DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

Date_____

# "The Personal Journey" Evaluation

**A. As a result of "The Personal Journey"**

1. My knowledge of personal well-being has increased.

   ○ Yes
   ○ No

2. I plan to do one or more new things to improve my personal well-being.

   ○ Yes
   ○ No

3. If you plan to do something new to improve your personal well-being, please briefly describe what it is.

   _____
   _____
   _____
   _____

4. Contact information (if you are willing to participate in a brief follow-up evaluation):

   - Name:_____
   - E-mail address: _____

**(OVER)**

## B. Tell us about you

1. What is your age?

   ○ 18 years or younger
   ○ Over 18 years

2. I am: (Fill in ONE) ○ Male ○ Female

3. I am Hispanic/Latino: (Fill in ONE) ○ Yes ○ No

4. My race is: (Fill in ONE):

   ○ Amer. Indian/Alaska Native ○ Hawaiian/Pacific Islander
   ○ Asian ○ White
   ○ Black/African-American ○ Two or more mixed race/Other

5. In what state and county do you live? _____