

## APPENDIX H

### PARTICIPANT RETROSPECTIVE EVALUATION QUESTIONNAIRE

The purpose of this questionnaire is to obtain a general idea of your experiences of the Personal and Interpersonal Life Skills Programme.

Please answer the following questions honestly and to the best of your ability.

1. Did you know what life skills are before you started with the programme?

YES	NO	UNSURE
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2. Indicate whether you think and feel the following themes were useful to you? Please give an answer for each theme by placing a tick ( ✓ ) in the box provided

THEMES	YES	NO
1. Me (Self-knowledge)		
2. My family and me		
3. My school, friends and me		
4. Dating and interpersonal relationships		
5. My community and me		
6. Needs, rights and responsibilities		
7. Rainbow nation, first impressions and stereotyping		
8. Effective communication		
9. Problem solving		
10. Conflict and conflict resolution		
11. Death: Grieving and growing		
12. Where can I go for help?		

3. According to IMPORTANCE to you, select 6 (SIX) themes and number it from 1 to 6, for example indicate number 1 for the most important theme to you.

THEMES	Number of importance
1. Me (Self-knowledge)	
2. My family and me	
3. My school, friends and me	
4. Dating and interpersonal relationships	
5. My community and me	
6. Needs, rights and responsibilities	
7. Rainbow nation, first impressions and stereotyping	
8. Effective communication	
9. Problem solving	
10. Conflict and conflict resolution	
11. Death: Grieving and growing	
12. Where can I go for help?	

4. Indicate whether you think and feel the following methods used were useful to you?  
Please give an answer for each method by placing a tick (✓) in the box provided

METHODS USED	YES	NO
1. General discussions		
2. Group discussions		
3. Role plays		
4. Drama		
5. Exercises		
6. Case study		
7. Music and movement		
8. Drawings		
9. Clay		
10. Seeds		
11. Pictures from magazines and news papers		
12. Pictures and notes for own books (pasting)		
13. Making posters for the class room		
14. Sensory activities (taste, smell, see, hear, touch)		

5. Do you think and feel that the programme helped you in the following ways?  
Please give an answer for each statement listed by placing a tick (✓) in the box provided

LESSONS LEARNT	YES	NO	NOT SURE
<b>ME (Personal)</b>			
1. To know and understand myself (feelings, thinking, behaviour)			
2. To know my personal capabilities			
3. To personally grow during the programme			
4. To gain feelings of self worth			
5. To better / improve my self-concept			
6. To build positive attitudes towards myself			
7. To contribute in meaningful ways and I know I am genuinely needed			
8. To influence what happens to me			
9. To take responsibility for myself			
<b>OTHER PEOPLE (INTERPERSONAL)</b>			
10. To know and understand my family			
11. To know and understand my school			
12. To know and understand my friends			
13. To know and understand dating and relations with the opposite sex			
14. To know and understand my community			
15. To know and understand our rainbow nation, first impressions and stereotyping			
16. To appreciate differences in people			
17. To develop friendships through communication			
18. To be able to be a good listener			
19. To be able to give an "I message"			

20. To understand the importance of communication in problem solving			
21. To be able to share, communicate, listen and trust other people (co-operation)			
22. To handle problem solving more confidently			
23. To understand the importance of communication in resolving conflicts			
24. To be able to use the steps in conflict resolution and handle it with confidence			
25. To be able to understand the meaning of death and grieving			
26. To know and understand the stages of grief			
27. To be able to deal with a grieving person			
28. To know where I could go for help when in need			

6. Do you think that other pupils (learners) will benefit from programmes of this nature?

YES	NO	UNSURE
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7. Do you think that you have learnt what personal and interpersonal life skills are in the programme?

YES	NO	UNSURE
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8. What are the most important life skills that you have learnt?

8.1 \_\_\_\_\_

8.2 \_\_\_\_\_

8.3 \_\_\_\_\_

9. From your experience of the programme, would you like to make any comments or suggestions?

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Thank you

Name: \_\_\_\_\_ Date: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_