

Wellness In Words

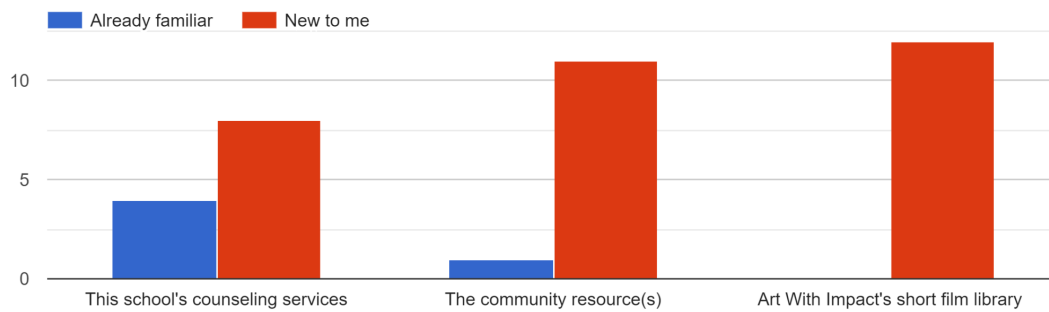
Post-Workshop Surveys

School: Cypress College
Date: 10/19/23

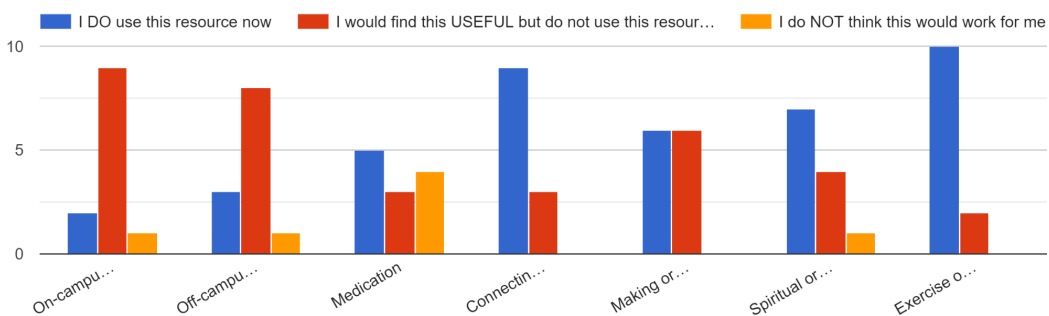
Number of attendees: 30
Number of surveys: 12

Resource Awareness and Access

Which of the following resources were new to you today?



In this list of mental health resources, which do you use, and which might you find useful?

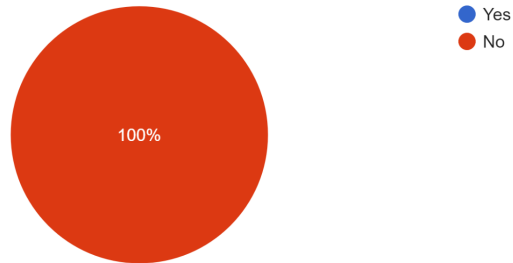


I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = 9
2. Off-campus mental health support (therapist or group therapy) = 8
3. Making or experiencing art = 6

One of the supporters of this event that we talked about was California's Mental Health Commission. Had you heard of the Commission before you came to this event?

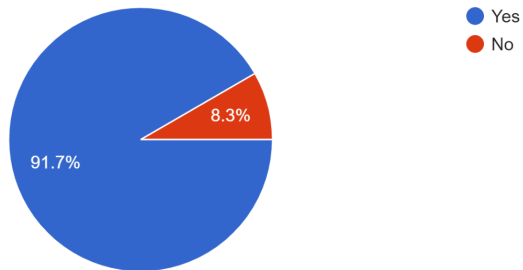
12 responses



Workshop Impact

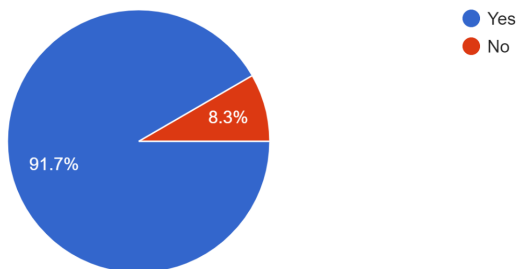
Did this workshop help you confront and address stigma related to mental illness?

12 responses



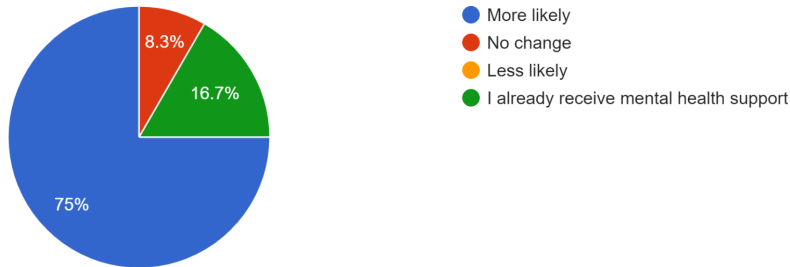
Did you learn something new about mental health?

12 responses



After this workshop, are you more or less likely to seek support for your own mental health?

12 responses



90% of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

What was the most impactful thing about this workshop?

- It made me realize that we should prioritize our mental health and wellness
- Sharing interpretations of the videos related to life
- Talking about our stressors and what we were grateful for
- I loved it & thought it was a good decompression.
- Recognizing and accepting that everyone has a natural instinct to show love yet our culture puts up barriers preventing an important discussion
- The introspectiveness of writing how I felt after Jules spoke and the videos he shared. Reflecting on what I decided to write and thinking about it afterwards.
- Definitely the short films presented. It's one thing to talk about mental health, but it's a completely different impact when you SEE mental health, either the positives of seeking out to make your mental health better, or the negatives of seeing how a lack of mental health can affect you badly.
- I really enjoyed the video of the fortune cookie and how people interpreted it in different ways.
- The discussion and writing "your story"
- It was a great introspective experience. I have been recommended to journal, it was nice to make time for it through the Jules wonderful exercises.

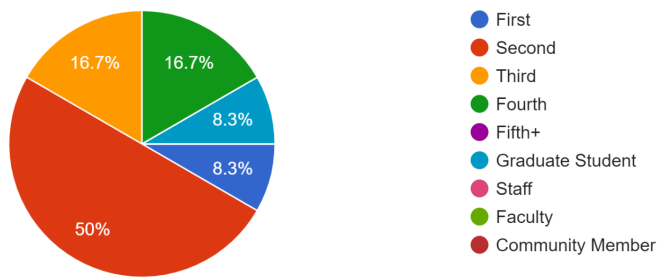
How can we improve this event in the future?

- I think it was pretty good the way it was
- More poems
- As a visual learner, I would have enjoyed watching more short films
- I really enjoyed the event, thank you! Jules is great!
- I feel like we didn't dig deep enough into mental health/mental illness. The event mostly covered very general topics, and since I already knew about most (if not all) of the topics brought up, it wasn't as impactful. I believe that digging deeper into different kinds of mental illness would make the event more worthwhile, and especially how to find ways to get out of said mental illness. I think good topics to cover would be eating disorders, different ways people cope or deal with their anxiety/depression (positive coping tactics vs negative coping tactics), how certain cultures/backgrounds can put high expectations on you, how to boost your self esteem, and other kind of topics that don't get too much light in our society right now. Plus, I think it would be best to put more emphasis on the "art" part of the event. Even if you're not an artist, creating or viewing art has a great impact.
- I was a little confused about the sculpture part of the workshop.
- I really enjoyed the event presented by the Jules and the information shared afterwards as well. Thank you.

A Bit About You (optional)

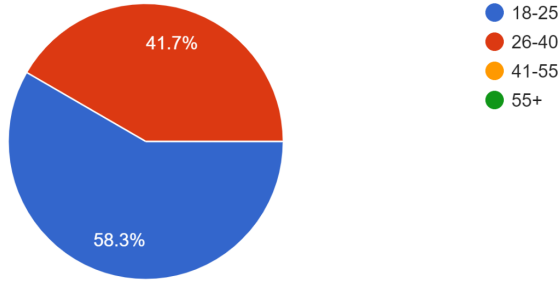
What year are you?

12 responses



How old are you?

12 responses



What is your gender?

Female	50%
Male	50%

What is your ethnicity? (Select all that apply.)

12 responses

