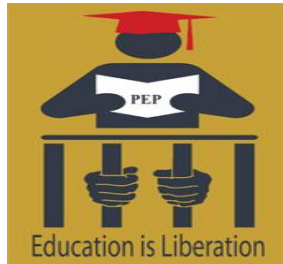
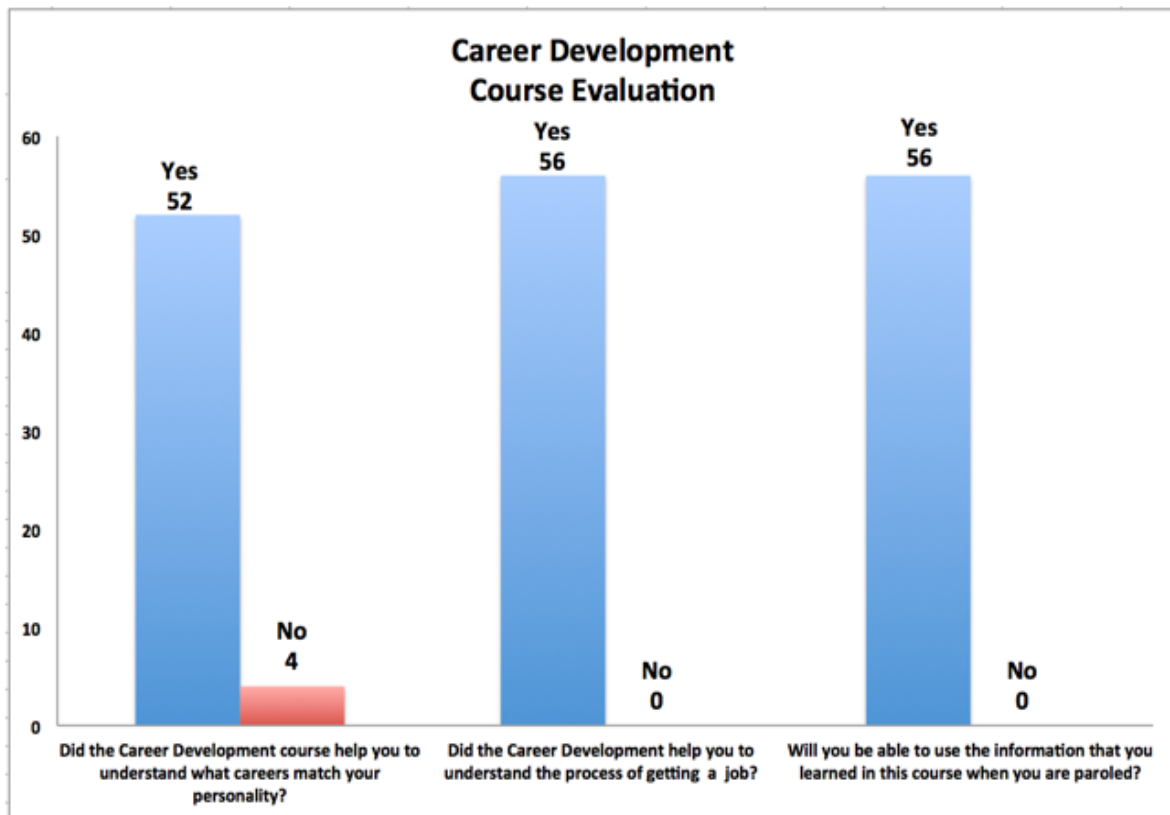
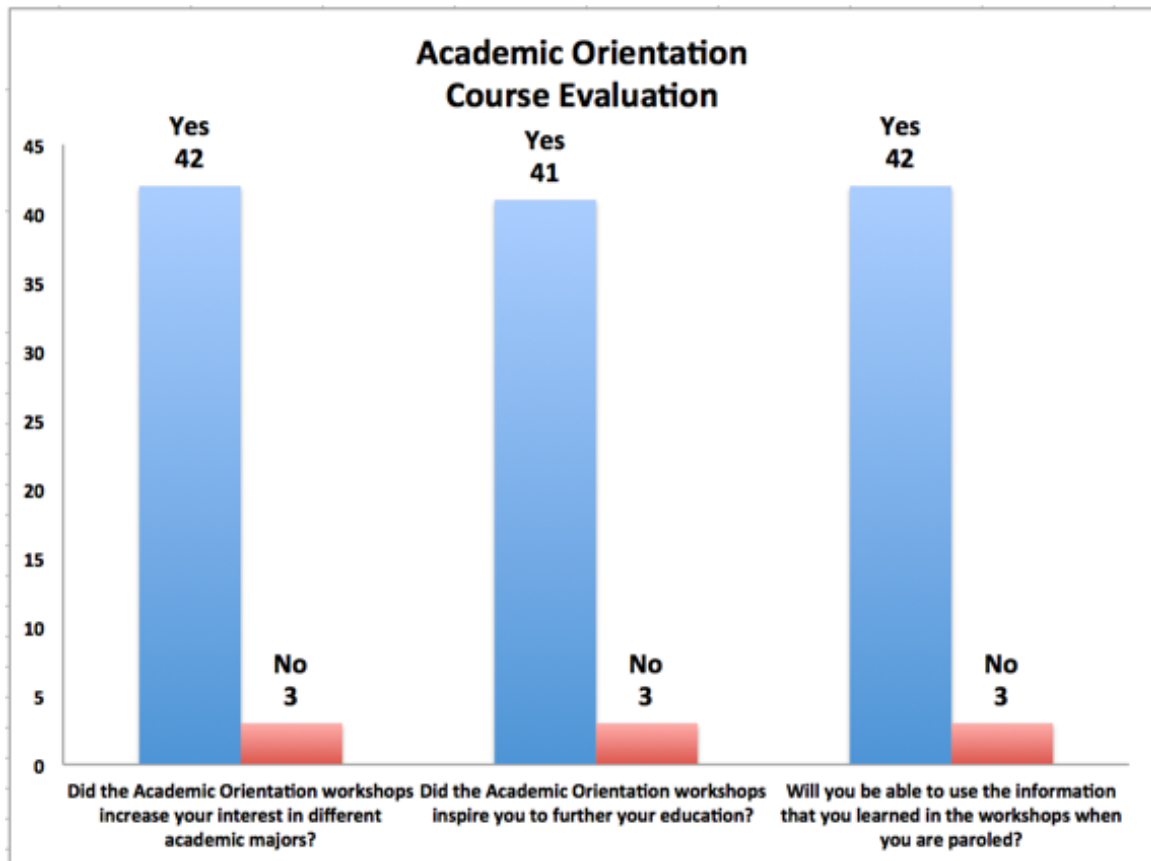
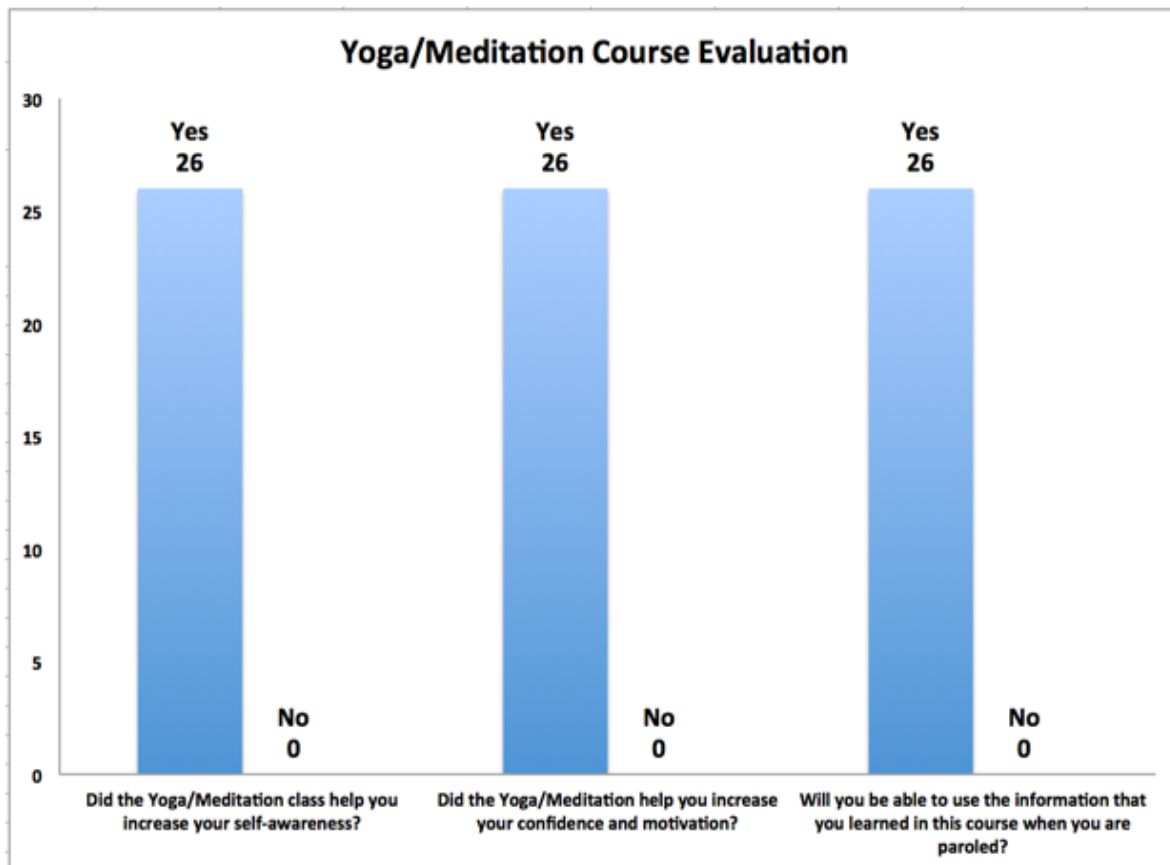
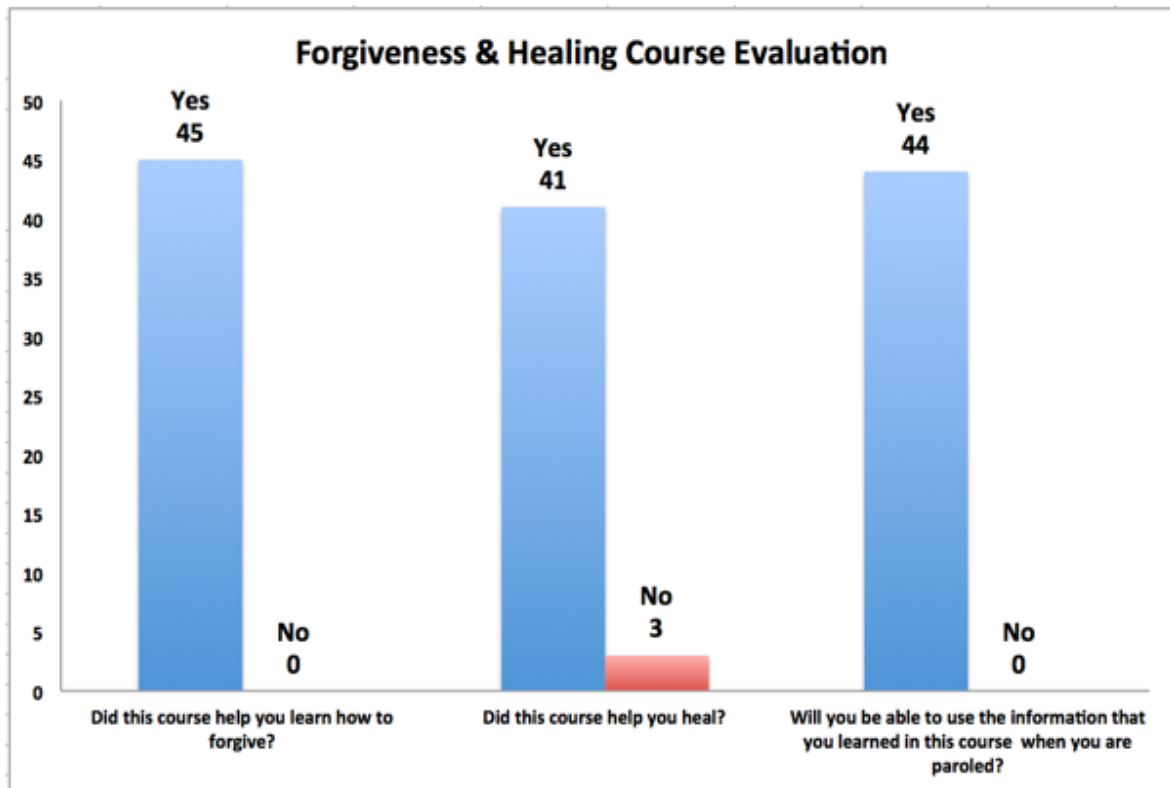


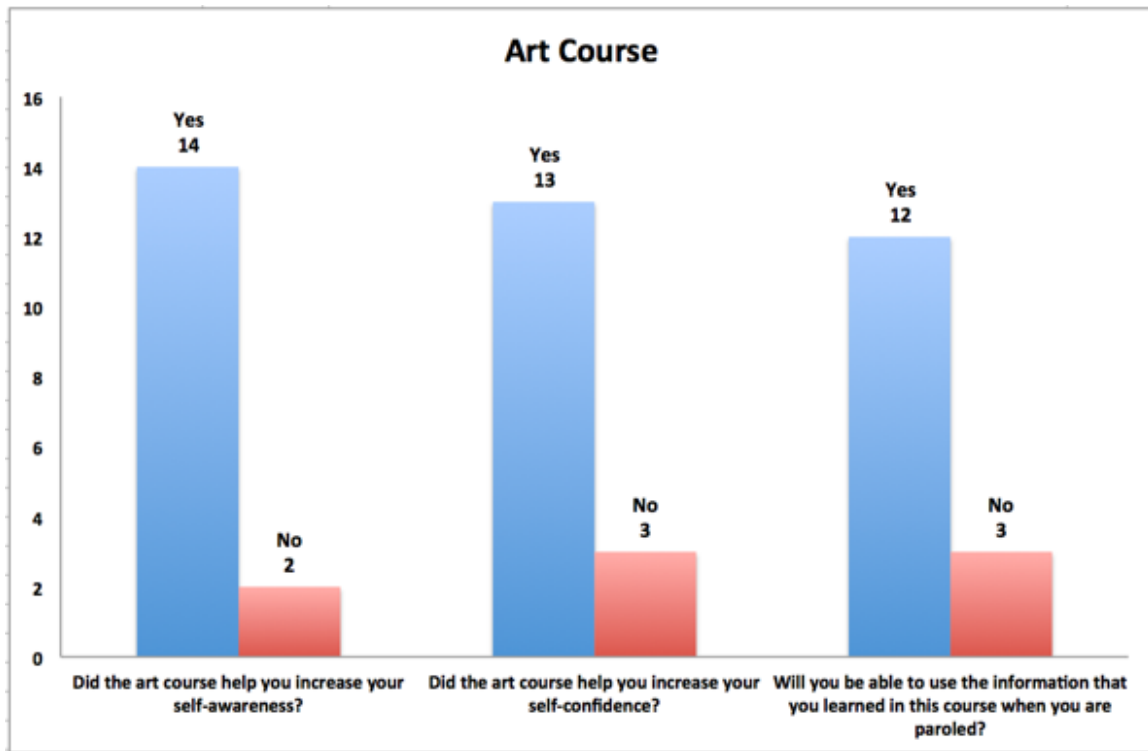
## Program Outcomes



The following data were collected from the Spring 2016 PEP Semester. The graphs below are from five courses: Academic Orientation, Career Development, Forgiveness & Healing, Yoga & Meditation, and Art. The results are combined from four correctional facilities where the course was taught during this cycle: The California Rehabilitation Center, the California Institution for Women, the California Institution for Men, and the Santa Fe Springs Custody-to-Community Women's Facility. There were approximately 500 in-custody students taking classes during the Spring 2016 cycle. There were 10 different courses taught during this period. The results below represent a sample from the courses taught. These courses reflect PEP's holistic approach to human development.







## Inmate-Student Post-Program Narrative Assessment

### Academic Orientation Course

1. I think it's highly informative for those who are serious about attending college or obtaining a Master's. It was inspiring to never quit and keep striving.
2. This motivated me to pursue a higher education upon my release. The research on the field that I want to pursue was very useful. Thank you for your time and energy.
3. I enjoyed being inspired by the students and their passion for their studies.
4. I thought it was very motivating. All the PEP students/volunteers are awesome and very helpful. I can't wait to parole and receive my G.E.D., then continue college. Thank you. I'm very excited.
5. This class was interesting. The activities were fun and the environment was great thank you for sharing.

### Career Development Course

1. The facilitators were very encouraging, and they brought in a lot of great information. The course was very beneficial, and it gave me a better perspective on education. I really gained a lot of knowledge, and I would love to stay associated with PEP to help further my education.
2. They did an excellent job giving practical advice about interviewing and resume building.
3. This course has helped me in so many ways. I have been locked up since 1996, so I learned a lot of good information that will help me get a job and hopefully a career in the future.
4. This class really helped me to understand what I will need to have when I parole. I

will use the tools I got from this class to successfully reintegrate back into my community.

5. This class really helped me to gain skills and the confidence to go out and successfully do an interview and answer questions about my background.

### **Forgiveness & Healing**

1. I learned how to forgive and let go and let God handle the situation.
2. It is hard to accept the fact that I'm ready to forgive this person, but I'm willing to try harder. Deep inside of me I'm willing to do it.
3. Forgiving is a must in order for the healing process to begin for yourself. Period point blank.
4. This was very good. So many students made this class more impersonal. A smaller group would be better. Thank you very much!
5. It was very helpful and informative. It also helped me forgive people in my life and it has allowed old wounds to heal...We want more! Thank you.

### **Yoga & Meditation**

1. Very motivating - spiritual – peaceful; I learned calmness, serenity, and awareness of self.
2. This class changed my life. I am at peace. This is something I never thought would have an awesome impact on my life!
3. Just Wow! Wonderful class for body, mind, soul, spirit. I have learned more self-control of how to embrace peace, calm, serenity and non-violence toward myself and others in my whole being!
4. As I shared in class, yoga has taught me how to let go and take time for myself. The breathing and meditation are amazing and the discipline is amazing. My body feels better, my mind and heart feel better. Will take again. Billy is awesome, so thankful my first try at yoga and meditation was with him as my instructor.
5. Oh my God! Thank you. Thank you. Thank you. I feel so empowered to be healthy minded, healthy speaking and living - much love for your time. Thank you, Billy. Namaste.

### **Art**

1. It gave me a start to learn how to paint when I didn't know how at all.
2. It was good for me! I feel that we could have done this week after week, not only seven weeks!
3. We should be able to send our paintings home with stamps because some of us are indigent and it's not cool that we can't have our paintings or send it home, so to me it was all for nothing.
4. First of all, I liked the class because it taught me how to work with others. Now I find myself motivated to work more with paint.
5. This class really opened my eyes to the possibilities of painting. I've always been

interested in trying to paint but I never had the courage to jump in and try it. We truly appreciate having such an enthusiastic and supportive teacher, and I certainly plan to pursue my art education as fully as I can.