

**HHS125: Design Your Life I – What Could I Do With My Life**  
**Fall Semester, 2020**  
**Course Evaluation Results**

**Instructors for 2020 Fall Semester (28 sections)**

- **Bill Johnson – 10 sections (all 10 sections online, synchronous)**
- **Megan Cayton – 9 sections (all 9 sections online, asynchronous)**
- **Stephanie Williams – 5 sections (all 5 sections online, synchronous)**
- **Jennifer Clark – 2 sections (1 section in-person, one section online, synchronous)**
- **Dean Carl Mattacola – 2 sections (all sections in-person)**

**(Note: Survey results were from sections taught by Bill Johnson, Stephanie Williams, and Jennifer Clark)**

**Total Responses – 168**

**(Note: One course evaluation only received comments, no survey responses.)**

**(Note: Eleven course evaluations were eliminated due to multiple submissions by same individuals.)**

Student Classification	Freshman	Sophomore	Junior	Senior	Other	No answer	Total
Year	<b>140</b>	<b>13</b>	<b>9</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>168</b>

1. \_\_\_\_\_ I learned a lot about myself in this course.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>110</b>	<b>38</b>	<b>18</b>	<b>0</b>	<b>1</b>
% per Category	<b>65.8%</b>	<b>22.8%</b>	<b>10.8%</b>	<b>0%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>88.6%</b>				

2. \_\_\_\_\_ This course helped me understand myself through my story.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>103</b>	<b>51</b>	<b>11</b>	<b>1</b>	<b>1</b>
% per Category	<b>61.7%</b>	<b>30.5%</b>	<b>6.6%</b>	<b>0.6%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>92.2%</b>				

3. \_\_\_\_\_ This course helped me understand my personality type, my strengths, my values, and my motivations.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>118</b>	<b>41</b>	<b>6</b>	<b>1</b>	<b>1</b>
% per Category	<b>70.6%</b>	<b>24.6%</b>	<b>3.6%</b>	<b>0.6%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>95.2%</b>				

4. \_\_\_\_\_ This course helped me define my meaningful work - how I will profoundly serve others.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>108</b>	<b>42</b>	<b>13</b>	<b>3</b>	<b>1</b>
% per Category	<b>64.7%</b>	<b>25.1%</b>	<b>7.8%</b>	<b>1.8%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>89.8%</b>				

5. \_\_\_\_\_ This course helped me define a vision of work for the future.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>106</b>	<b>45</b>	<b>13</b>	<b>2</b>	<b>1</b>
% per Category	<b>63.5%</b>	<b>26.9%</b>	<b>7.8%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>90.4%</b>				

6. \_\_\_\_\_ This course helped me define a problem I could solve that could make an impact.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>92</b>	<b>48</b>	<b>22</b>	<b>4</b>	<b>1</b>
% per Category	<b>55.1%</b>	<b>28.7%</b>	<b>13.2%</b>	<b>2.4%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>83.8%</b>				

7. \_\_\_\_\_ This course helped me choose the right major or helped clarify that I'm in the right major.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>90</b>	<b>49</b>	<b>21</b>	<b>6</b>	<b>1</b>
% per Category	<b>53.9%</b>	<b>29.3%</b>	<b>12.6%</b>	<b>3.6%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>83.2%</b>				

8. \_\_\_\_\_ This course provided me with the knowledge that could help me be successful in college.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>97</b>	<b>52</b>	<b>16</b>	<b>1</b>	<b>1</b>
% per Category	<b>58.1%</b>	<b>31.1%</b>	<b>9.6%</b>	<b>0.6%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>89.2%</b>				

9. \_\_\_\_\_ This course provided me with the knowledge of the important people and organizations that could help me be successful.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>91</b>	<b>54</b>	<b>17</b>	<b>3</b>	<b>2</b>
% per Category	<b>54.5%</b>	<b>32.3%</b>	<b>10.2%</b>	<b>1.8%</b>	<b>1.2%</b>
% Strongly Agree or Agree	<b>86.8%</b>				

10. \_\_\_\_\_ This course provided me with the knowledge that could help me pursue a successful career.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>106</b>	<b>43</b>	<b>13</b>	<b>3</b>	<b>2</b>
% per Category	<b>63.5%</b>	<b>25.7%</b>	<b>7.8%</b>	<b>1.8%</b>	<b>1.2%</b>
% Strongly Agree or Agree	<b>89.2%</b>				

11. \_\_\_\_\_ I believe I can make better decisions about my life and my future now that I have completed this course .

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>109</b>	<b>38</b>	<b>17</b>	<b>2</b>	<b>1</b>
% per Category	<b>65.2%</b>	<b>22.8%</b>	<b>10.2%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>88.0%</b>				

12. \_\_\_\_\_ I found the "My Life Story" Poster useful in understanding the significance of my past .

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>106</b>	<b>46</b>	<b>12</b>	<b>2</b>	<b>1</b>
% per Category	<b>63.5%</b>	<b>27.5%</b>	<b>7.2%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>91.0%</b>				

13. \_\_\_\_\_ I found the "You, The Superhero" Poster useful in summarizing the personal characteristics that define who I am.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>165 Total Responses</b>	<b>100</b>	<b>46</b>	<b>14</b>	<b>4</b>	<b>1</b>
% per Category	<b>60.6%</b>	<b>27.9%</b>	<b>8.5%</b>	<b>2.4%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>88.5%</b>				

14. \_\_\_\_\_ I found the "Major Exploration Academic Plan" or "Calling Connection Career Plan" Activity useful in planning my educational and/or career goals.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>166 Total Responses</b>	<b>104</b>	<b>41</b>	<b>16</b>	<b>3</b>	<b>2</b>
% per Category	<b>62.7%</b>	<b>24.7%</b>	<b>9.6%</b>	<b>1.8%</b>	<b>1.2%</b>
% Strongly Agree or Agree	<b>87.4%</b>				

15. \_\_\_\_\_ I found the "Life's Work" Poster useful in planning my career during and after college.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>101</b>	<b>46</b>	<b>16</b>	<b>3</b>	<b>1</b>
% per Category	<b>60.5%</b>	<b>27.5%</b>	<b>9.6%</b>	<b>1.8%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>88.0%</b>				

16. \_\_\_\_\_ I found the meditation time at the beginning of class useful.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>166 Total Responses</b>	<b>81</b>	<b>45</b>	<b>28</b>	<b>9</b>	<b>3</b>
% per Category	<b>48.8%</b>	<b>27.1%</b>	<b>16.9%</b>	<b>5.4%</b>	<b>1.8%</b>
% Strongly Agree or Agree	<b>75.9%</b>				

17. \_\_\_\_ I found the videos that accompanied the topics/activities in class useful.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>166 Total Responses</b>	<b>96</b>	<b>52</b>	<b>15</b>	<b>2</b>	<b>1</b>
% per Category	<b>57.8%</b>	<b>31.3%</b>	<b>9.1%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>89.1%</b>				

18. \_\_\_\_ I enjoyed having time to share my Poster Projects with my classmates.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>80</b>	<b>51</b>	<b>24</b>	<b>11</b>	<b>1</b>
% per Category	<b>47.9%</b>	<b>30.5%</b>	<b>14.4%</b>	<b>6.6%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>78.4%</b>				

19. \_\_\_\_ I appreciated the opportunity to connect with my instructor and classmates each week.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>99</b>	<b>46</b>	<b>19</b>	<b>2</b>	<b>1</b>
% per Category	<b>59.3%</b>	<b>27.5%</b>	<b>11.4%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>86.8%</b>				

20. \_\_\_\_ I enjoyed taking this course with this instructor.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>123</b>	<b>34</b>	<b>8</b>	<b>1</b>	<b>1</b>
% per Category	<b>73.6%</b>	<b>20.4%</b>	<b>4.8%</b>	<b>0.6%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>94.0%</b>				

21. \_\_\_\_ I believe the instructor really enjoyed teaching this course.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>130</b>	<b>28</b>	<b>6</b>	<b>2</b>	<b>1</b>
% per Category	<b>77.8%</b>	<b>16.8%</b>	<b>3.6%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>94.6%</b>				

22. \_\_\_\_ I believe the instructor really cared about me as a student.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>117</b>	<b>33</b>	<b>14</b>	<b>2</b>	<b>1</b>
% per Category	<b>70.0%</b>	<b>19.8%</b>	<b>8.4%</b>	<b>1.2%</b>	<b>0.6%</b>
% Strongly Agree or Agree	<b>89.8%</b>				

23. \_\_\_\_\_ I believe the grading structure for this course was fair.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>122</b>	<b>33</b>	<b>10</b>	<b>2</b>	<b>0</b>
% per Category	<b>73.0%</b>	<b>19.8%</b>	<b>6.0%</b>	<b>1.2%</b>	<b>0%</b>
% Strongly Agree or Agree	<b>92.8%</b>				

24. \_\_\_\_\_ I would recommend this course to other students.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>167 Total Responses</b>	<b>122</b>	<b>29</b>	<b>10</b>	<b>4</b>	<b>2</b>
% per Category	<b>73.0%</b>	<b>17.4%</b>	<b>6.0%</b>	<b>2.4%</b>	<b>1.2%</b>
% Strongly Agree or Agree	<b>90.4%</b>				

25. \_\_\_\_\_ I believe this course should be required for ALL new students.

	A Strongly Agree	B Agree	C Neutral	D Disagree	E Strongly Disagree
<b>165 Total Responses</b>	<b>105</b>	<b>29</b>	<b>20</b>	<b>8</b>	<b>3</b>
% per Category	<b>63.6%</b>	<b>17.6%</b>	<b>12.1%</b>	<b>4.9%</b>	<b>1.8%</b>
% Strongly Agree or Agree	<b>81.2%</b>				

26. \_\_\_\_\_ Choose the response that most accurately describes the impact this course had on your life this semester.

	High Impact	Some Impact	No Impact	
<b>168 Total Responses</b>	<b>114</b>	<b>50</b>	<b>4</b>	
% per Category	<b>67.8%</b>	<b>29.8%</b>	<b>2.4%</b>	

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**Question: Briefly describe how this course changed or reaffirmed your educational, career, and/or personal plans for the future.**

- Since I have been taking this class, I've had a whole change to how I wanted to serve people.
- This course made me more into the career and makes me want to pursue it more.
- I see myself as a better person
- I'm transferring to Nash for my associates and then coming back to UNCG for Bachelor in Science
- Just gave me so much clarity.
- This course helped me to clearly identify what I want to with my major and how I want to help, also it gave me great support in my personal life and got to know more about myself.
- This course helps the individual to realize deeper purpose or drive towards a life worth living.
- Help me see that I'm not how I see myself a lot and I have a future ahead of me.
- This course helped to better understand a path for my future.
- Made me more aware of myself and about how I act and the goals I have.
- There were times where we would have to look up things that has to do with our major will help us think about our future. We also had to write out a 4-year plan of all the classes we have to take to graduate and that was very helpful to visualize that.
- I at least now have knowledge of things I didn't know before.
- This class made me realize what I really wanted to do in life and led to me changing my major.
- I'm more grounded
- This course helped me see that my personality does line up with what I want to do. It also helped me find a solid path to get there.
- by learning about myself

- This course made me realize I'm stronger than I thought I was.
- Helped me develop goals for my dream career.
- It helped me find myself and ensure that I am positive about my career choice.
- The course taught me more about myself rather than my future goals.
- This course made me realize how much I belonged on this career path and expand my passion for it.
- This course had made me think more about my future and let me know that I need to plan my future more.
- I have learned more about my strengths and weaknesses
- It helped me identify my career goals after college.
- It made me look at things from a different perspective.
- This course completely changed my career plan and I have started the process of changing my major to my own specialized major that incorporates all of my interests.
- This class reassured that I am going down the right path. It has given me plenty to think about.
- It allowed me to think about the things that I do and the choices I make and really realize certain things about myself.
- It has made me a stronger person and made me realize the reality of life situations.
- It really made me think of all my options.
- It helped me realize that I really want to work with people
- I was able to learn more about myself, and what I could accomplish
- This course really did not change or reaffirm my educational, career, or plans for the future I am still a little unsure about what I actually want to do.
- It helped me realize the importance of knowing are gifts and talents and it showed me why I am majoring for my degree.
- This course solidified that I am in the right major for my life. I wasn't sure before, but I am now.
- this course made me realize that not everything goes your way and you need a backup plan for if they don't
- It showed the importance of prerequisites for grad school and encouraged me to be accountable for my own plans for the future
- It helped me discover who I am.
- N/A
- This course helped me realize if I wanted to pursue the major I came into college wanting to do.
- It has made me re-evaluate the measures and precautions I'm going to take to reach my career goals.
- This course made me do more background about all these aspects and yes, it did make change some things but I feel like it's all positive change.
- I would say it didn't change my mind on what I should do in life but it did make my want to be better in life stronger and it definitely made me realize that I really can do it and I have so many good qualities that I don't see. It was a boost of confidence.
- It honestly made me question whether or not I wanted to go into physical therapy, which is a good thing because this course asked questions that really made me think and wonder if physical therapy is really the right option for me based on my strengths and weaknesses.
- this course help me want me career even more.
- I got to find parts of myself as a person.
- This course has made me really want to achieve my goals. I told myself I would do it because this course was so inspiring and helpful.
- I already had a plan entering this course but it encouraged me to research my plans in areas I hadn't already and also encouraged me to pursue them now rather than later. I have now spoken to a recruiter and am working towards my goal.
- This course didn't change my plans for the future but it did make me look deeper into my plans.
- This really allowed me to define my purpose for doing my career.
- I found who I am thanks to this class. I have started to develop the ability to fight for myself and do what I want to do and not what I think other people want me to do.
- It has made me question if I want to do doctorate PT school
- After every lifework activities that we did my plans for the future became clearer. It also made me realize about a lot of other personal and outside world. Every lifework activities was like a part of big puzzle which all came together at the end. Talking about my plans for the future and actually getting the opportunity to sort them out and making them a focus made me feel even more motivated about my future plans.
- This course helped me to learn things about myself that I didn't even know.
- It really showed me how to plan out my future

- It made me realize my strengths, how I want to help people, and why I want to go into nursing.
- I got a better idea of what I wanna do
- It just helped me better plan my future
- This course reaffirmed my career for my future because I truly found my purpose in life.
- To become more organized and to set goals for the future and also have a backup plan
- I feel more confident about my future and feel more prepared now that I have a plan and know what I want in life.
- i think this course helped me better understand the requirements of my major
- This course showed me things about myself that I didn't realize, and I have learned things in this course that will help me throughout college and life.
- By making me feel comfortable with myself with my plans
- Before this class I knew that I wanted to be a social worker because I always believed that experience is important when picking a career. I learned that purpose is important.
- it showed me that I am on the right path with both my education and career
- It has reaffirmed my career by completing assignments that has helped me better know myself and traits, which go hand in hand with my career.
- It did not really affect my plans at all
- By doing the career planning and the superhero poster, it really helped me confirm who I am and who I wish to become.
- Made my career choice solid
- Helped me map out future goals and plans
- It made me to look into other options, I've thought about changing schools and my major that I've had since I was 9. Did I completely lose my dream? No, it was more like "secret" tracks that will eventually lead me there. I decided to change my major to a Pre-Kinesiology degree from Nursing. I thought about going to Medical school or to become an Athletic trainer then go for nursing.
- I'm very happy that I was put into in class. It challenged me to look deeply into myself and why I want to do the work that I choose and how this work can be impactful to others and not just myself.
- Made me understand there are many paths to take in life.
- It helped me think of how to plan my future and having a plan b if my original plan does not work out
- This course helped me draw at a plan for my future
- it made me realize that I really do wanna be a social worker
- It helped me understand who I am as a person and how much i care for others
- It solidified the future that I'm working toward attaining
- I have learned more about myself as a person and how my characteristics build onto my career aspirations.
- Reaffirmed that I chose the correct major!
- It helped me map out my life
- This course reaffirmed my educational plans for the future by helping me to construct my four year plan and lay out my goals for my career as a Nurse.
- It has changed my career plans for the better
- So coming into college I had an idea of what I wanted to do and this course helped me narrow down my ideas and pin point a certain specialty.
- it didn't
- It just reaffirmed and showed that I'm on the right track and made my future plans more defiant and clear.
- This class definitely confirmed that nursing is the right path for me through my values, meaningful work statement, etc.
- This course changed my educational, career and personal plans for the future by knowing exactly what I want to do more than what I've planned to do for my career.
- This course impacted me in the way that I want to improve my overall self. I am growing little by little everyday and this class made an influence on that growth. I also feel a little bit better about my major and hopefully I will stick with it.
- This course helped me because when I got to college, I was still unsure about if that is what I wanted to do or not, this class helped me clarify that it is what I want to pursue.
- It has showed me that I am on the right path and it also haws reassured me about my future career.
- It allowed me to realize that with my plans I need to have them organized
- this course changes my outlook of things such as my educational plans for the future. It had made me think about furthering my education to get my doctorates degree and to keep pushing myself.
- This course made me realize that I might not be good for the medical field, and helped me define who I am.

- This course helped me connect with other students with the same career path or major as I did and it gave me more comfort knowing that other people were in the same spot as I was and helped me get more info about the person I want to become.
- Going in I wanted to do Nursing, and as I'm looking back, I found myself always listing things about staying fit and healthy. I'm starting to think about physical therapy and where that could take me in the future. I strongly believe in having a healthy mindset (meditations) and just taking the time to relax and enjoy life while were young.
- This course helped me define a path that would be best for me to take in the future based on my past and who I am in the present, which is something I was unsure of prior to this course.
- I had an idea of what I wanted to do but this course has helped me realize that this is really what I want to do.
- This course helped me gain a sense of self awareness about my future.
- It was a complete game changer, truly an eye opener.
- It changed me a lot. It showed me the real reality in things, and it showed me that I should really take things in my life more seriously.
- During this course, I became very organized. I was able to prepare for my next few years here at UNCG and what courses I'll be taking.
- When taking hhs125 I was pushed to re think what I had set my mind on and really ask myself was this something I want or can something else be waiting for me on the other side.
- I started off thinking this semester was going to be so stressful. It was; however, this course changed my mindset. I learned how to manage time better, relax, and focus on one thing and not on a million at once.
- This course reaffirmed my career plans by pointing out that nursing truly is the career for me.
- Steer me on a direct path
- It helped me look at the bigger picture when it comes to my education.
- This course reaffirmed that I want to be a social worker and it further helped me know why.
- This class helped me to stay positive in difficult times.
- This course changed my future plans because it made me realize what I really want to do with my life in order to do something meaningful, not something that won't satisfy me, or my goals.
- This course helped me know my strengths and my weaknesses.
- This course allowed me to map out my life and get a good look at how the next 4 years and so on will go.
- This course reaffirmed my educational and career plans for my future because it allowed me to learn more about myself, and to receive a clear picture of my strengths and their connection to the field I want to pursue one day.
- it didn't change my plans
- It has helped me plan better for my future and showed me what I need to do in order to succeed in the career I want.
- It made me consider other plans for a future career which helped me have peace of mind about my future.
- this course made me think maybe I should change my major out of nursing and into psychology
- This course gave me more insight in which career i really want to pursue
- It showed me how my past has led me to this decision.
- Verified the work that needs to be done on my part to be successful.
- It was really helpful to see what strengths I had that would positively contribute into my future career.
- The research about my career was great and let me decide to do what I want.
- This course has shown me that I don't have to go to the "best" school for nursing to get a good degree and to succeed in the career. I am transferring to a different school next semester that fits my desires more and the atmosphere is more me.
- This course helped me design my future.
- This course made me realize why I want to go into the career I chose.
- Helped me gain a better idea of what I want to do, as well as understand what my strengths are.
- This course didn't change my mind about my future career, but it did make me question it a lot which was helpful because now I know that this is truly what I want to do but there are probably some things that I will do differently.
- Really made me thing of different options when looking for a career
- This Course has not affected my life decisions whatsoever.
- It made me see that there is other careers out there that I might enjoy and there are other ways to achieve what I want in life.
- This course solidified my educational plans by supporting what I want to major in.
- At the start of the semester, I was a completely different major and I thought I would like the medical field but with Professor Johnson's course work and assignments I was able to realize that I wanted to change my major and I found something I am very interested in. I also really enjoyed learning my personality type and things about myself through tests like the ones we had in this course.
- I am now fully confident that I should be in therapy.



- This course reassured me that I am doing what I really want and that it will make me happy because it was so easy to explain why I wanted to keep on this track.
- This course helped me take a deeper look into my career options
- Figure out a career plan
- It made me realize that I want to do more with my career than just be a lawyer
- I just learned things about myself that I did not know
- This course helped me understand the plan I need to take my major and even a backup plan just in case I don't get into nursing.
- It helped me get me prepared for my future with my boyfriend trace after college like getting married and having my own kids and get our own house together too.
- This course allowed me to think further into my life decisions
- I have an organized plan on how I'll get my nursing degree and back up if I don't achieve that.
- It helped me to reaffirm what I wanted to do as a career and taught me more about who I am as a person.
- Sadly, before taking this course I found my major so I feel that I wasn't able to get the full effect out of this course as expected.
- It reaffirmed my plans by going in depth to look at the different classes that I have to take it in order to achieve my goal.
- This course completely changed my major and what I wanted to do for my career. I changed my major from kinesiology to accounting.
- This course has helped me become a better me and work on the things that I may need a little work on.
- This course set out a great plan made by me about my future. It made stable goals.
- This course has reaffirmed my career as a Nurse Practitioner because the activities made me think about what I am destined to become.
- This course definitely reassured me of my prior interest in pursuing nursing.
- This course changed and reaffirmed my career and personal plans because I know I do want to become a nurse 100%. But now I also have more confidence that I can pursue one of my hobbies.
- It made it clear what career I would like to do.
- This course reaffirmed my career plans for becoming a child psychologist.
- It reaffirmed my decision to be a physical therapist by helping me to determine my skills and values that align with being a physical therapist
- This course helped me decide whether I was in the right major or not
- It truly helped me figure out what I wanted to do. It gave me direction.
- Made me understand that some of my decisions made are based on emotion
- Made me feel confident in my career choice
- It changed my mindset on life
- This course helped me narrow down what I wanted to do in the future for a job, and it helped me explore the ways I could do that
- It made me realize I was in the right major and that I have to work hard to achieve my goal but I already have all the right characteristics to achieve them.
- It allowed me to see how I am going to plan for the future.
- After taking this course it helped me realize that my future in therapy is something I really want to do, and I am really passionate about.
- This course helped me reaffirm that I am in the right place and help me to make sure I stay on track for my education, career, and any other personal plans.
- It just helped me learn who I am and what I could do to better myself

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**Question: Share at least one thing you really liked about this course...**

- The assignments and classwork.
- I like how I learned something every class period
- Projects
- I liked that it was easy to understand
- I liked how personal it was.
- Projects were really fun and I always looked forward to create them. Help my creative side.
- The instructor.

- How energetic the professor was.
- The projects.
- I liked doing the projects the posters really made me focus and think about what I wanted to do.
- I liked that all the projects had an effect on how I see myself.
- flexibility of grading.
- The introspective nature of assignments.
- The zoom class
- I really enjoyed the meditation.
- Talking about my future
- I loved the super hero poster.
- Like how open it was and we got to share about our lives.
- Having meditation at the beginning of class
- The meditations in the morning
- I really liked the homework activities to make me continue to think on my well-being through the week.
- I really liked the superhero project.
- The workload
- I liked the mediation at the beginning.
- I liked everything about the course
- Everything. Literally everything we did was amazing
- The self reflection this class caused.
- That we were able to share our life stories
- I liked the reality that my professor gave instead of sugar-coating things like most professors do.
- Learning more about myself
- It helped you identify what you truly want to do
- I liked watching videos and talking about their meaning.
- How the course helps you learn more about yourself by taking quizzes on yourself.
- Interactions with the teacher and my classmates.
- One thing I really liked about this course was the professor. I honestly feel like he made the class as a whole. It wouldn't have been the same with any other professor.
- I loved that the instructor was brutally honest and did not sugarcoat things or tell us what we want to hear
- I loved the meditation
- The professors are very caring
- The start of class with the relaxing music
- I liked how small the class was.
- The instructor and being comfortable and welcomed.
- I like how we meditate at the beginning of each class
- I really enjoyed doing the posters.
- I really liked that the presentations could be done using a PowerPoint instead of having to draw a poster. I am not an artist by any means so if I drew a poster it would be a complete mess more than likely. I like that we were given the option between a poster and a PowerPoint
- The instructor
- i liked how the classmates spoke to each other.
- I loved the projects!
- The discussion boards
- The instructor was very open and truly cared about helping make a difference in the students lives. I also appreciated that it was easy to complete the assignments no matter what your career plans were.
- I really liked how honest we got to be with ourselves for this class and no one was judged you for it.
- I liked how this course helped me plan my four years out.
- I loved how open Mr. Bill was, he was transparent and openminded.
- I loved how relaxed it was
- I really liked the energy of the teacher and the whole class; it was very inspiring and positive.
- Meditation at the beginning of each class to help with unwinding and opening my mind for the class. It taught me a lot about myself.
- The future planning guidance and resources we received
- I really liked the my story poster.
- How we focused on ourselves

- Class interaction
- I liked how simple the class was. It wasn't easy, but simple. Many assignments built up for one big project which I really enjoyed.
- Being able to reflect on myself which I learned a lot of about myself
- The posters/projects
- I liked the projects that helped better understand myself
- I enjoyed the course itself as a whole. I also really enjoyed the professor
- the teacher and the work that was done
- One thing that I liked about this course is that you really had to think about the work - meaning that you couldn't just put an answer down you have to sit there and type of thing.
- how open and vulnerable you can be
- The super hero poster.
- I did appreciate how much the teacher seemed to care about all of us.
- I liked how laid back the class was and I never felt rushed to get things done.
- The videos
- Talking about the reality of college and nursing program.
- I really like how Mr. Johnson was always brought optimism and enthusiasm. You can really see how he is passionate for his class and what he does and uses it as his upper hand. He wasn't one of those teachers who had experiences and never shared them or let his students thrive off of him. I also liked how he didn't sugar coat It, he told it as it was. He wasn't going to set you up for failure if he knew its going to be a struggle getting there.
- I really enjoyed the projects during this course. They were fun to do and create while still being effective.
- I liked the work assigned to us.
- The fun posters I got to create.
- I liked the meditation before class
- I like how it made me realize things about myself
- It was calm and easy
- I liked making the poster projects
- not hard assignments
- I liked the meditation before every class!
- I liked how Mrs. Williams helped us find ourselves.
- I liked the five minute meditation
- I liked the personality quizzes
- I enjoyed making the different posters and getting to share them in class.
- it made me self search myself
- everything I can't really choose I loved it. it's like he's a mini therapist
- How much the professor cares for her students
- I really liked the meditation videos at the start of class because it really relaxed me before we've gotten started with the work in this course.
- I like how the teacher was very chill and fun.
- I really liked how we could make posters/presentations and learn about our other classmates and see what we have in common.
- I really liked how personal and vulnerable you could be in the class.
- I like the motivational videos that helped me keep going.
- I like how we were able to express out creativity and have the ability grow as a person.
- I love how the instructor teaches. His teaching style is one of my favorites this semester.
- I liked knowing more about my personality
- The meditations at the beginning of class because it allowed me to relax and have deep thoughts before class started.
- I really liked being provided the resources to learn specific things about myself through online quizzes and other sources of information that I could apply to myself as an individual.
- How we were able to express ourselves through the assignments
- I liked all the different posters we got to do.
- The schedule
- The Projects because it showed me different things about me.
- I liked how we were able to learn about our different personalities.
- I enjoyed having Bill as my instructor, I felt he was the best person to teach the class and he helped me stay engaged more than any teacher has.

- I loved doing the posters. It really made me realize how much I want to achieve my dream career.
- I liked that we got to make posters and do activities that taught me things about myself.
- Learning to meditate and make time for myself
- I liked the projects we did throughout the course.
- I really liked the me as a superhero because not just does it let us find out our strengths but to me personally, it was like a little confidence booster, it helped me see that I have my own superpowers that can help other people.
- One thing I like about this course is that everyone is open-minded and judgement-free.
- The life work activities.
- The teacher was friendly and the course was informative
- The instructor
- One thing I really liked about this course was how different it was from the rest of the courses I have taken. I was always so excited to "go to" this class at the end of the week because it allowed me to learn about myself, learn about my classmates, and to learn about my instructor.
- the first 5 minutes of class
- I liked when we had to plan out the next four years of our life.
- I really liked that all the work we did always lead up to the projects and it all encompassed one another.
- how this course was focused on the students discovering themselves
- The instructor was very nice and was helpful when i needed anything
- I liked the my life story project and the meditation.
- laid-back
- I liked the poster activities.
- The professor was great and made the course fun.
- I really enjoyed how the professor didn't sugar coat things in general but more or less sugar coat how UNCG is the best and that its where you need to go because its not going to fit everybody. Nobody should feel forced or shoved into a school.
- I liked how the instructor cares about his students.
- I liked the 5 minutes of meditation at the beginning
- The videos. Helped provide some real context to situations.
- I really liked everything about this course I liked how the assignment during the week is what we talked about at the end of the week and when we had to do posters how everything was pretty much done in the weeks before we just had to put it together. I also liked how interesting and useful this class was, when I was signed up for this class I wasn't sure about it I thought it was just gonna be another class that was pretty much boring and useless but I actually really liked the class a lot and I learned a lot during this class.
- How it makes you think outside the box
- I did not like anything about this course.
- I liked the interactions, but I really liked the activities we did because I felt like it really helped me to better prepare myself for the future and for my plans.
- I really liked how this course challenged the students to think more in-depth about themselves as a unique individual.
- I really like how much Professor Johnson was committed to teaching this course. He was always so excited to have class each Thursday and he cared about each one of his students. He was also very knowledgeable when it came to the course work and assignments because he completed with them too and had examples for us on canvas.
- I loved doing the Life Story posters!
- I liked that the teacher was very open and always wanted to help.
- I like the poster projects
- learning about myself
- I liked being able to talk about the characteristics of myself and how I can apply them to my life and career.
- We creative freedom with our projects
- The class is easy going and not hard at all
- I liked how we get to do stuff that was about yourself and what things you can do in life
- I like the meditation at the beginning of each class
- I loved the projects posters we did
- The Diversity and the fact that the course focused on me as a person.
- I liked the freedom to explore
- I really liked how the course made understand more about me through the activities we did for each week.
- I loved the personality assessments because they taught me a lot about myself.

- I like how the homework was fun and manageable and how nice the professor was to everyone.
- It was flexible and not much work just mostly learning.
- I liked how entertaining and helpful the activities were.
- I really enjoyed watching the inspirational videos.
- I really liked how I could bring God into my assignments and not feel ashamed.
- I enjoyed the zoom meditation.
- I really liked the super hero project
- I liked the meditation before each class because that is usually the only time I had to relax
- I like the meditation
- Engaging with the teacher and students. Exploring my strengths and weaknesses and superpowers.
- I really liked learning about my personality
- Taking time to meditate and focus on what is important
- meditation
- I really liked finding out my personality type
- The mediation at the beginning of the class helped me unwind after I long week at work.
- Looking at the past, seeing how much I had grown.
- One thing I like about this course was the five minute meditation session because it helped you relax and calm down because it's called shit we do experience a lot of stress.
- I really liked the activities because it gave something to do that was meaningful.
- She was very understanding and knowledgeable.

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**Question: Share at least one thing you really didn't like about this course...**

- There was nothing I didn't like.
- I didn't like the meditations
- I had many long activities but all were worth it.
- I just wish it was in person because I feel like I could have made friends.
- there was nothing I did not liked
- The lack of course adoption seen from students.
- It being online
- There was nothing I didn't like.
- I enjoyed everything, there is not something that I didn't like.
- nothing was bad, the stuff just resonate as much to me.
- The projects
- I think it would've been great if I didn't already know what I want to do. Since I already knew where I wanted to go, some of this felt repetitive.
- I genuinely enjoyed everything.
- The meditation
- Sharing presentations during class
- I loved everything
- I didn't really like was being virtual because I think I may have liked it even more in person.
- I didn't really like the life map project because I had a hard time with the entrepreneurial part.
- the time
- I didn't like online presentations.
- I didn't dislike anything about the course
- Having to choose my own theme song and superhero name gave me the most stress for no reason, but that's probably the only thing I struggled with except for also the career plan a bc I was still indecisive and I felt like I had to do it based off of physical therapy, even though I don't want to do that anymore, because I didn't know how to specify my actual future career, but it's fine, that's just me being complicated.
- I think it would have been better if it was in person (yay pandemic)
- I loved this class! There isn't a thing I would change. This class is about as real as it gets.
- Nothing
- Nothing :)
- How long the projects could take, it was clashing with my other projects.
- Having everything online.

- I didn't like that we only met once a week. I wish we met more just because this was one of the few classes that made me feel peaceful and calm.
- that we could not do it in person, I feel it would have been better if we were able
- I think it was difficult to find so many people for the Dream Team
- how early my class was
- Weird assignments
- I didn't like some of the videos.
- That other UNCG faculty failed to mention to take this class.
- I didn't like how we go into separate zoom rooms to present our projects
- There was nothing I disliked.
- I really did not like the meditation. It was a really awkward 5 minutes in my opinion and, to be honest, a few times I muted my computer and did other things while the meditation was going.
- Projects
- sometimes it feels like the instructor wants you to change careers.
- I didn't really have issues with this course.
- I didn't like the meditation part of the class, I believe it took up time that could've been used to teach or share an encouraging video.
- The discussion boards wouldn't show up in our dashboard.
- There is nothing I did not like
- How short it was, I wish it had a few more classes.
- nothing
- It's a morning course lol.
- I liked everything about this course.
- The amount of posters
- I didn't like the mind map poster.
- I liked everything
- Presentations
- There was nothing I didn't like in this course.
- I don't have anything that I dislike about this course
- i didn't like that my work didn't pop up in my to-do assignments which made me late on some assignments
- There isn't anything I would say I didn't like
- Wish it was more than 1x a week
- There wasn't really anything I didn't know like I enjoyed the class.
- nothing
- The last project.
- I did not really like all the busy work
- I didn't like how I felt the I was repeating myself throughout the assignments. I felt that I was asked the same questions to many times.
- The presenting
- Meditation due to the fact it didn't really help me.
- I honestly liked everything he did.
- There wasn't anything I disliked but if I had to choose it would be not being able to meet with the professor.
- The grading scale and process. Didn't quite understand it.
- Nothing
- I was nit to fond of sharing in break out rooms
- I found the meditation to make me tired at the beginning
- The meditation
- I didn't like sharing said poster projects
- if I had to chose, I would say meditation but that is because I am not a meditation person.
- This isn't something that anyone can control right now, but I wish it was an on-campus course.
- There isn't anything
- The limited amount of time we had to share with our peers
- We didn't meet on zoom. Were we supposed to?
- At first I was not the biggest fan of presenting but I have grown to like it and get better at it.
- the assignments seemed childish
- I liked the course nothing wrong with it to me.

- none
- I didn't like were finding information all over the internet for the posters because it was to challenging for me.
- There's nothing I don't like about this course. It was a really great class.
- One thing I didn't like about this course was that it was online, I really wish it were in person. I feel like we as a class, could've connected more. We can't help it though, because of Covid.
- I did not like that we could not interact with each other more
- Not much of class interaction
- I didn't that this course can have a big impact and get you to reflect back, thinking about what kind of things you wish you should've done.
- Meditation isn't really my thing, but it does help.
- I didn't like that the assignments weren't on the dashboard.
- Some of the work made me really think about myself and who I really am. Sometimes we had to do research on the benefits of our major, which could have been time consuming, but it showed me how I want to live my future.
- I didn't love having to share every poster in front of others, only because I felt like the purpose of creating them was for myself. But I can also see why we were instructed to share them, because I did learn from my peers and enjoyed seeing their creativity.
- nothing really
- I didn't really like the whole sharing projects thing but it wasn't that bad though.
- When it ended.
- There's nothing that I didn't like. Everything inspired me to do better.
- I didn't like having it online and how short it was.
- I didn't like presenting the posters, but that is just because I have a fear of speaking in front of others.
- No alerts on work
- I did not like presenting my posters to people
- I don't think there was anything that I didn't enjoy during this course.
- N/A because I like everything about this course and one of my favorite course.
- The meditation time but only because meditating doesn't really do anything for me.
- I don't have anything I didn't like i loved this class
- Made me question my life
- One thing I didn't like about this course was that it was only once a week. Having the meditation at the beginning of each class which lead to us watching videos that truly inspired me to continue doing good in this world really gave me something to be happy about, so I wish it was more frequent than once a week.
- none
- I didn't like the dream team assignment
- I understand with covid the it was online but it being in person would have made it even more impactful.
- I am not a fan of presenting but that is just a me thing
- nothing
- I didn't enjoy many of the shared videos.
- busy work is basically the entire class
- Nothing.
- nothing really
- There's nothing I didn't like about the course. Maybe the presenting because I don't like speaking to strangers but everybody was so nice and supportive so I didn't mind it.
- nothing
- I didn't really care for the break out rooms to talk about our projects.
- Nothing. Not a single complaint.
- There really wasn't anything I didn't like about this course, at first I was nervous about presenting my first poster because I hate presenting but with a very small class and a very nice teacher it made things much better and easier. So I actually liked presenting my posters.
- presenting
- I didn't like how much work I had for 1 credit hour compared to my 3 credit hour classes. I had less work in those than in here.
- There wasn't anything I didn't like.
- I really wish this course could have been offered in person and on campus.
- I truly have nothing negative to say about this course, I really enjoyed it.
- The videos in class were difficult to see

- I have nothing I didn't like.
- Nothing
- thinking about a different career
- nothing
- I liked everything
- I liked everything about this course
- I personally don't like sharing poster or projects
- I would have liked more time with during presentations
- I liked everything about the course.
- I feel that this course did not match the course description. I wanted a course that would lead me through different majors and what careers can come from those majors, I did not want to discover my personality. Still useful just not what I expected at all.
- I really didn't like how early the class was.
- There was nothing I did not enjoy about this class.
- I loved the course the only thing I would say was waking up so early in the morning :)
- Some things I already knew about myself.
- I did not like how it was not in person.
- I didn't really like the meditation at the beginning of the class.
- I wasn't too much of a fan of the meditation
- The length of the class.
- I didn't care for the major exploration because I already had mine decided
- some of the assignments were hard because I have never had to evaluate my life like this before
- I didn't like how we put the same things on the posters but just handed one or two things
- I loved everything.
- The last project
- Presenting
- attendance policy
- I like the whole course
- I thought this course was great!
- Nothing
- One thing I didn't like about this course was the abundant amount of posters.
- There was nothing that I didn't really like everything was meaningful and beneficial. This course kept me on the right track.
- It feels like therapy and I hate therapy but good class overall.

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**Question: What's at least one thing you would recommend to improve this course so that it could be a better experience for you and for future students?**

- Everything was great!
- Everything was good.
- If covid was not a thing
- I guess create discussions so the students can be more involved in class.
- Advertise this course work more
- Nothing
- No improvement.
- Find something that can connect the students more with each other if it is an online course.
- it's great, i have nothing to add. it's just that i felt i have done this stuff for FYE already.
- More zoom class time
- Make it so discussions show up on our to do list. It's hard to remember things if they don't show up anywhere.
- personality and future
- Maybe have more group work.
- Nothing
- I wouldn't change anything. The class was informative, fairly easy, and was never overwhelming.
- IDK, honestly I feel like the course was great.
- I would recommend having more personal stories either outside people joining or videos.
- I wouldn't recommend anything because I liked this course.



- make meditation longer
- At the end of the class have 5 minutes to discuss and talk to classmates.
- I would've loved having it in person
- I wish more people participated and were as interactive with it. And obviously I wish we could have done it in person, but stupid Ms Rona!
- I don't think I would change anything.
- If it's going to continue to be online I think we should be required to have our cameras on to make it more of a class type environment as much as possible.
- Be straight up honest with students and don't hold anything back.
- Make the due dates during the week.
- Nothing
- Shorter, easier projects.
- Meet once every week to turn in assignments and go over new ones in person.
- I know this may be because of covid, but I think having this class as in an person class would have been really great.
- do it before they come to college!!!
- Make it mandatory for students to share their screen so I can see their presentations
- Open up
- I would recommend that more students take it!
- Make this course required for all students.
- I think individual teacher and student check up conferences from teachers bi weekly could improve the course
- Nothing I would add or take away.
- Really the only thing I recommend is taking away the meditation. It does not really seem to fit in the course.
- Less projects
- I would recommend the instructor make everyone feel good about the major career because not everyone chose to be in the class, some advisors told them that it would be an easy A, not a class that "will change your career/major".
- I love the course the way it is.
- More class meetings
- Personally, the meditation. I also didn't feel comfortable sharing my posters and assignments with others but I realize that it can be helpful for some people confidence and public speaking boost.
- Make the discussion boards appear in the dashboard that way its easier to remember the assignment.
- You could make more interaction between students.
- I think this course was great overall
- it probably would be better in person; however I understand COVID restrictions
- I personally feel like its perfect right now, I would definitely recommend it to others.
- not a thing
- Personalized talks
- Nothing really I think the course was constructed very well.
- Nothing
- None
- More group work.
- having group projects to get the opportunity to get know more of each other
- I personally think its great as is
- More class time
- I would recommend having every other week having a different instructor so that future students can get different views but the same outcome.
- more interaction between students
- Create a road map in order to reach your goal.
- Extend the class by like 15 minutes and have the students do the hw in class
- I don't really have any recommendations. I liked the class the way it was.
- In person
- nothing it was amazing class
- I would say continue to do what you do, you are very passionate and continue to engage your stories and your experiences.
- I would improve anything.
- More flexible with turning in late assignments, due to COVID.
- Create more fun projects like the superhero poster.

- encourage more people to speak or to turn on the cameras
- I would probably not show as many of the videos that were shown to me
- More people in the class
- Maybe give students more opportunities to talk to each other outside of presentations? with a small group, there's greater chance of growing intimate relationships between one another, which can be especially vital for new students.
- I don't know
- On-campus/in-person class
- In person
- one thing that can be improved is the amount of group work and discussions.
- Change canvas format; make directions to assignments shorter.
- I would recommend more life work activities or projects.
- less posters
- I really can't think of one. It's an easy class that helps you for the long run.
- I honestly thought this class didn't need many tweaks, it was a great course
- I would recommend to have all the information on one page and tab on the computer so that way it won't be difficult to find all the information for the posters to work on.
- I don't really have anything for you to improve on because this class was very well put together. I really like the 5-minute meditation. I also like the videos that you showed in class because they were all very inspirational to me.
- There isn't anything that I would recommend to make it better, I liked the course how it is.
- Find ways for students to be able to interact more
- plan more about your future as far as what you want to do and really think about if your major is the best fit for you.
- Honestly, nothing. This course is perfect.
- if possible please make the assignments available to be seen on the dashboard.
- I would recommend going at an earlier time because it would be a great way to meditate and clear my mind earlier in the day.
- I do think this course would be more impactful in a classroom setting. It's hard to engage in the way this class meant for us to through a computer screen.
- I think the course is pretty good already
- There isn't anything else I feel that you should incorporate to this course.
- More concise assignment directions
- I recommend the class doing good things. Good things is when everybody in the class or 5 people say at least one good thing that happened this week, this weekend, next month, or maybe today. So everybody can start the day off good.
- I would expand the part of the class where we look at other majors and put them against one another and less time on our story.
- N/A Jennifer Clark was an amazing teacher! 10/10
- There isn't anything that I would change.
- Set reminders for assignments
- I'm not sure but maybe having two weekly meetings? But i don't know how much that would affect the pace of the course and everything.
- N/A because everything is perfect.
- Nothing
- Nothing actually because this course is perfect for anyone who work hard
- Nothing
- One specific thing I would recommend to improve this course is to somehow have the chats from each zoom call saved. I found myself rewriting some of my statements because they were just typed in the chat instead of written down somewhere when completing my posters.
- none
- Some of the videos could be better.
- Maybe to offer an "exploratory" week where the instructor gets feedback from the students to do a project that week that they feel like they want to know more about.
- I have no recommendations
- maybe group work sometimes
- Less emphasis on having to figure it all out right now.
- less projects and more personal self reflection & grading system

- To post notifications on Canvas
- I thought everything was fine
- Maybe at the beginning of the course start to be a little more blunt because I was a little nervous of what the course was gonna be about but the more blunt he got the more comfortable I felt.
- meet more than once a week
- I don't think there's anything missing that would improve it.
- It's fine as it is.
- Nothing
- Don't give the students so much work. This course isn't supposed to be harder than others.
- One thing would be to have more videos, not exactly sure just because the class was great. Maybe just have the class a bit longer.
- Although I know this year was more challenging with a pandemic, I believe that this course could have a greater impact on the students in person.
- There is nothing really that I can think of to improve for this class!
- Turn on your camera and do all of the Lifework. It only helps you!!
- I would keep everything the same.
- Let students go more in depth about a second career choice
- the assignments
- having more time to engage with one another
- nothing
- Like prepare for the future and make good choices and what you wanna do after college .
- Nothing needs improvement.
- This class could use more projects that would allow us to reflection
- It should be more than one time a week.
- Go through majors and help students to find what they are good at.
- I would recommend getting to know all the students more.
- The only thing that would have made this course better was if it was in person, but that is uncontrollable.
- In my opinion the course was perfect nothing needs to be altered/changed.
- Learning more about UNCG specifically.
- I would recommend maybe being able to watch movies that have hidden themes just like the inspirational videos.
- I recommend this course have other ways of presenting our information and sharing our stories besides creating posters.
- nothing
- Getting more feedback on our projects might be helpful
- I have no recommendations
- Better projects
- In person instead of online.
- Teach others how to accept how the past is in the past and how to carry forward
- Maybe group led meditation
- allow 2 "sick" days instead of one
- I thought it was good the way it was
- Keep doing what you're doing Mrs. Williams
- I don't have any recommendation
- To improve this course I would recommend that it be in person.
- Nothing everything was great!
- Don't make us talk about ourselves to other in such a deep manner

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**Question: Please summarize the words that best describe this course - in one or two words.**

- Thoughtful and Creative
- Big Impact
- Great Learning
- knowing yourself
- Introspection/Community support
- Eye opening

- Life changing
- Life Changing
- Amazing experience
- Evolving
- success.
- Impactful, Inspirational
- Depth
- useful
- enjoyable and exciting
- Helpful
- positive and helpful
- Impactful
- inspiring
- Self Awareness
- Self discovery
- fun, helpful
- Awesome.
- refreshing
- inspiring, life-changing
- Informative, encouraging, and self-reflective
- Thought provoking
- Real and Helpful
- Motivation
- Detailed
- Learning Experience
- Helpful
- Interactive and Supportive
- deeper thinking
- a reality check
- Informative, motivational
- amazing
- Pretty easy
- effective and encouraging
- Wake up call
- Eye opening
- comforting
- Thought provoking
- Fun
- okay
- Well needed.
- Motivational
- Encouraging and enlightening
- Eye opening
- Eye opening
- Life changing
- Joyful, influential, stressless
- Motivating & eye-opening
- Great and informational
- Eye-opener
- Fun and educational
- Amazing
- Good
- Fun and exciting.
- informative
- Showing yourself

- inspirational
- Incredible
- Fun and useful
- Supportive
- connecting
- Awesome
- Adequate
- Words I would use to describe this course would be reassuring and a stress reliever.
- Prepare for future
- Organized, Straight-forward
- eye-opening
- Impactful
- Self analytical
- Very informative
- useful, impactful, helpful
- very helpful
- Chill
- Crystal clear
- enjoyable
- Self Searching
- Effective
- Useful and Reflective
- Okay
- Inspirational
- self searching
- The future
- Helpful
- Helpful, relaxing
- Helpful, relaxing
- Fun and encouraging
- Self Searching.
- reassuring
- Inspired Amazingly
- inspiring
- Incredibly fun
- personal growth
- Reasoning and Enjoyable
- Inspiring
- Meaningful
- Enjoyable
- A Class
- Very Inspiring
- Very helpful
- Hopeful Future
- Amazing and Efficient
- Mind opening
- Helpful and useful
- fun, meaningful
- Helpful/Eye opening
- very fun class!
- Helpful
- Amazing
- Eye opening
- Inspirational; Eye-opening
- fun

- Helpful
- Impactful, eye-opening
- insightful and fun
- very helpful
- Laid back, interesting.
- self acknowledgement
- Self-discovery
- educational, fulfilling
- Great
- awesome sauce
- helpful
- Enlightening.
- eye opening, helpful
- This course is more for high school seniors but I think it's also great for those who come in undecided.
- Wasted Time
- Inspiring, Open-minded
- Meaningful, helpful
- very positive
- Enlightening
- Energetic, Life changing
- beneficial
- life
- eye-opening
- inspiring
- Educational and future oriented
- I thought the class was great and being on time everyday
- descriptive
- Freaking awesome
- Free Moving
- interesting
- beneficent
- Reflection
- fun, helpful
- helpful, motivational
- Impactful
- eye-opening
- Enlightening
- Fun
- Creative and goal-oriented
- helpful
- Amazing
- Meaningful and useful
- Life changing
- Your Future
- powerful
- fun
- Wonderful
- Helpful
- Helpful, Assuring
- Future influencer
- Knowledgeable

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**Question: Feel free to add any additional comments about this course, about the instructor, or anything else that you believe would be helpful.**

- I don't have any! Thank you!
- Best professor I've ever had, really understanding and does a great job at what he does
- Great teacher!
- Thank you so much for this great experience. :)
- I think the class is great, students get to think about themselves and purpose and work on identifying their goals.
- Bill is an excellent professor and very good at what he does
- I loved this course and would recommend it to upcoming freshmen or sophomores.
- just do the work and show up for class. and pick an hour that is early if you are not an early person.
- Thanks!
- Great professor!
- nothing, thank you for everything!!
- I think that students should take this class no matter their major, life, or career goals.
- I don't have any additional comments.
- nope this was great
- This is the last class I take at UNCG and I loved it.
- Bill Johnson is an amazing professor who genuinely cares about his students and wants to help them succeed, find their passion and pursue it. I have loved being able to take this class and work with him. I wish that everyone could take this class, not only at UNCG, but other colleges and high schools, which is something that he is working very hard to accomplish. 10/10 would recommend this class to others, would take it again, and will be taking the rest of classes throughout my college career.
- I loved this class! The instructor was always really positive and you can tell he really cares about his students.
- I just want to thank my professor Bill Johnson for being real with me and encouraging me with the activities during this class.
- He was a great instructor.
- Everything was great!
- The instructor was a 10/10, I'd definitely recommend them.
- Instructor was nice, interactive, and very energetic.
- I personally had a lot of self growth through this class, and it really makes you reflect on your life and think about what has contributed in making the person you are today.
- this course gives you information you need to have
- The instructor is very caring and genuine
- I may be helpful for there to be more than one class a week.
- Thank you for your honesty and kindness! You're Inspiring.
- Ms. Stephanie did a very good job as the instructor of this section. She didn't seem to rush through the class, she desired our input, and she made everyone (or at least me) feel like they belonged in the class.
- Thanks Jennifer for everything!
- Overall it was a good course. I took it because it was suggested for the major I chose but in the end it encouraged me to work harder to make my goals a reality and I have already started pursuing them further.
- Bill Johnson is a great instructor!
- This course was extremely helpful for me. I am so glad I took this class.
- Dr. Johnson is an incredible professor
- Having a good teacher is a huge blessing. It all depends on the teacher if you end up liking the class or not, for example your favorite subject might be math and a 1 bad professor can make you rethink that but if you have a professor that you enjoy no matter the subject you're going to like it. So, I am really grateful for having an amazing instructor who not only made me feel like he cared but someone who helped me figure out my life.
- I felt like the instructor really enjoyed the class and wanted us to succeed.
- Thank you for everything
- Great teacher, fun class, would definitely take another class!
- I really enjoyed taking this course
- I'm really glad I took this course!
- Really enjoyed it
- Instructor was a very good person
- I appreciate that the instructor always had good comments and how open they were with the class
- I really liked this course because I was able to set a plan in order to reach my goal.

- The instructor was good, I really just did not like the busy work that I had to do every week. Also, the projects are kind of difficult to complete online so maybe add something to canvas or the tuition fee to get a poster making website open to the students that we would not have to subscribe to weekly.
- Mrs. Williams was a great instructor. I would recommend her to other students.
- Thanks Mr. Bill I loved your class!!!
- You are a really good teacher, I wish teachers were more like you. I really learned from you and I hope to take another one of your classes. You really helped me figure out who I am, most teachers wouldn't have taken half of the steps you done for not only me but for your classes or in general what you do.
- I enjoyed having Professor Williams as the Instructor. You can really tell she enjoyed teaching this course and did an amazing job!
- I think you did a great job teaching !
- the instructor loved his job and that made me excited to learn
- That's it, really
- thank you!
- thumbs up from me!
- I loved Ms. Stephanie as the instructor ! she taught us very well
- I think this course is good for incoming students.
- I really enjoyed this course.
- the instructor is amazing y'all better not lose him.
- like I said above, I love how much she cared for her students outside of class
- Thank you for being a really cool and chill instructor. If I have the room for it I will definitely plan on taking another course similar to this in the near future.
- Maybe the course could be a little longer, we tend to run out of time sometimes.
- I really enjoyed the course and how personal everything was. It was a very different class compared to the traditional classes.
- The instructor was one of the best!
- Just keep teaching how you are, and dont change anything.
- The videos that the instructor showed really went well with the courses we were doing at the time. Each video had meaning and emotionally moved me.
- I do believe that the instructor has put their whole heart into teaching this course and does a fantastic job. Their passion radiates through each activity we did.
- Everything you're doing now is amazing, thank you!
- I have said all I can
- Mr. Johnson is a very good teacher and he cares a lot about us and our future. He encourages us to do better in life.
- Push this class harder and harder to freshmen we need more classes like this and more help to the classes coming in so we are prepared to take on the world!!!!
- I don't have anything else to add.
- Really nice and understanding
- Thank you for everything!! I learned a lot from you and thank you for always being positive.
- Nothing
- Nothing to add this course was incredible I learned alot
- Thanks Bill, gonna miss ya!
- I just wanted to thank the instructor for his passion about this topic, and for his passion to help us understand who we are as people. I think this is a very different course that allows people to learn more about themselves, so I am glad that I took it and glad that I was blessed with this instructor!! THANK YOU:)
- Nothing to add
- I really enjoyed the course, it made me think more about myself.
- nothing
- I loved the meditation.
- Helpful teacher
- I'm good.
- Keep doing what you're doing
- thank you :)
- This course really helped me get organized and to plan my future.
- Very nice instructor.



- I just want to say that Bill Johnson was a great instructor for this class because he was very caring and obviously wanted nothing but success for his students. I really liked having this instructor for this class and I can't imagine anyone more passionate and perfect for instructing this class than him.
- I wish it had actually helped me with finding out what I want to do with my life. Instead of just giving me pointless busy work.
- Mr. Bill was the best teacher I have ever had.
- Overall, I really loved taking this course!
- I enjoyed this course very much and it helped me choose a major that fits me and what I would like to do in the future. Professor Johnson was great and so helpful.
- This class should be taught to everyone!
- no other comments
- I really enjoyed this course
- Wonderful instructor.
- I thought you were a great teacher for us
- This course is not meant for everyone, please do not make it required.
- I would not change a thing. Your class has been my favorite this semester and has helped me learn a lot about myself. Keep it up!
- I would recommend all student to take this course.
- It was a great course. yeah
- **BEST INSTRUCTOR!!**
- I enjoyed having Mrs. Williams as an instructor!
- no other comments
- The instructor was great
- I loved the instructor. I truly felt she cared about us and wanted to see us succeed.
- I enjoyed the class !
- Bill Johnson is passionate about what he does, which made the students passionate as well.
- nice class
- My instructor was amazing! I really enjoyed being in her class every Wednesday morning
- Thank you for helping me Mrs. Williams!!!
- It was a great course
- He's very passionate about the course.
- Mrs. Williams was and is a great instructor especially with our instructor changing at the beginning she came in strong and ready to teach and I loved it! She was so helpful, understanding, and so much more. Loved her teaching style and how we got things done in an organized fashion.
- None other than try not to make it seem like therapy