

# Wellness in Words (Online)

## Post-Workshop Evaluations

Hofstra University  
November 1, 2021

Number of attendees: 18  
Number of evaluations: 2

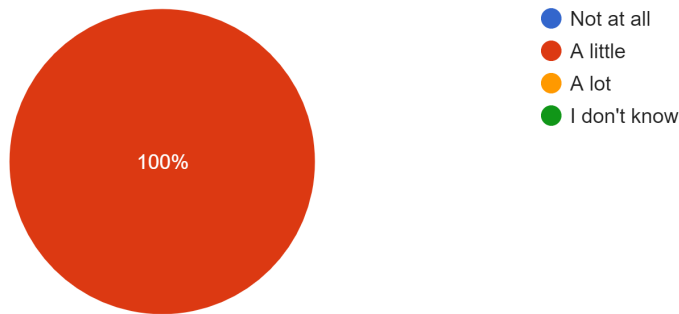
Did this workshop increase your awareness of mental health issues related to hope and resilience?

2 responses



Did this workshop help you name and see examples of stigma related to mental health issues related to hope and resilience?

2 responses



### What was your main takeaway?

Taking time to reflect on myself and how to manage my mental health is more useful than ignoring it and trying to go on as normal

the available services at Hofstra and the use of poetry as a tool for self discovery

### How might you use what you learned today?

I can now know when I should take a break and use it to reflect on how im feeling and why i am feeling a certain way.

use the prompts again to help

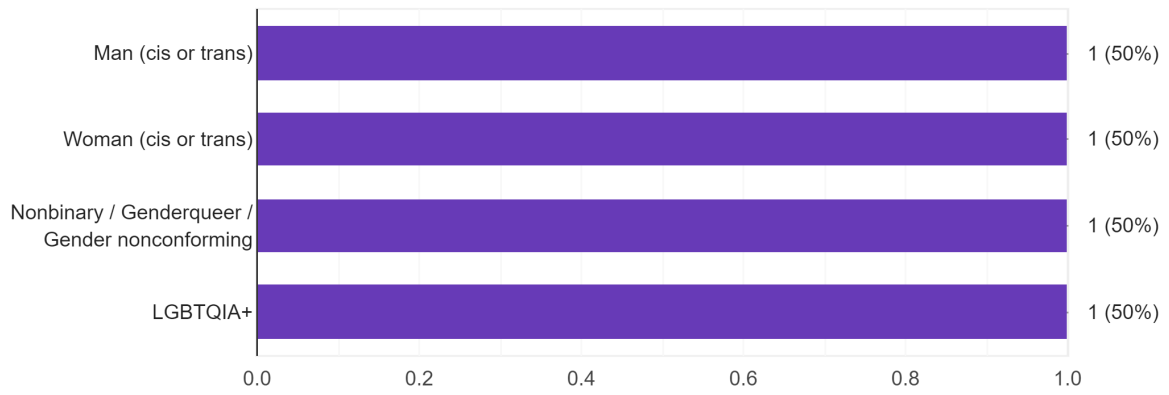
### If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

Very helpful in terms of creatively addressing myself and my mental health

awesome

### How do you identify? (Check all that apply)

2 responses



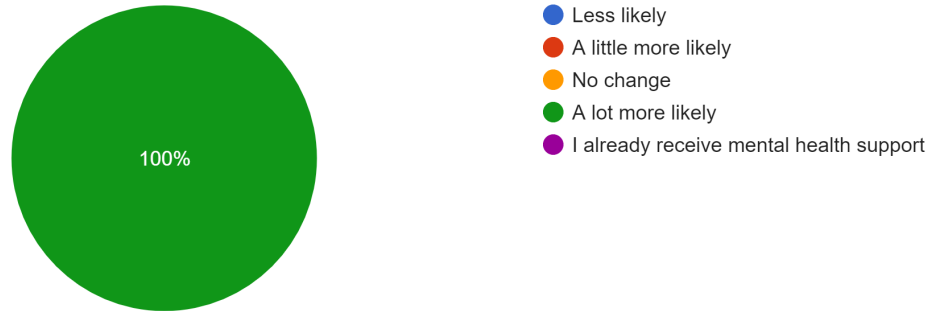
### After this workshop, are you more or less likely to take action to support the mental health of people in your life?

2 responses



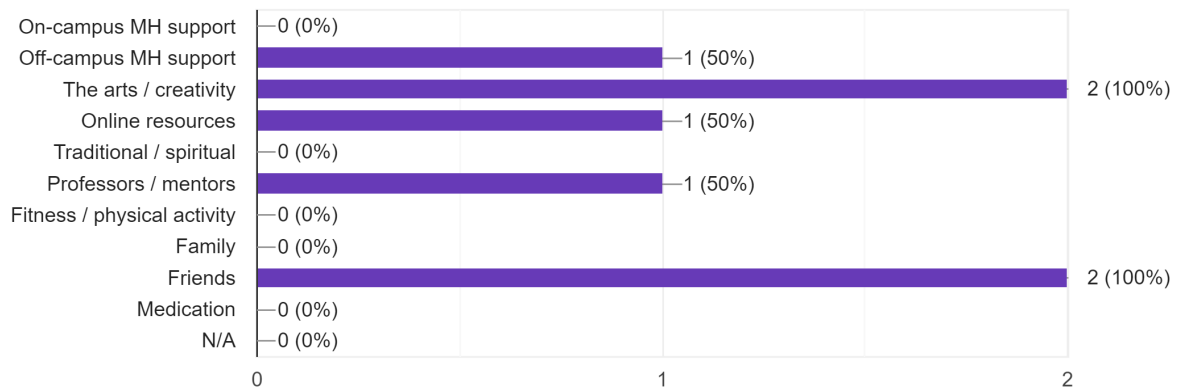
After this event, are you more or less likely to seek support for your own mental health?

2 responses



What type(s) of mental health support do you think would be most useful to you?

2 responses



### What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

Stigma

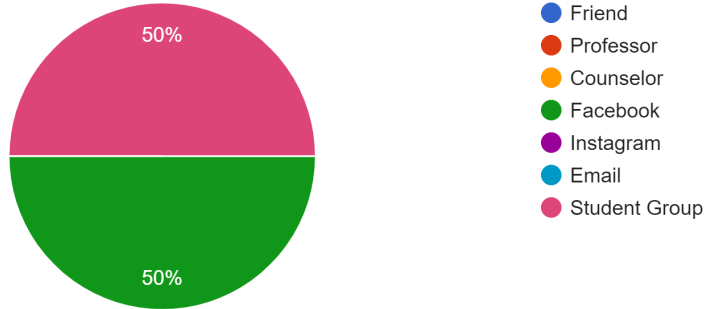
Lack of understanding of resources

### How can we improve this event in the future?

During each segment we could break off and talk about mental health more in depth (especially if its central to the content of the short film) and break up the conversation into small segments

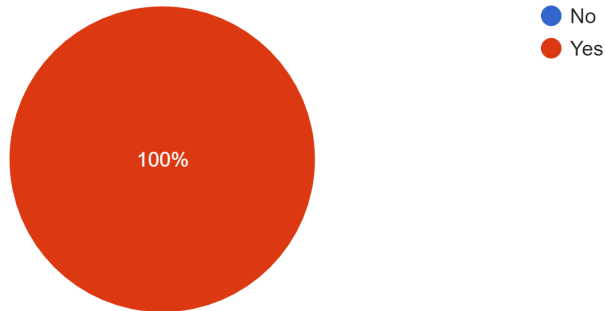
How did you hear about this event?

2 responses



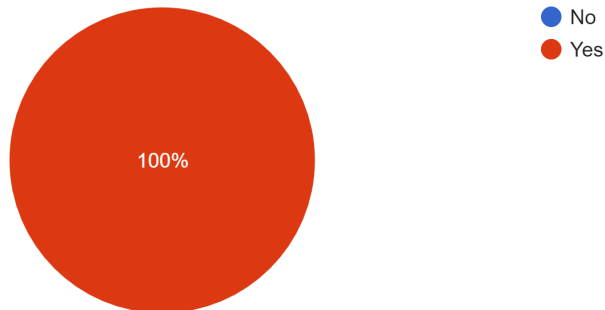
Before this event, did you know about your school's counseling services?

2 responses



Before this event, did you know about the community resource(s) who presented on the panel?

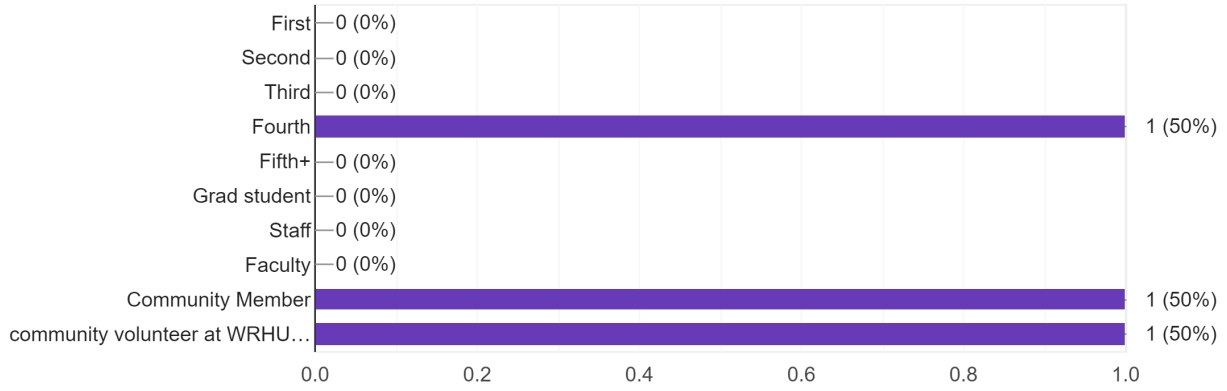
2 responses



Major	
Public Relations	1

Year

2 responses



Ethnicity

2 responses

