

Validation Method and Recommendations for Future Workshops



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Validation Method

Following our workshops held from July 15th to 19th, 2024, we conducted a feedback survey with the participating teenagers. This evaluation is crucial for refining our teaching methods and tailoring future sessions to better meet the needs and preferences of our participants.

The survey featured seven key questions covering various aspects of the workshops, including psychological content, artistic exercises, and group dynamics. Artistic exercises, a central component of our program, included a range of activities designed to engage participants creatively while addressing emotional and psychological issues such as stress management and empathy building.

To gather comprehensive and actionable insights, we employed a survey method that included multiple-choice questions with follow-up prompts for elaboration. This approach enabled us to collect both quantitative data and qualitative feedback.

The feedback will be instrumental in validating our teaching methods, improving the group atmosphere, and enhancing the overall effectiveness of our programs. Participants were also asked to rate the workshops out of 10 and to suggest improvements.

For your reference, the survey used in this evaluation is included below.



1.1 How interesting were the topics discussed during the **psychology workshops** (Monday-Wednesday) for you?

- Not interesting at all
- Slightly interesting
- Moderately interesting
- Very Interesting
- Extremely interesting



1.2 Please justify your answer (personal development, empathy, stress management, psychological knowledge, vision boards, etc.)



2. How much did you enjoy the **art classes**? (Thursday - Friday)

- I did not enjoy them
- I enjoyed them a little
- I moderately enjoyed them
- I enjoyed them a lot
- I enjoyed them immensely



2.2 Please justify your answer (painting, clay sculpting, land art, fractal painting, etc.)



3. Which part of the workshops was the most helpful for you in your **daily life, well-being, etc.**? (You can select more than one option)

- Topics related to personal development
- Topics related to empathy
- Stress management techniques
- Artistic activities
- Other:



4.1 How comfortable did you feel **sharing your personal experiences** and **participating** in group activities?

- Not comfortable at all
- Slightly comfortable
- Moderately comfortable
- Very comfortable
- Extremely comfortable



4.2 Please justify your answer (group atmosphere, etc.). What could be **improved**?



5. Did you feel that the **group** and **individual exercises** were well balanced? Please justify your answer.



6. What **overall rating** would you give the workshops on a scale from 0 to 10?



Very poor

Excellent



7. Do you have any **suggestions for improving the workshops** in the future? (Topics of exercises, facilitators, atmosphere, tasks, etc.)

Recommendations for Future Workshops

Overall, we received highly positive feedback from our participants, who rated the workshops with an average score of 9.6 out of 10. This positive response highlights the success of our current approach while also indicating areas where we can make further improvements. The following recommendations are designed to build on our strengths and address specific areas for enhancement based on participant input.

1

Improve Comfort Levels of Participants

Participants reported slightly different degrees of comfort when sharing personal experiences, which is crucial for fostering a supportive learning environment. Although the feeling of comfort is highly individual, it is important to address this. Based on the survey, we recommend establishing clearer guidelines for sharing personal stories and creating a more supportive atmosphere. Introducing smaller group discussions can also help participants feel more comfortable and engaged. By structuring these interactions carefully, we can create a space where participants are encouraged to share without feeling overwhelmed or misunderstood.

2

Focus of the Activities

Feedback indicated a strong interest in a variety of artistic forms beyond the current offerings. To cater to diverse interests and enhance engagement, we suggest expanding the range of artistic activities available. Further, integrating these artistic expressions with our psychological workshops can create a holistic experience that addresses both creative and emotional needs. Combining art with therapeutic techniques will give participants more opportunities to explore their emotions and personal growth, ultimately conveying the workshop's overall message.

3

Balance Group and Individual Exercises

A balanced approach between group and individual activities was a key concern for some participants. Adjusting the workshop structure to ensure that both types of exercises are represented can improve overall satisfaction. Providing a mix of collaborative and solitary tasks allows participants to benefit from group dynamics while also having space for personal reflection and expression. This balance can lead to a more holistic and engaging workshop experience.

4

Focus on Practical Relevance

Participants appreciated the practical connection between workshop themes and personal development. To enhance this relevance, we recommend incorporating more real-life scenarios and practical applications related to the topics discussed, such as stress management techniques. By integrating hands-on examples and actionable strategies, we can make the content more applicable to participants' daily lives, thereby increasing its impact and usefulness.

5

Encourage Continuous Feedback

While end-of-workshop surveys provided valuable insights, implementing mechanisms for ongoing feedback during the sessions could offer real-time adjustments based on participant needs and preferences. Introducing periodic check-ins or feedback prompts during the workshop can help facilitators gauge the effectiveness of activities and make necessary modifications on the spot. This approach will enable a more responsive and adaptive learning environment, ensuring that the workshop remains engaging and relevant throughout its duration.

Conclusion

The positive feedback from our recent workshops underscores their success and effectiveness. By implementing the above recommendations, we aim to enhance participant comfort, engagement, and relevance of future sessions. These improvements will help ensure that our workshops continue to provide valuable and enriching experiences, maintaining the high standards set by the feedback we have received.



Key Takeaways

1. Establish **Clear Sharing Guidelines** and Small Group Discussions
2. Focus the **Artistic Activities** to Align with the Workshop
3. Balance **Group and Individual Exercises** Well
4. Integrate **Real-Life Applications** As Much As Possible

Finally... some Workshop Impressions



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