

WECO Survey Questions

Course: _____ Section: _____ Instructor: _____

Please rate the extent to which you agree with the following statements.

Scale to use for numbers Q1 through Q8:

1= Strongly disagree

2= Disagree

3= Neither agree nor disagree

4= Agree

5= Strongly agree

- Q1.** I have been aware that this course is part of the General Education Program of PSU.
- Q2.** I have found this course relevant to my life.
- Q3.** In this course, I have developed skills that will help me in other courses and in my profession.
- Q4.** This course has caused me to develop awareness that health, physical activity and wellness contribute to mental acuity and emotional well-being.
- Q5.** This course has increased my understanding of the connection between mind and body.
- Q6.** This course has caused me to realize that wellness is multidimensional.
- Q7.** This course exposed me to the theory and practice of life-span wellness and fitness activity and to the knowledge, attitudes, habits and skills needed to live well.
- Q8.** This course helped me to cultivate and commit to life skills and activities which will promote mental, physical and emotional well-being.

Please rate the extent to which the course addressed the following skills or activities.

Scale for numbers Q9 through Q16:

1= Very insignificantly

2= Insignificantly

3= Neither significantly nor insignificantly

4= Significantly

5= Very significantly

- Q9.** Critical Thinking
- Q10.** Reading
- Q11.** Quantitative Reasoning
- Q12.** Writing
- Q13.** Speaking and Listening
- Q14.** Conducting Research
- Q15.** Working with Information Technology
- Q16.** Collaborating with Others