

# Mindfulness Post-training Survey

Thank you for completing this survey about the mindfulness training you recently completed. It will take about 10-15 minutes to complete. We appreciate your time.

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How many of the 6 mindfulness training sessions held at your school did you attend?

- 1
- 2
- 3
- 4
- 5
- 6

**How satisfied were you with each component of the mindfulness course?**

	1 = Highly Unsatisfied	2	3	4	5 = Highly Satisfied
Introduction to the practice of mindfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness expertise of instructor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guided meditations led by the instructor during class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Modeling of mindfulness practice by the instructor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Session length (1.5 hrs.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Program length (6 sessions)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please provide any other feedback about the course here, including what went well and/or what could be improved. Your comments are very helpful in improving the quality of this course.

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**After participating in the 6 week mindfulness training course at school, how much do you agree or disagree with each of the following statements?**

	1 = Strongly Disagree	2	3	4	5	6	7 = Strongly Agree
I have increased my understanding of what mindfulness is	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know of at least 1 simple way to use mindfulness practice in my daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to practice mindfulness on my own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think mindfulness skills will be useful to me in my work with students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to use mindfulness skills with students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness has helped me cope with stressful situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My own mindfulness practice has had a positive impact on how I interact with students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have noticed a change in the atmosphere of my classroom or other school setting since I began my mindfulness practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mindfulness practice has helped me to manage student behaviors effectively and compassionately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mindfulness practice has helped me to establish and maintain supportive relationships with students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness has helped me to promote awareness and concentration among students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness has helped me with my life in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness has helped me with my life at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend mindfulness training to my coworkers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**In a typical week, how often did you practice mindfulness on your own during the time you were participating in the 6-session course?**

**Check one box for both formal and informal practice. Formal practice includes planned sessions or setting aside time and informal practice includes unplanned moments of mindfulness throughout the day.**

	Formal Practice	Informal Practice
0 days	<input type="radio"/>	<input type="radio"/>
1 day	<input type="radio"/>	<input type="radio"/>
2 days	<input type="radio"/>	<input type="radio"/>
3 days	<input type="radio"/>	<input type="radio"/>
4 days	<input type="radio"/>	<input type="radio"/>
5 days	<input type="radio"/>	<input type="radio"/>
6 days	<input type="radio"/>	<input type="radio"/>
7 days	<input type="radio"/>	<input type="radio"/>

**On a typical day, estimate how much time did you spend on average when you practiced mindfulness on your own?**

**Check one box for both formal and informal practice. Use your practice journal to help you answer this question if you kept one.**

	Formal Practice	Informal Practice
Didn't practice	<input type="radio"/>	<input type="radio"/>
Less than 5 minutes	<input type="radio"/>	<input type="radio"/>
5-10 minutes	<input type="radio"/>	<input type="radio"/>
10-20 minutes	<input type="radio"/>	<input type="radio"/>
20-30 minutes	<input type="radio"/>	<input type="radio"/>
More than 30 minutes	<input type="radio"/>	<input type="radio"/>

**When you practiced mindfulness on your own, what types of practices did you engage in?**

	Never	Rarely	Sometimes	Often	Very often
Mindfulness of the breath	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness of the body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness of sounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness of emotion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness of thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kindness practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (describe below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other:

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Do you plan to continue to practice mindfulness now that the 6 sessions are over?

- Yes, definitely  
 Yes, probably  
 Maybe, I'm not sure  
 Probably not  
 Definitely not

What barriers have you encountered that make it difficult to practice mindfulness? (Check all.)

- I don't have a place to practice mindfulness  
 I don't have anyone to practice with  
 I don't feel comfortable with practicing mindfulness  
 I can't find time to practice mindfulness  
 Other (describe below)

Describe:

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What support would help you continue your mindfulness practice? (Check all.)

- Setting aside time/making it a priority  
 Downloading a mindfulness app  
 Reading a book about mindfulness  
 Taking a class or workshop  
 Practicing with others as a group  
 Other (describe below)

Describe

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Have you used mindfulness strategies with students?

- Never  
 Rarely  
 Sometimes  
 Often  
 Very often

Please describe the mindfulness strategies you have used with students:

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Please provide examples of any changes or impact you think your own mindfulness practice has had on students you work with or the classroom/school setting overall.

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Are you interested in learning more about how to use mindfulness techniques with students?

- Yes, definitely
- Yes, probably
- Maybe, I'm not sure
- Probably not
- Definitely not

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
There is a lot I can do to support students to believe they can do well in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is difficult to keep students engaged in learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The students I work with feel like they belong at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is a lot I can do to help calm a student who is disruptive or noisy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is very challenging to get students to follow classroom or school rules	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
I cope well with highly stressful situations at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I cope well with highly stressful situations at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident in my ability to control my emotions in stressful situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I'm in a stressful situation, I focus my attention on the aspects of the situation I can manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When highly stressed, I am able to change my thinking to calm down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
There are days when I feel tired before I arrive at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After work, I tend to need more time than in the past in order to relax and feel better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tolerate the pressure of my work very well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During my work, I often feel emotionally drained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I work, I usually feel energized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find my work to be a positive challenge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After my work, I usually feel worn out and weary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel more and more engaged in my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
When I'm walking, I deliberately notice the sensations of my body moving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm good at finding words to describe my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I criticize myself for having irrational or inappropriate emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I perceive my feelings and emotions without having to react to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I do things, my mind wanders off and I'm easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I take a shower or bath, I stay alert to the sensations of water on my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily put my beliefs, opinions, and expectations into words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't pay attention to what I'm doing because I'm daydreaming, worrying, or otherwise distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I watch my feelings without getting lost in them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell myself I shouldn't be feeling the way I'm feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
I notice how foods and drinks affect my thoughts, bodily sensations, and emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's hard for me to find the words to describe what I'm thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am easily distracted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe some of my thoughts are abnormal or bad and I shouldn't think that way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to sensations, such as the wind in my hair or sun on my face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have trouble thinking of the right words to express how I feel about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make judgments about whether my thoughts are good or bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it difficult to stay focused on what's happening in the present	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I "step back" and am aware of the thought or image without getting taken over by it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to sounds, such as clocks ticking, birds chirping, or cars passing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
In difficult situations, I can pause without immediately reacting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have a sensation in my body, it's difficult for me to describe it because I can't find the right words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It seems I am "running on automatic" without much awareness of what I'm doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I feel calm soon after	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tell myself that I shouldn't be thinking the way I'm thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice the smells and aromas of things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even when I'm feeling terribly upset, I can find a way to put it into words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rush through activities without being really attentive to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate each of the following statements using the scale by checking the box that best describes your own opinion of what is generally true for you.**

	Never or very rarely true	Rarely true	Sometimes true	Often true	Very often or always true
When I have distressing thoughts or images I am able just to notice them without reacting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think some of my emotions are bad or inappropriate and I shouldn't feel them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I notice visual elements in art or nature, such as colors, shapes, textures, or patterns of light and shadow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My natural tendency is to put my experiences into words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I just notice them and let them go	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do jobs or tasks automatically without being aware of what I'm doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have distressing thoughts or images, I judge myself as good or bad, depending what the thought/image is about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to how my emotions affect my thoughts and behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can usually describe how I feel at the moment in considerable detail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself doing things without paying attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I disapprove of myself when I have irrational ideas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>