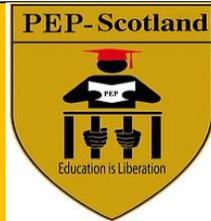
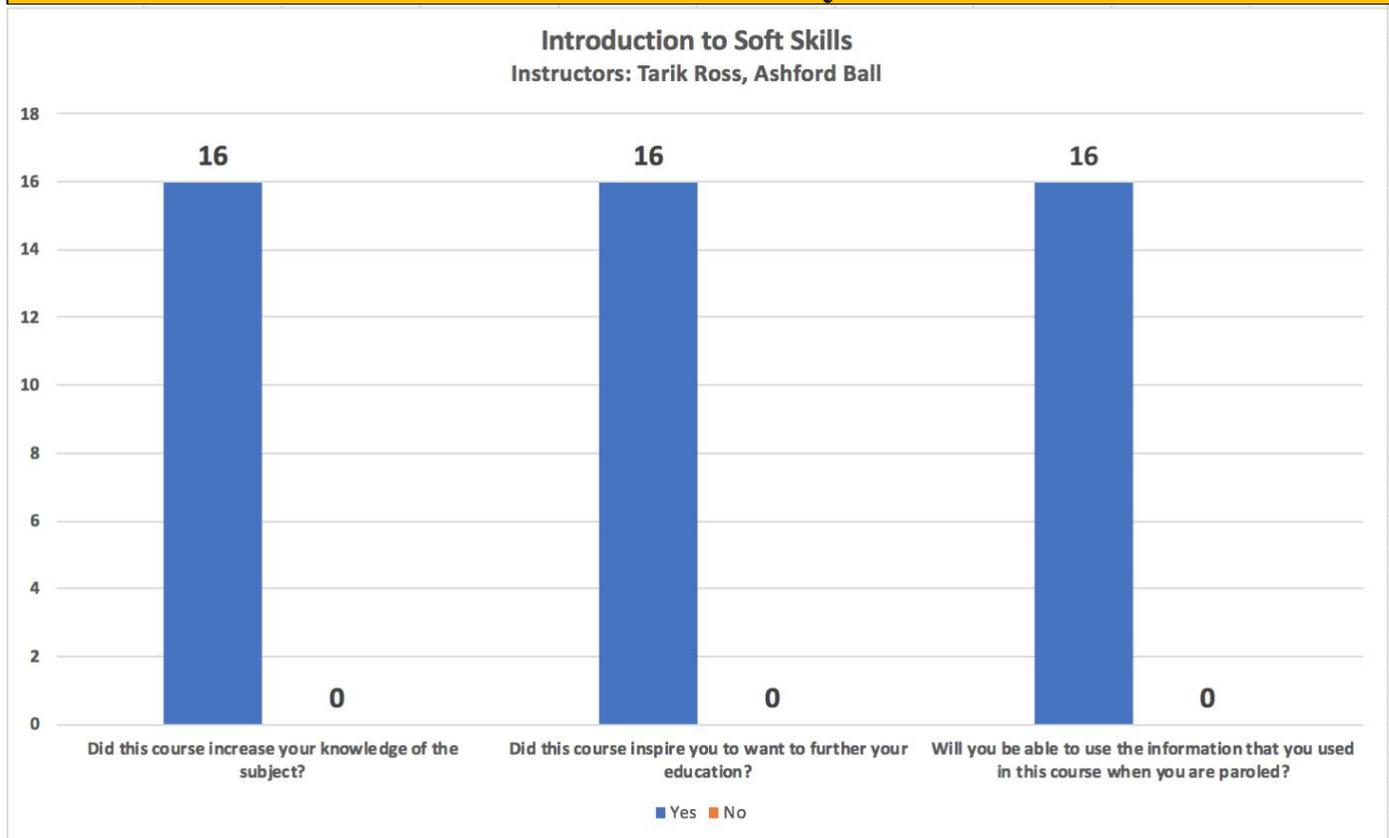


A PEP team made up of 11 veteran PEP instructors traveled to Edinburgh, Scotland in the Summer of 2019. These instructors taught six different courses over a five-day period at the HMP Addiewell prison. The following are the post-course survey data and narrative comments.



July 29—August 2, 2019 Post-Course Survey Data



Introduction to Soft Skills Post-Course Comments

--This was a great class. I would like more of this kind of stuff.

--I really enjoyed this course. Tarik and Ashford were really inspiring. They taught things that will help me move forward and better my life. Thank you.

--Yes, I really liked this course and I think it will help other prisoners as it has helped me.

--I thought this course was really good. It opened my mind to how I am as a person. It was good to look at my strengths and weaknesses. Great Course, Great Teachers, Much Respect!

--This course was a real eye-opener. I did not realize how much self-awareness could impact me but it has really opened my eyes to how I like to be treated and how I treat others. I will always remember the techniques that I learned and implement them when dealing with individuals in the future.

--Interesting, Enjoyable, Educational.

--It was good to learn. I liked it in this class. It good to learn new things. I hope you come back again.

--I will take a lot away from this experience and use it to my benefit when I am released into the community. Thanks for the help.

--I think it was great and I think prisons should do more of these types of classes in the future because I learned more about myself doing the color chart thing and I was amazed my personality was all the colors: blue green, orange, gold—unbelievable.

--Good time spent on the course for me to be a better person all around in life skills—more understanding myself.

--I think the course was great. It has made me understand more the I person that I would like to become.

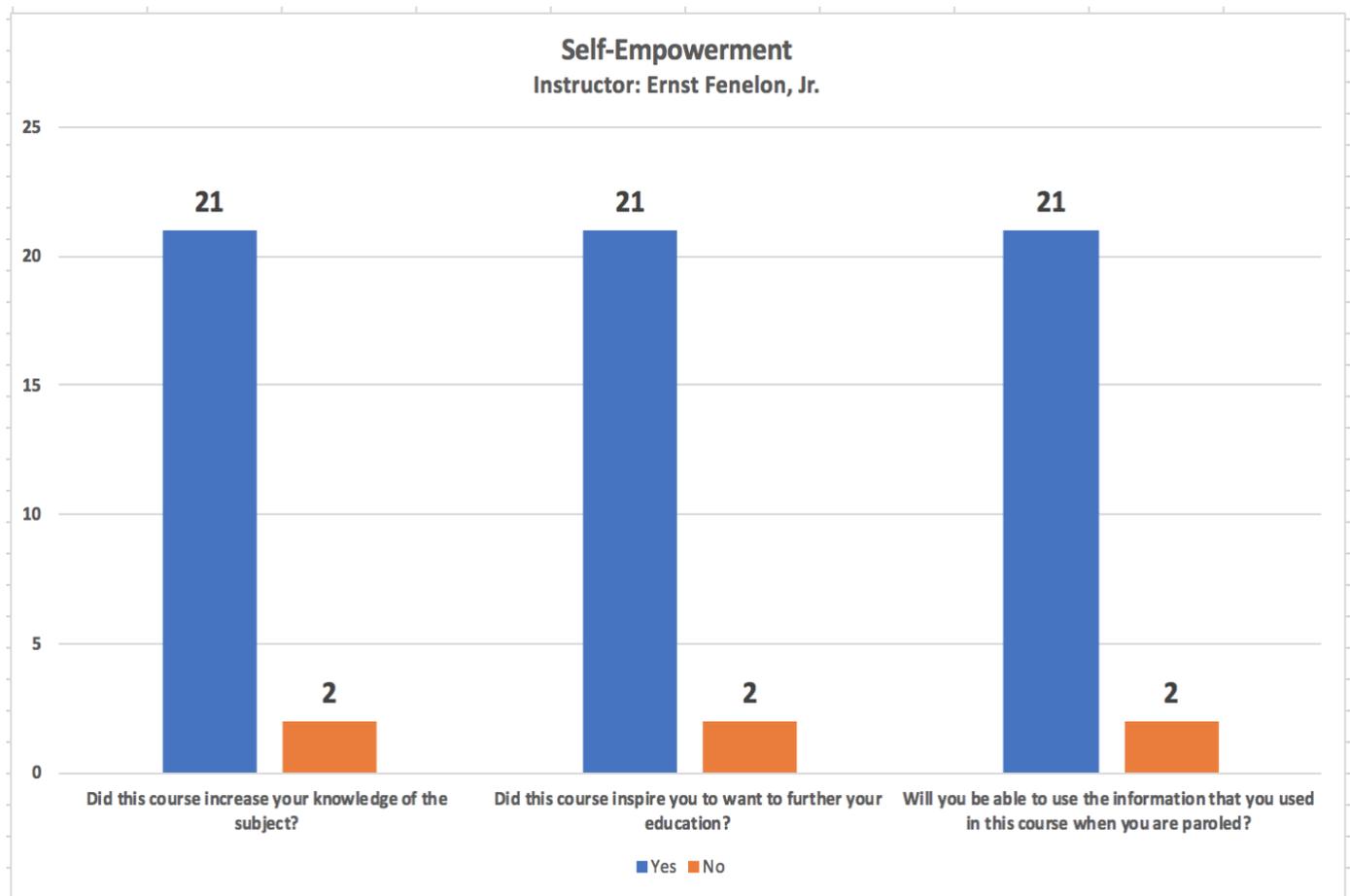
--I really enjoyed the course and the wisdom and input mean a lot to me and it will definitely inspire me in the future. Thank you Tarik & Ashford for your input & wisdom. Your course has made me think differently in the Life. Thank you both so much.

--I really enjoyed this course. It helped me learn a lot about the things that I need to work on as a person but also the good things about myself.

--Amazing, Top Guys!! I think this course will help a lot of people across the world...the same way it helped me! I would like to thank Tarik & Ashford for their big efforts.

--I believe this True Colors course is a very valuable course and I wish it could have gone on longer, as its definitely helped me row and I will be using what I have learned in the future. Ashford and Tarik were great at their job and were never flustered and handled themselves with class!!!

--This course shed light on important intricate social circumstances that can go either way based on decisions made in the heat of the moment emotionally-driven/influenced reaction with minimal of complete lack of consideration for potential life-altering consequences to oneself and others. I am more mindful of these triggers and am equipped to handle myself better in a civilized & diplomatic manner as I progress through life moving forward. Thank you.



Self-Empowerment Post-Course Comments

--This class helps you understand your own thoughts and how your mind and emotions work. This class made me want to strive to be just like Ernst as he is very inspiring and a great role model and I want to always be the best I can and with some encouragement from Ernst's class I feel more confident in myself. I think more people should find their inner selves. I want to thank and praise all staff and members for their time and support for all humanity. People are people. We all live, learn, and constantly change.

--This course is very interesting. It has helped me to be a little more selfish of me. It has taught me to love myself and those around me, and to have more confidence in myself. Also, to believe in myself more and it's going to help me grow. Believe in my dreams. To help me change and grow as a person.

--This course got me to think outside the box. There are things that I learned in this class that will be with me for the rest of my life. I really loved your course. It's not something that I would have come to listen to but I'm glad that I did as I have learned things from it—lots of positive things. Thank you Ernst!

--The course was very interesting and would have loved it if we had more time with Mr. Ernst Fenelon, Jr.—a very intelligent, polite man, who proves to everyone anywhere that we can all change things in our lives no matter what your past. Just make sure your past doesn't effect you moving on and improving your future. Thank you very much for your time and knowledge. Much Appreciated!

--I think this class encourages self-reflection, self-evaluation, in a non-biased manner with necessary and essential life skills to help further individual development in areas we all need to be more self-conscious of...inducing self-empowerment.

--Too short; more interaction. Also, the programme seems reactive so on that basis what plans (if any) does the programme have in public awareness, education, and policy development with governments?

--Take some deliberate time to go over homework to ensure participation.

--Very informative and very useful. I will certainly look more into what you brought into my life.

(2nd Class Session: Instructors: Ernst Fenelon, Jr., Romarilyn Ralston)

--This week has been so good e.g. communication, problem-solving, team work, and information to help with the future.

--Educational, eye-opening, informative. This should enable participation in other type of work.

--A very informative course. The instructors are very passionate about their ability to instill their life-knowledge and experience to the class. Very interesting subject matters.

--I am getting released in the near future and this course will help me when the time comes. Thank you.

--I thought the class was an eye-opener to change some things.

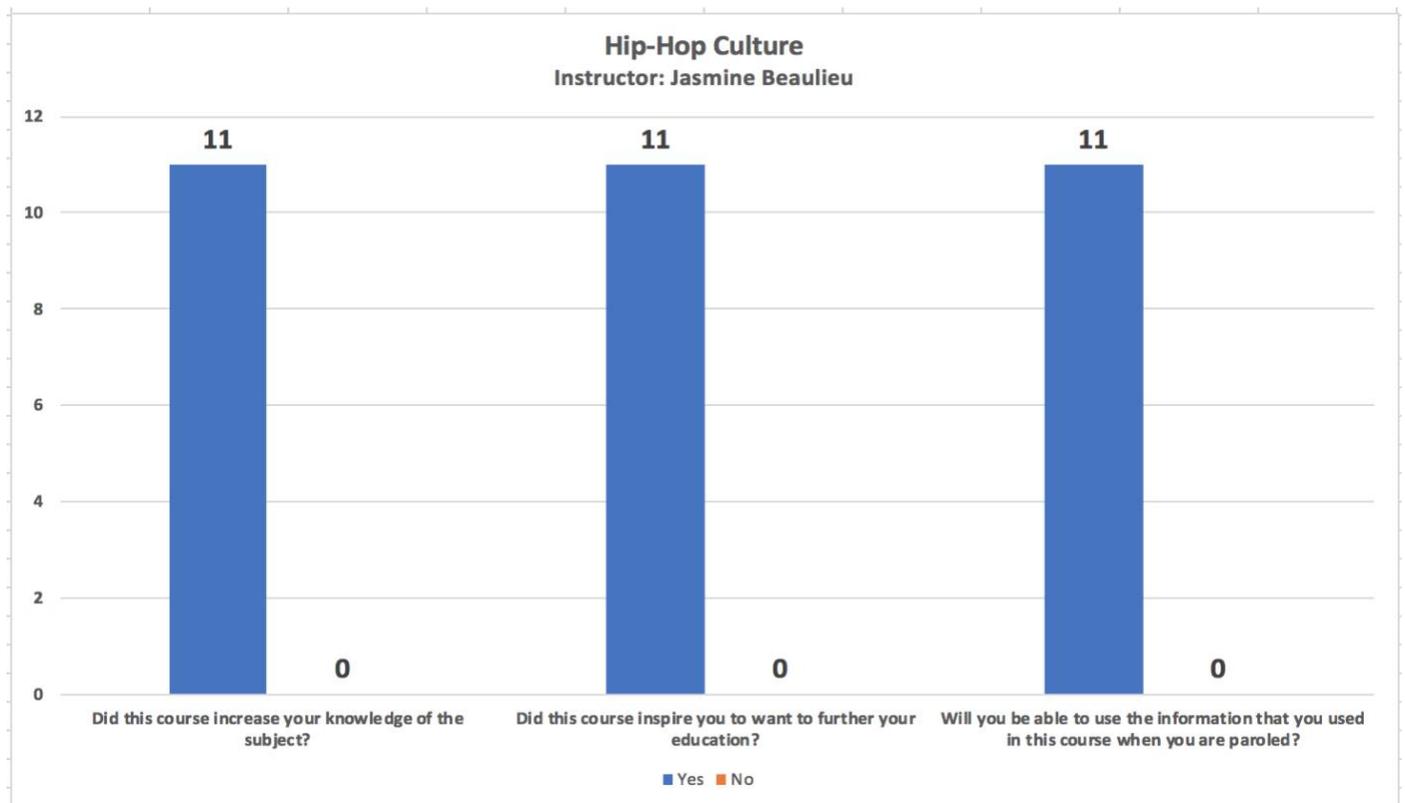
--Very well-presented, facilitators were friendly, articulate, and engaging. Subject matter was very interesting. I thoroughly enjoyed my time in the course and unfortunately the time was very limited and I feel it would be better with longer sessions.

--I found the course to be very helpful.

--I learned a lot and will put into my life.

--Inspiring. Gives a positive outlook for the future.

--It has given me skills for the rest of my life. I can't begin to thank you all for your time.



Hip-Hop Culture Post-Course Comments

--I enjoyed this course although this subject wasn't of great interest to me before this course it is now—I definitely learned things during this that I found intriguing and the knowledge gained will no doubt come in useful in the future. The teacher was great. She was very interactive with the class and showed a great knowledge and skillset concerning hip-hop. It was a once in a lifetime opportunity that I'm glad I was a part of.

--Fantastic. See you all next year—10/10.

--The class was brilliant and Jasmine was an inspirational teacher and a pleasure to work with.

--I really enjoyed this course. I feel this is something that should be done in jails across Scotland. Very good—10/10.

--Fantastic. Your energy is awesome. I enjoyed your style of teaching and you taught me much. I know we'll cross paths again, Jasmine! Kindest Regards.

--I was really good. Good fun and interesting.

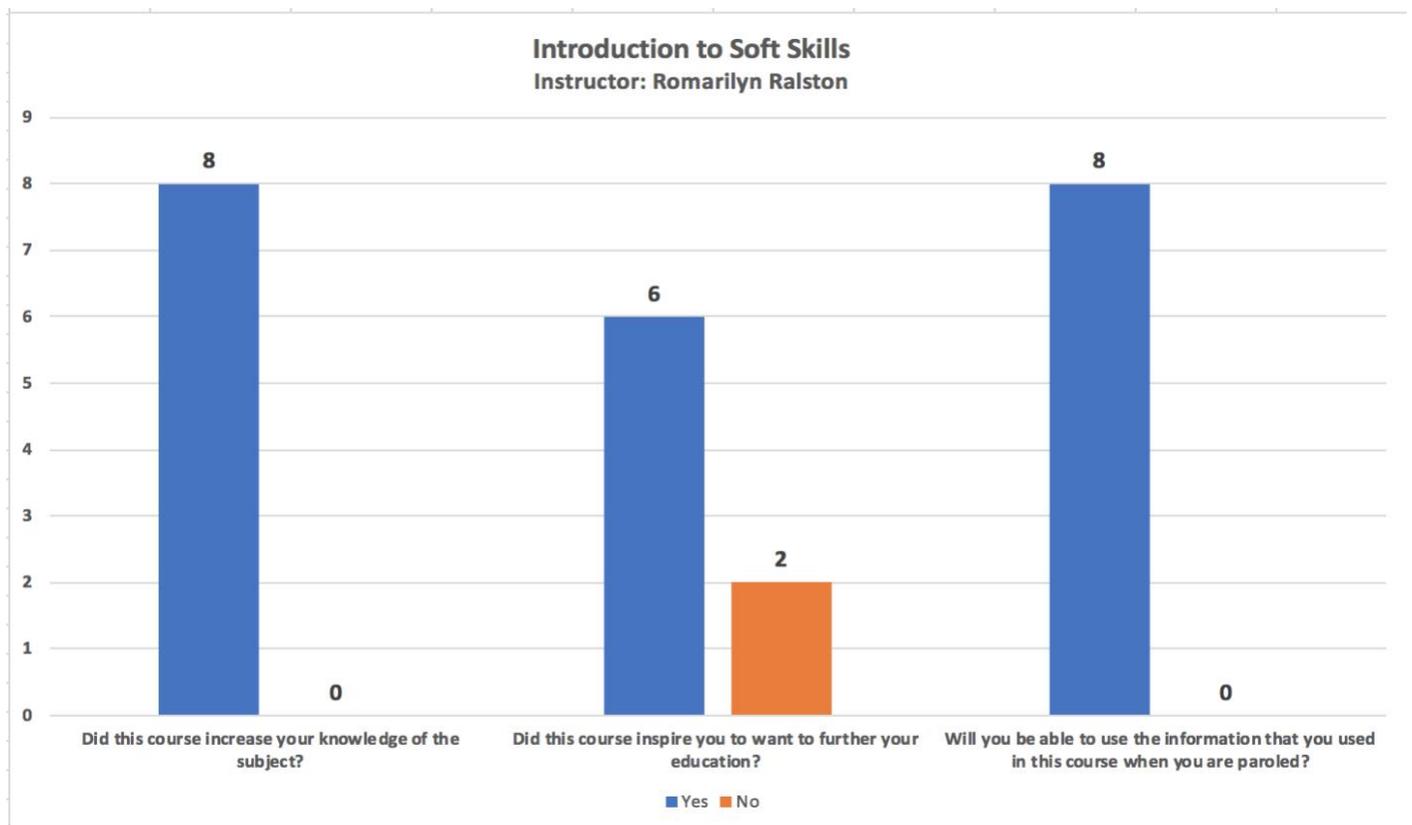
--Great class.

--It was brilliant.

--The course was positive, good, and relaxing.

--Excellent.

--I learned more about hip-hop and I now understand the different aspects of dance.



Introduction to Soft Skills Post-Course Comments

--Ralston, your energy is on top. I loved listening to your journey. Know that I'm sure we'll work together in the future. Your story is unique, which most folk cannot relate to. Through your energy like gravity pulls folk into your sphere and despite what you've been through, you emanate a warmth of love and those in your sphere bask in your realness. Your ability to reach a global audience is about to begin.

--The class was great and should be continued. We all need to learn how to be open-minded.

--Very insightful.

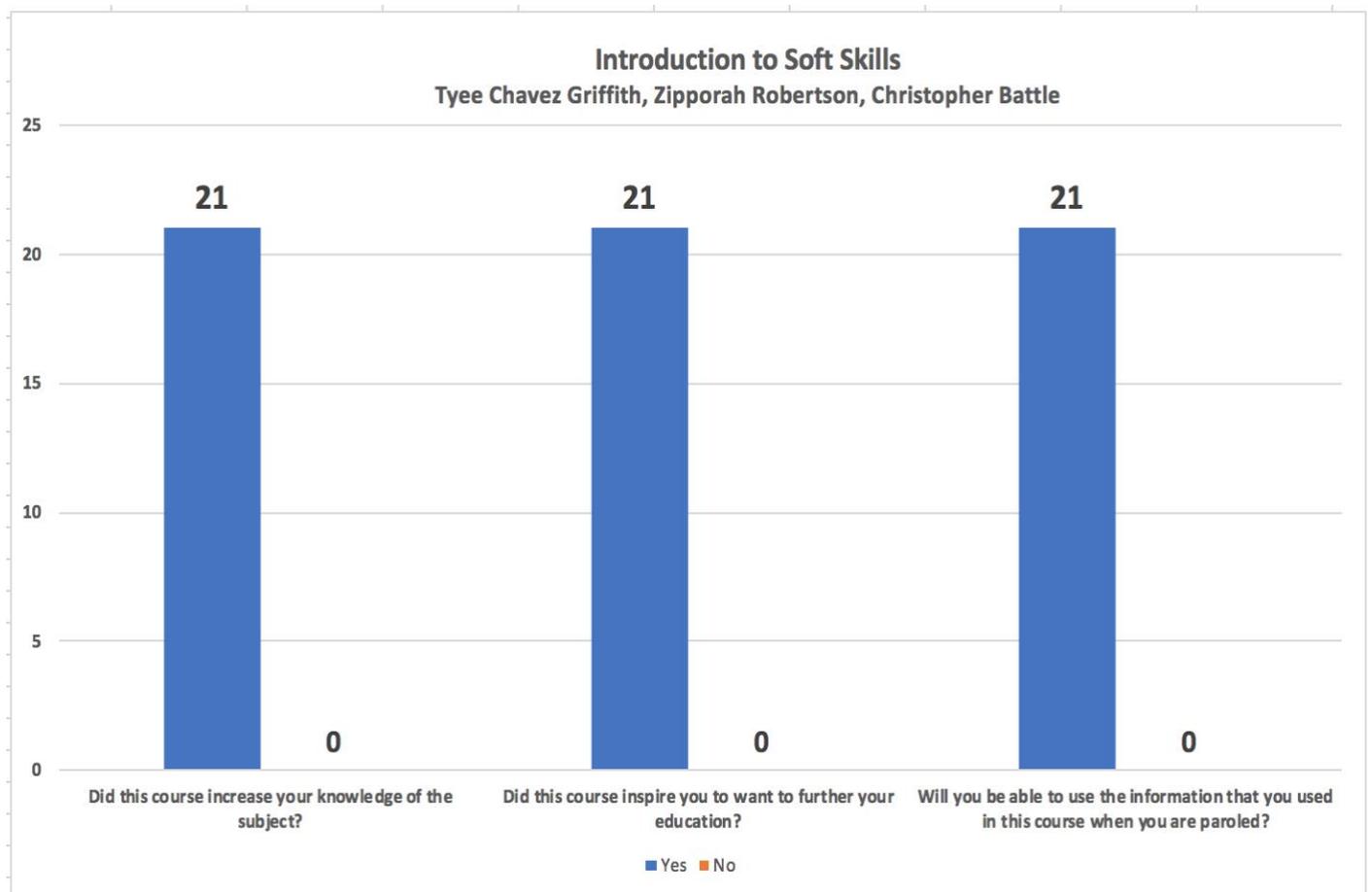
--The course was enlightening.

--The course was good but we needed more time.

--This course made me realise that we all can change for the better.

--This was a very interesting class. Thank you.

--Great class.



Introduction to Soft Skills Post-Course Comments

--Thank you. This was a very interesting course. A lot of the course applied to me.

--I thought it was very good and interesting. Overall, it made me think more about my life, my family, prison, my situation. So it helped me.

--The course was interesting and felt more sincere because the people teaching the course genuinely understand who we are and how we feel because they have lived a similar life. Because of who they are, the instructors were inspirational.

--I think it's a great thing you are doing for prisoners. It has made me step back and think about my choices in any situation and it has made me want to communicate in a more pleasant and respectful manner. Thank you for coming in. The instructors were great.

--For me, this course has made me realise I need to give myself more credit than what I usually give and I like people in general. I always thought that it was about how you start but now I've realised that it's how you finish. Better late than never!

--I have learned real, quality skills that will improve my chances of being a better person today, tomorrow, and every day because I can understand me, which makes me better understand my life. Within 5 days, you have given me the knowledge to improve my whole life. Thank you!

--A breath of fresh air in terms of the people, presentations, and the messages conveyed.

--I thought this course were great. The facilitators were amazing—very good and helpful in their explaining and the information was all very positive and helpful. It has changed my mindset and made me realise my goals again and never to give up. Thanks I hope that you's are able to come here again and do other courses.

--I think the course was thoughtful. It made you think about things that I haven't thought about before. It was fantastic. The instructors were great. The effort was 100%. Thank you for your time and knowledge.

--8 out of 10—Maybe do a roleplay.

--Communication is so important and is such a key factor to be a better person and understanding your emotions and others. I am so grateful for the opportunity to be part of the class and to have such great inspiring people to educate us on transforming ourselves. Absolute Great. Loving, blessed people with such big hearts and you have all shown that there is much HOPE & FAITH IN HUMANITY. I am blessed to have met you ALL. You showed us that we showed us that we have the "power." God Bless you All. "Education is Liberation."

--This course gave me skills that I can use for life so thank you.

--This class was informative and educational. It gives one the insight and tools to use daily. It makes me take a deeper look a myself and make the needed changes.

--Very enjoyable; enlightening and uplifting. This little difference should make a bigger change. Please keep up this work! 10/10

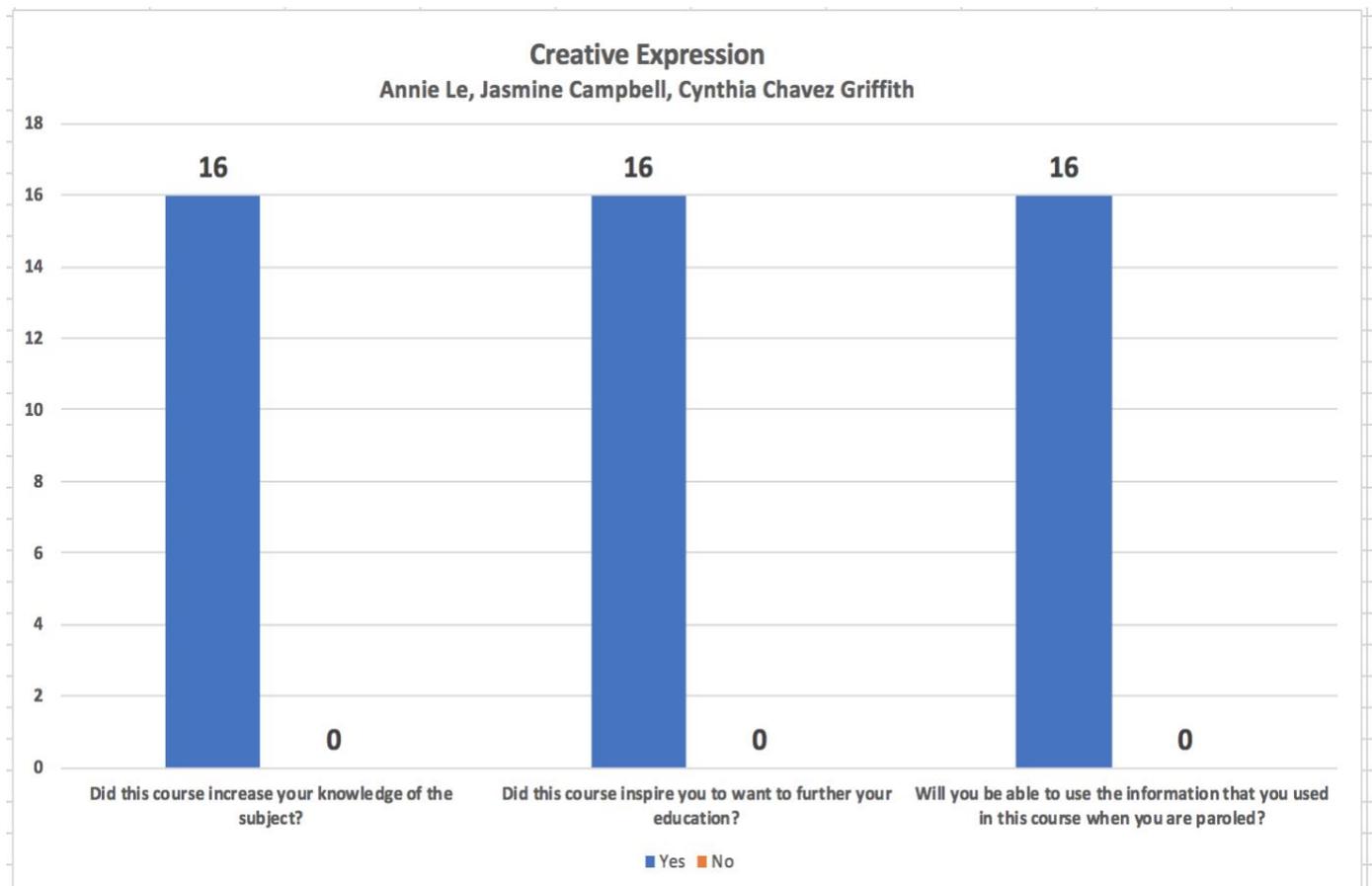
--Very informative; hope to be part of more of this in the future.

--I felt like it was very encouraging and educational and think it was a massive impact on others.

--Very enjoyable, educational course taught by enthusiastic, energetic, and outgoing people. 10/10.

--From start to finish, I have really enjoyed the week. It has been very inspiring e.g. speaking out taking part in games, communicating, leadership. It's been great.

--I think this course helped me a lot on how I see life and certain things like dealing with situations and controlling myself and my emotions. I will use things I learned from this course. It's not how you start, it's how you finish!



Creative Expression Post-Course Comments

--This course was excellent and inspirational especially the rap lyrics breakdowns that was well presented. Our teacher would always handle all questions and situations like an O.G.!!

--I think this course was good as I am not all that good at expressing my feelings and talking about them and putting my feelings on paper. Thanks.

--This course has helped a lot of the people in this class to open up and we have all learned something about each other. Thank You!

--I found this course to be inspirational. I learned a lot about myself.

--Very interesting and inspiring. People like you guys are the best in society simply for caring and giving inmates both a chance and the benefit of the doubt.

--Great class. Thanks.

--The class was brilliant. Jazz you're the one! I really did enjoy it. It has changed my way of thinking in a great way. It has 100% given me the keys to progress and to better myself in the future. I think the Prison Education Project should get the opportunity to manifest into a known project throughout Britain and worldwide. Keep up the great work Jasmine and team.

--It's been a cracking week of courses with plenty of insight. Could do with longer classes and perhaps smaller group but each day was great.

--I think this was a very friendly and heartfelt course. It showed that the people cared and they inspired me to care more. Thank you to you and all of your team.

--I learned so much about myself and where my strengths lay and how to improve my weaknesses. The teachers were first class and I hope they return soon.

--I personally really enjoyed this course. The staff from Addiewell were good, and most of all, Annie, Jasmine, and Cynthia were amazing. It made the course so much better and I'd like to say that I'd do it all over again with them.

--I thought this course was very interesting as I have learned new ways of showing my emotions. Thank you for coming to Scotland to learn how our system works. Thank you for your confidence. It has rubbed off on myself!

--It gave me a good look at my life. I learned about myself. Thank you.

--I learned a lot in your class. I will miss you so much, Annie!

--I liked how the teachers interacted with the students. I found it helpful, kind, and caring.

--This week has been really awesome and I have enjoyed it. Also, it will help me in my day to day life to try and be more patient. Thank you for all of your help and support this week.