

# CSF2 Resilience Training for In-Processing

The following questions are designed to get your feedback about the CSF2 course you have attended. Please fill in the circle(s) or write legibly in the space provided. Please be honest; we use your feedback to improve our course and the instruction we provide.

## 1. Gender

Female  Male

## 2. Years of Service

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## 3. Status

Officer  Enlisted  DA Civilian  Contractor  Family member  Other \_\_\_\_\_

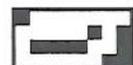
## 4. Please select how much you agree or disagree with each of the following statements about your experience during in-processing resilience training.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
A. My training went at an appropriate pace.	<input type="radio"/>				
B. The exercises and activities in my training were useful.	<input type="radio"/>				
C. The audio-visual materials (power points, video clips, etc.) were useful.	<input type="radio"/>				
D. The materials and handouts were useful.	<input type="radio"/>				
F. My time in the course was well spent.	<input type="radio"/>				

## 5. How useful do you expect each of the skills to be for you?

	Not at all Useful	Slightly Useful	Somewhat Useful	Very Useful	Extremely Useful	DID NOT RECEIVE
A. What is Resilience?	<input type="radio"/>					
B. MRT Competencies	<input type="radio"/>					
C. Hunt the Good Stuff	<input type="radio"/>					
D. Avoid Thinking Traps & Confirmation	<input type="radio"/>					
E. Energy Management	<input type="radio"/>					
F. Active Constructive	<input type="radio"/>					
G. Put It In Perspective	<input type="radio"/>					
H. Real-Time-Resilience	<input type="radio"/>					
I. Assertive Communication	<input type="radio"/>					
J. Culminating Discussion/Group Work	<input type="radio"/>					

5a. Was the appropriate amount of time spent on each skill?  Yes  No



6. Please rate how much you agree with each statement about using the skills taught.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
A. I understand how to use the resilience and performance skills taught.	<input type="radio"/>				
B. I understand what my MRTs are equipped with to train my units.	<input type="radio"/>				

7. The following are characteristics of good instructors. Please mark the response that best matches your thoughts about your instructor(s).

My instructor....	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
A. ...knew the material..	<input type="radio"/>				
B. ...was easy to understand.	<input type="radio"/>				
C. ...was well-organized and prepared.	<input type="radio"/>				
D. ...was engaging and enthusiastic.	<input type="radio"/>				

7a. Considering the ratings you made above, what, if any, comments or suggestions do you have for your instructor or presenter?

8. Are there any other comments, questions, or concerns you have regarding the training you received today?

