

# Course Evaluation Form

4-25-09

## First Annual Women's Personal Safety Seminar

Presented by:

The Redlands Police Department and

The Chang Moo Kwan Street Smart Self Defense Program

Please circle one number on each line to indicate your personal evaluation of the scales below:

Valuable	(1)	2	3	4	5	Not Valuable
Easy to Understand	(1)	2	3	4	5	Difficult to Understand
Interesting	(1)	2	3	4	5	Not Interesting
Instructor Preparation	(1)	2	3	4	5	Not Prepared
Instructor Presentation Skills	(1)	2	3	4	5	Poor presentation skills
Objectives Announced	(1)	2	3	4	5	Not announced
Instructors Knowledgeable	(1)	2	3	4	5	Not Knowledgeable

\*Was this seminar helpful? *Very helpful.*

\*\* What did you like best about this seminar? *The officers explained and demonstrated self defense and shared stories for events that happen.*

\*\*\*What did you like least about this seminar?

*We didn't have enough time.*

### Comments:

*These types of seminars makes us aware of things around us today. It help us to think safety at all times, in every situation.*

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