

**SAPAC Workshop Evaluation
Women's Track Team
[1990s]**

Number of respondents: 16

1. How much did you learn from this training? (1=Nothing, 7= A lot)

Average: 5.125

2. How important do you think it is to have this kind of workshop? (1=Not important, 7=Extremely important).

Average: 6.688

Comments – How much did you learn from this training?

- It was very informative.
- I liked the relaxed environment.
- Good for teammates to be aware that sexual assault occurs (esp. on campus setting).

Comments – How important do you think it is to have this kind of workshop?

- Very important. Education is the best way.
- Everyone needs to know there is help out there. Also, people who aren't sure what assault actually is may become more aware.
- This was good especially for freshpersons so that they'll know what to do and how to act/react in situations.
- Very good job to Sarah Heuser and Greg Harden. Go Blue!

3. Video/Case Studies.

LIKES:

- Definitely showed real life situations.
- Fairly accurate representation.
- It was realistic. (3)
- It helps to get the point across.
- Attitudes/actions of both victim/abuser very realistic.
- Some reality, more people can relate to realities. Real situation.
- Video/case was very realistic. Made group think about own actions.
- The video was very good of depicting a real life situation that goes on all the time.
- The party scene was college-like. The talking between friends (boys and girls).
- Realistic, showed all sides.
- Thought it was accurate in portraying what would most likely occur. I liked the understanding friend whom was helping her.
- Good job of bringing up issues/concerns.
- Accurate!

DISLIKES:

- What really happened? We heard both sides, but not the actual (not that it changes anything).
- Little outdated.

4. Discussion

LIKES:

- Really helped me out in terms of what to do in different situations.
- Open and two-way. Good. Very well done.
- Sarah and Greg made people feel comfortable speaking about assault with them.
- Not "class"-like, it was open discussion.
- It wasn't a lecture. We were involved.
- Active discussion. Friendly environment.
- Relaxed setting. Open discussion.
- It brought up a lot of things an ex-friend has done and makes me realize I need to bring to his attention.
- Great when group got involved!! Got a chance to hear other people's opinions/comments on the issue.
- I like that some people got involved, but I feel that if the group was split up into smaller groups of about 5 people each there would be more interaction and understanding.
- Asking us about myths. Power wheel.
- Involvement of the team.
- Everyone got to participate, learned a lot that I didn't already know. Greg and Sarah worked well together, getting the information across.
- Good topics. Good outline.
- Talking about behaviors.

DISLIKES:

- Length, timing.
- Friday @ 4:00 p.m.
- Having to define things.
- Not enough participation.