were informative and energetic
1	2.22%	<input type="text"/>	They were very informative and gave a lot of great tips to help better our lives and our family and friends lives!
1	2.22%	<input type="text"/>	Very informative.
1	2.22%	<input type="text"/>	Ways to keep from letting your job control your life or make you crazy.

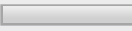
Q13. What topics would you like to see offered in the future?

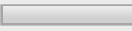
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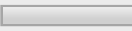
33 100.00% 

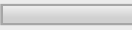
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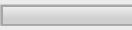
1 3.03%  ?

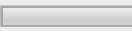
1 3.03%  A few ideas that I had: 1)"Bring Out Your Best Self," with workshops on dressing for success, basic skin care and relaxation techniques. My mother was a color draper and she was able to help so many have better self-confidence (especially those who needed clothes for their work environment) because she taught them what colors looked best on them, the cuts that best suited their body type, and a few tricks to hide the things you liked least about yourself. I think many would be interested in these things because generally they don't want to ask for the advice or think they don't have the money to dress right, take great care of their skin or be able to find relaxation without having to break their budget going to a spa.


1 3.03%  An expansion of what Leslie Giles-Smith was doing with our learning skills, but focus on how we communicate with each other and how to understand others with differing communication styles. Always interested in "cheap" things to do around Salt Lake City.

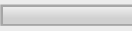
1 3.03%  Anything that would help save you money...money saving tips! Great places to get away for as little as nothing right here in town...maybe a spa getaway, a show, dinner, and a night at a hotel for cheap...a night on the town!

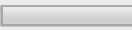
1 3.03%  don't know. sorry.

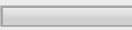
1 3.03%  Expanding on the health issue, I am just beat once I get home from work. Maybe talk about ways to have more energy, time saving tips, and gardening would be fun (even if it's a from a pot).

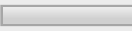
1 3.03%  Fashion Show, good meals to fix for people that work or students.


1 3.03%  Hmmmmm. Office or desk organization would be fun. I think that "office yoga" activity would be nice also.

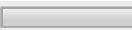
1 3.03%  How about some art appreciation from the Art Museum??

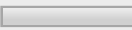
1 3.03%  How to deal with stress...the committee always does a great job in picking pertinent topics..keep up the great work!!


1 3.03%  How to do things are always a good idea. Let the employee be able to try it out and show us how to do it. (Like the bread and Sushi)


1 3.03%  I am not sure but the dance one should stay as well as the part where the ASUU speaker sang.


1 3.03%  I can't think of any offhand, but would love to know other tips on how to save money while grocery shopping or clothes shopping. Thanks again!


1 3.03%  I liked the unique exercise of dancing: maybe we could have fencing or yoga or other interesting exercising demonstrated. Perhaps relaxation techniques?

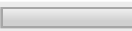
1 3.03%  I really liked the exercise and nutrition tips, and the dancing. I would like to see more of those.

1 3.03%  i think stress management...yoga or meditations would be fun, maybe we could learn golf although with a group that big i don't know that that would necessarily work. maybe bowling. always self esteem is a good one for building your staff

1 3.03%  I would like to hear more about things that will affect me on campus (i.e. I know there's a plan to get rid of the golf course and add underground parking). I would also like to hear more about STUDENT AFFAIRS ISSUES and other work issues--I know what to do with my free time after work. How about some information about different communication styles or on-campus options to make your day less mundane? I would also love to hear any on-campus expert speak about any mind-broadening topic or new development (a researcher from the school of medicine, a literature professor, a civic leader). Maybe you should ask this question next year to the people who will be attending SANE to find out about timely issues they would like to see addressed.

1 3.03%  I would like to see more topics focused on health, maybe discuss more of the WellU program.

1 3.03%  Maybe have more volunteer organization, speakers from various places.

1 3.03%  more dancing

1	3.03%		More dancing!
1	3.03%		More emphasis on what SLC has to offer.
1	3.03%		More info about how to make healthier meals.
1	3.03%		more of the same
1	3.03%		More on personalities, not just learning styles.
1	3.03%		nothing in particular
1	3.03%		perhaps a bit more about some of the benefits of working here at the University of Utah. The keynote speaker mentioned a website but to actually walk around campus and see what is here might be fun.
1	3.03%		Perhaps some way to force departmental cliques to be seperated out into more diversified group. I guess, a form of forced trans-departmental mingling.
1	3.03%		Same
1	3.03%		Session for supervisors on appreciating their subordinates!!!
1	3.03%		Stress management
1	3.03%		teambuilding
1	3.03%		Topics on destressing in the workplace. Things we can do in a few moments at our desk or on a break.

33 Respondents