

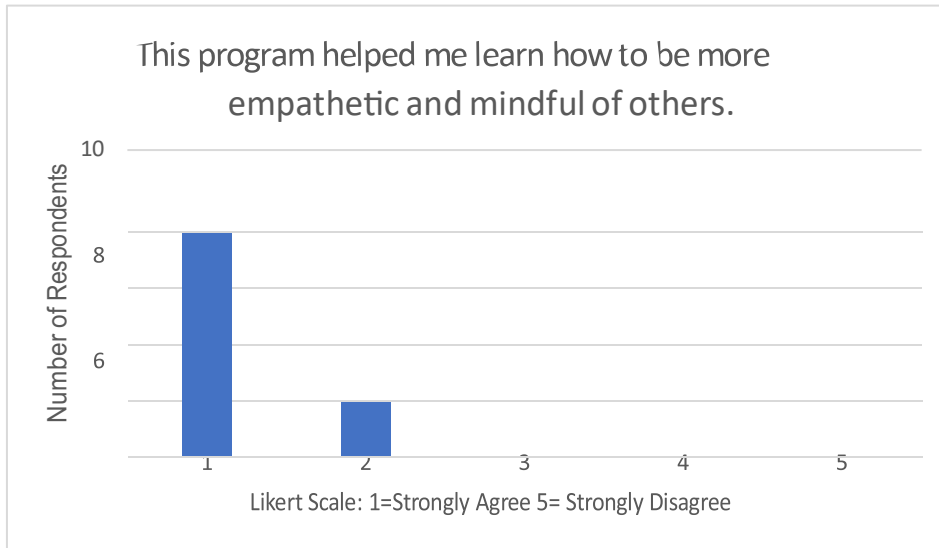
# Prison Education Project



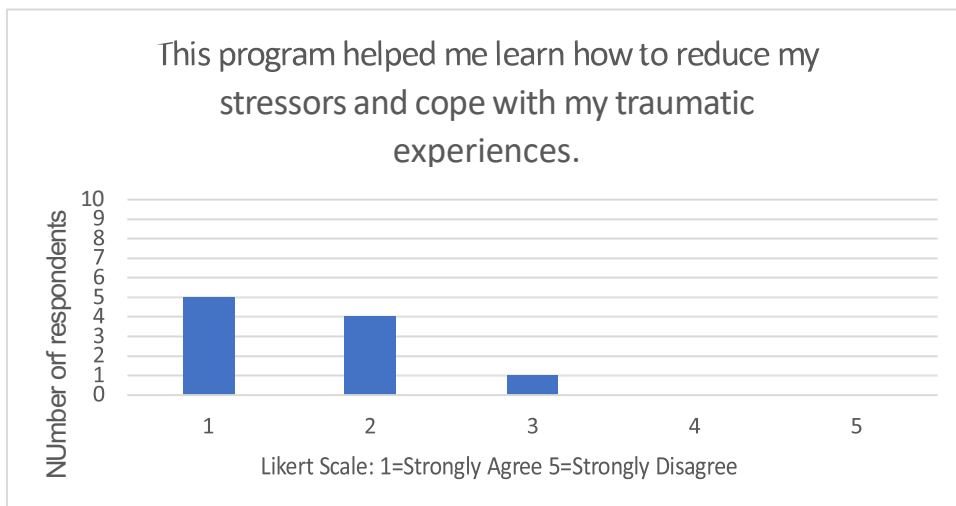
## “Introduction to Autobiography Writing”

Course Post-Program Participant Survey Results  
Chuckawalla Valley State Prison D-Yard—CDCR CARE Grant  
Fall Semester 2023

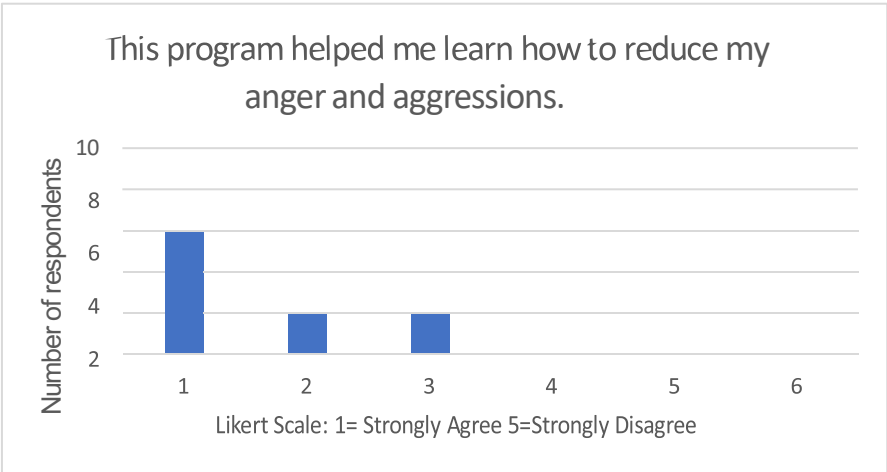
### Question 1



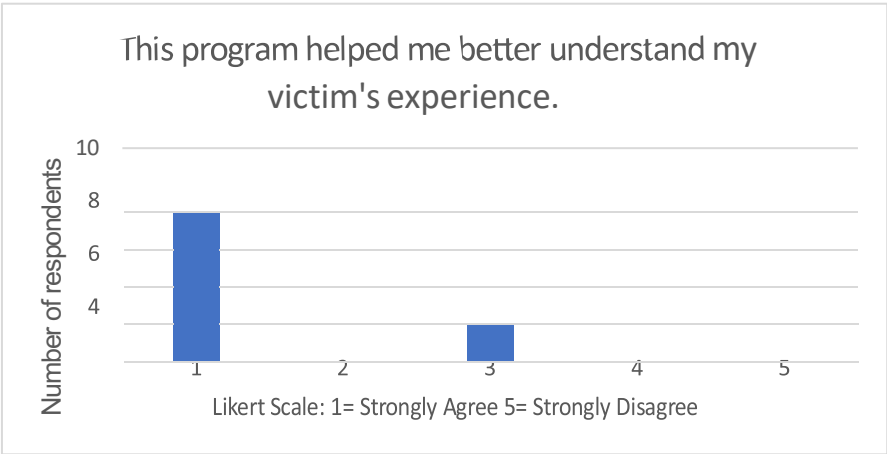
### Question 2



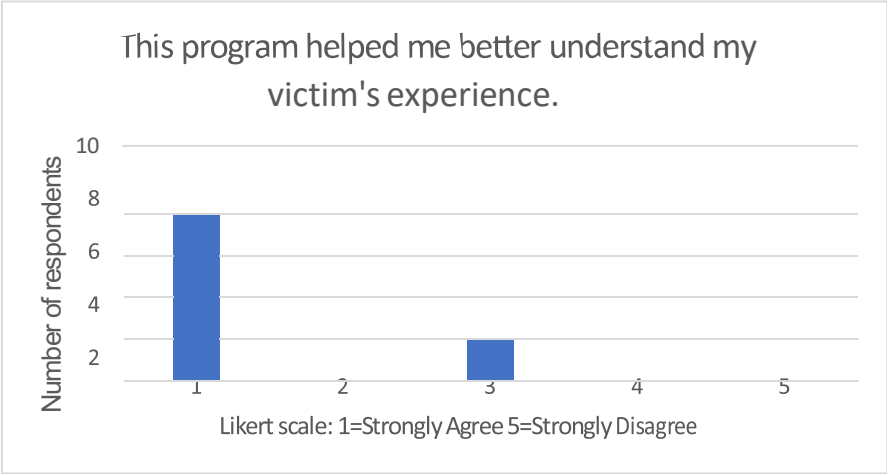
### Question 3



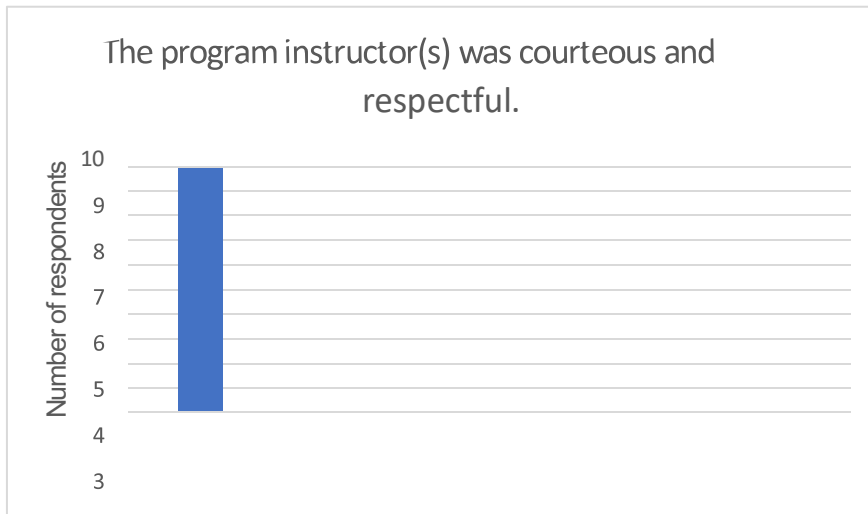
Question 4



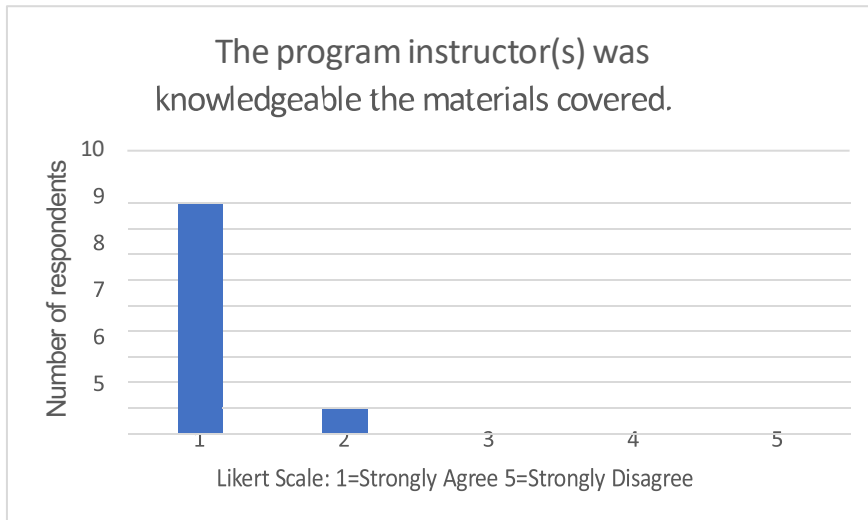
Question 5



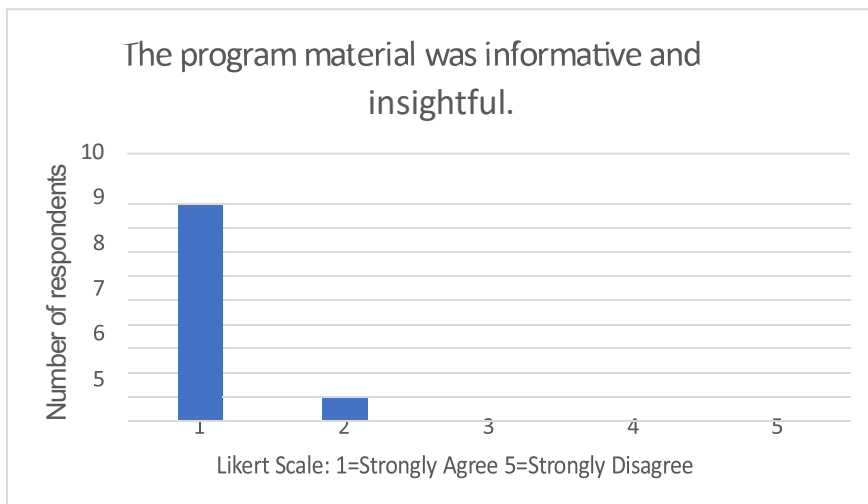
Question 6



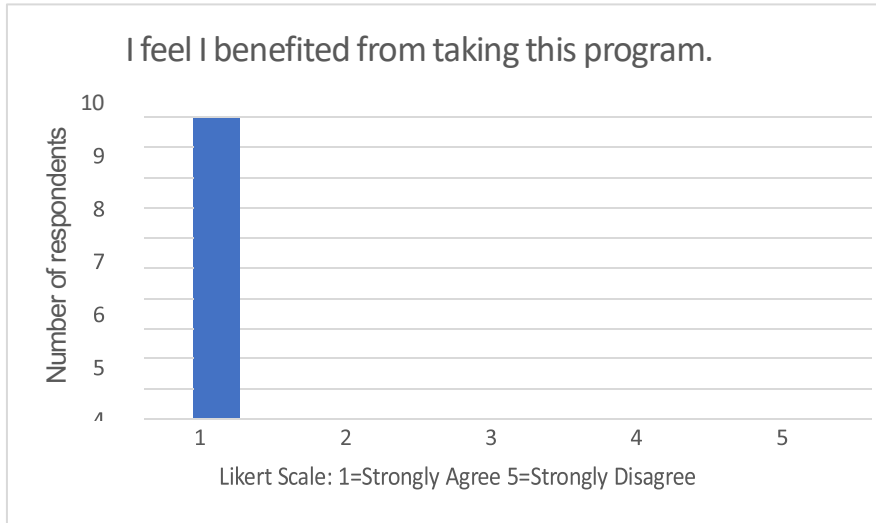
Question 7



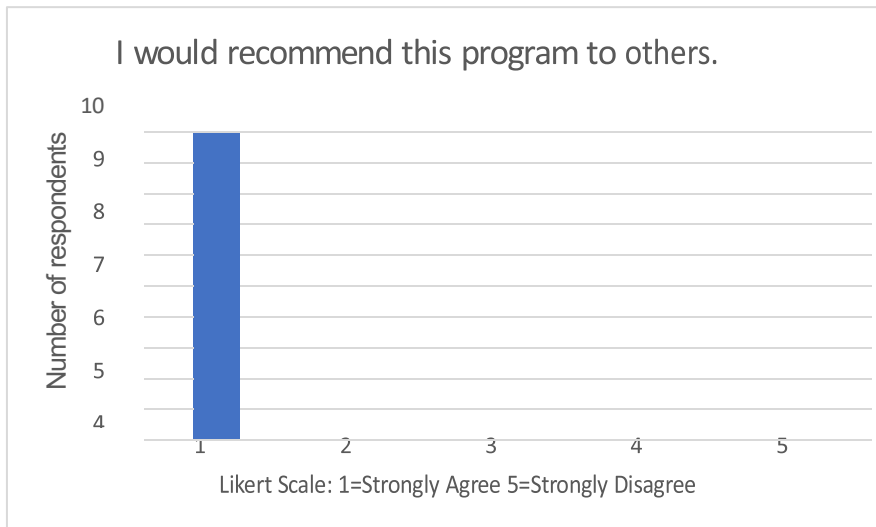
Question 8



Question 9



Number 10



**What are your overall thoughts about this course?**

- Thank you for supporting our prisoner community. These classes will help me continue with my academic studies and work with CDCR requirements to prepare for when I am in front of the Parole Commissioner.
- Reading the stories and writing about my story helped see that we're all struggling in our own way. This helped me be mindful and empathetic to others.
- By writing about my traumatic experiences it helped me process.

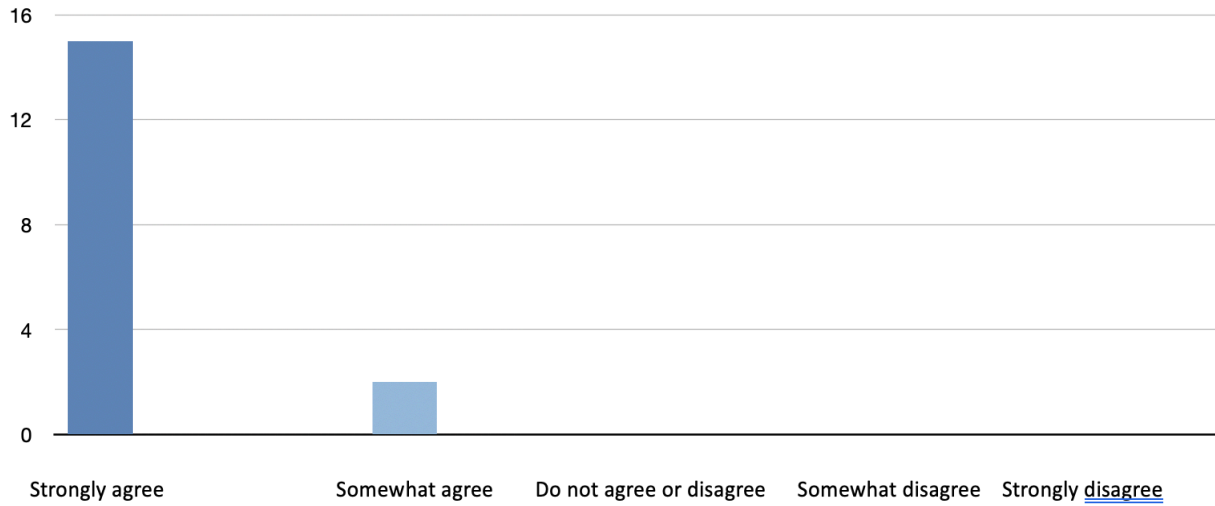


# “Introduction to Soft Skills”

Course Post-Program Participant Survey Results  
Chuckawalla Valley State Prison D-Yard: CDCR CARE Grant  
Fall Semester 2023

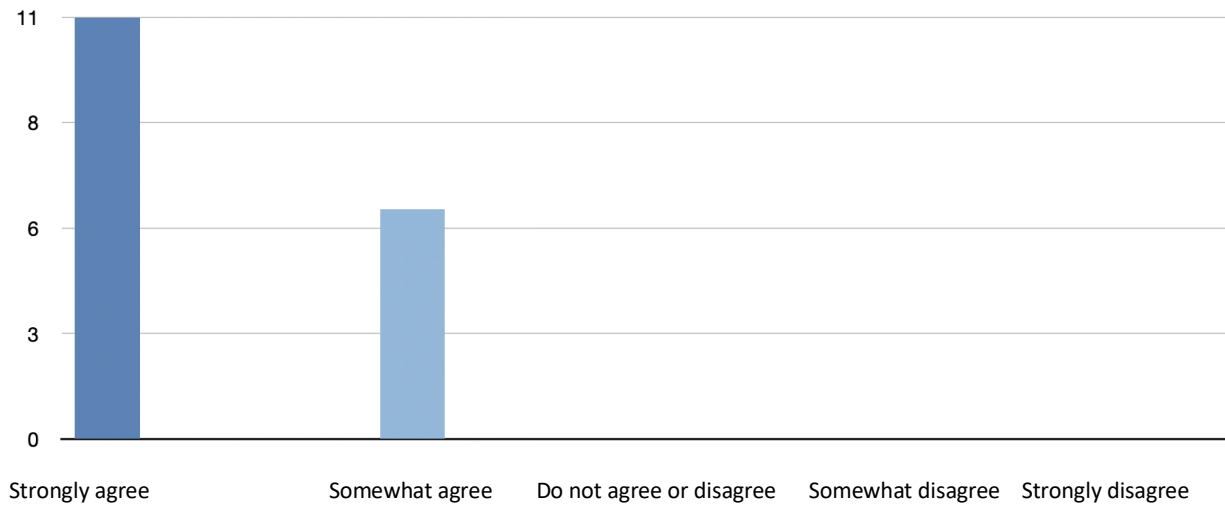
## Question 1

This program helped me learn how to be more empathetic and mindful of others.



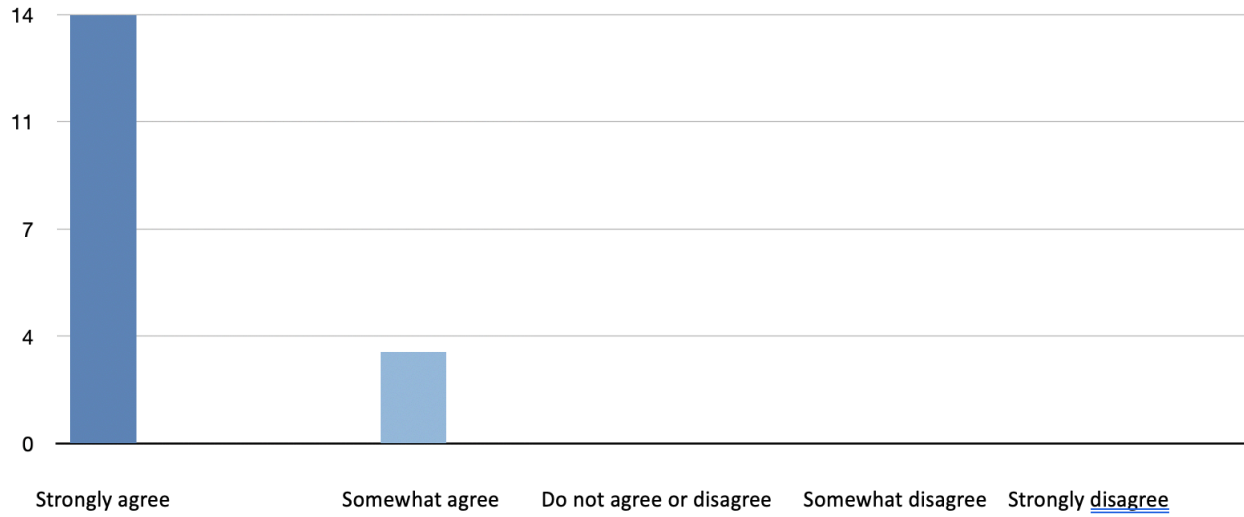
## Question 2

This program helped me learn how to reduce my stressors and cope with my traumatic experiences.



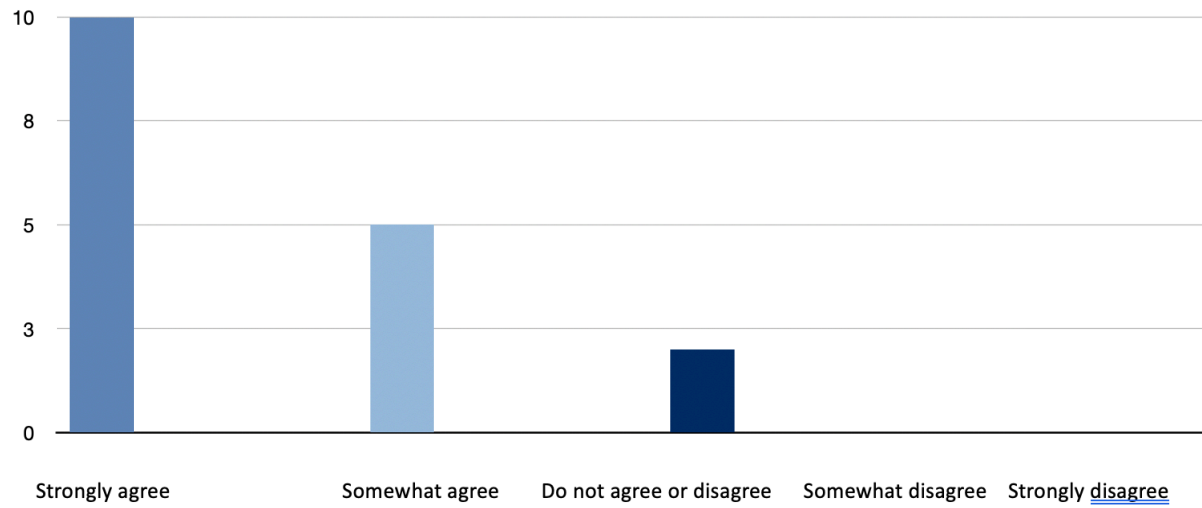
Question 3

This program helped me learn how to reduce my anger and aggressions.



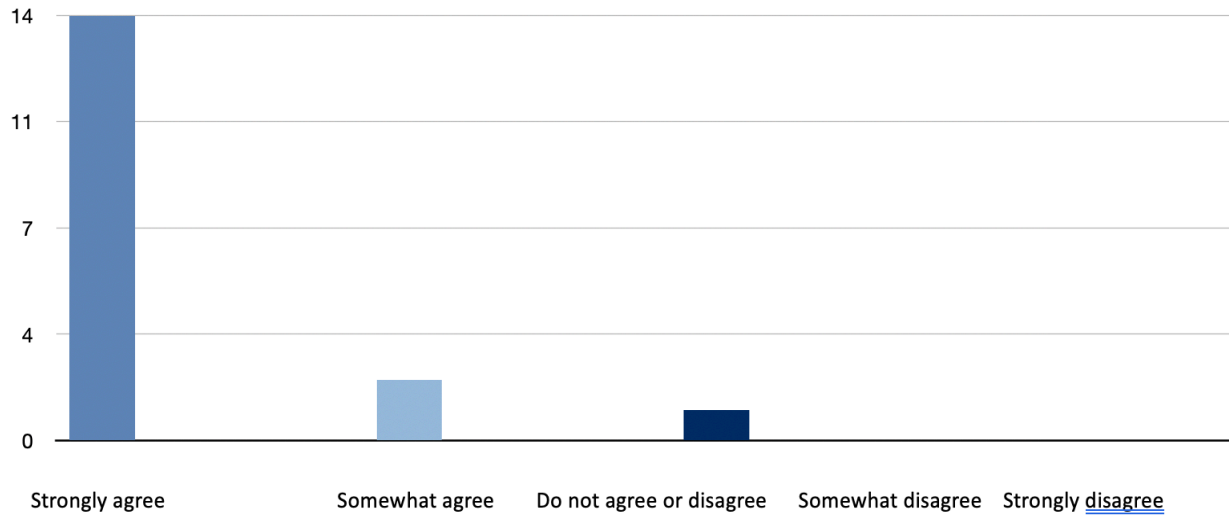
Question 4

This program helped me learn how to address and understand my symptoms related to post-traumatic stress disorder.



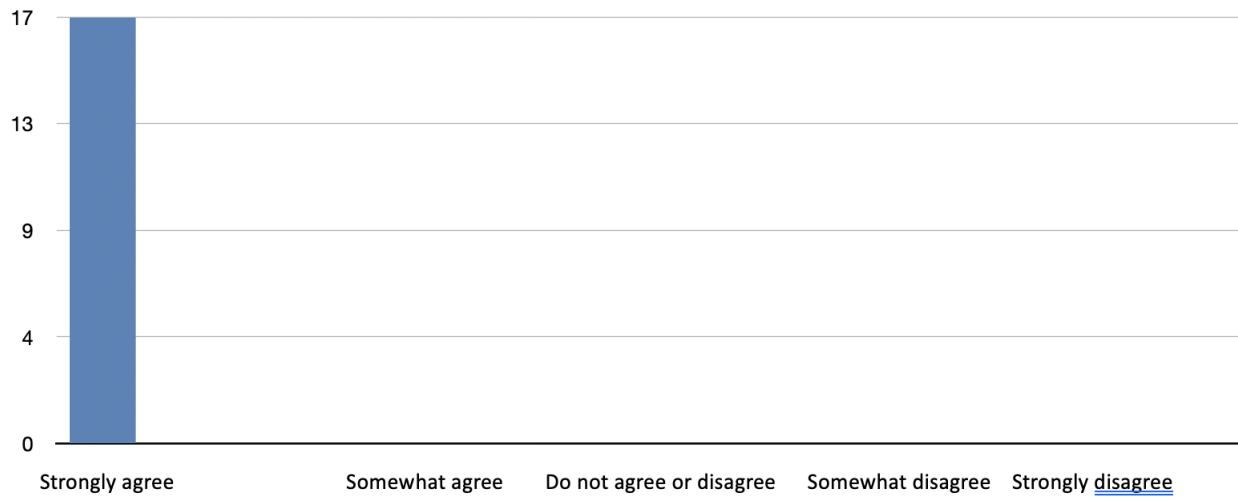
Question 5

This program helped me better understand my victim's experience.



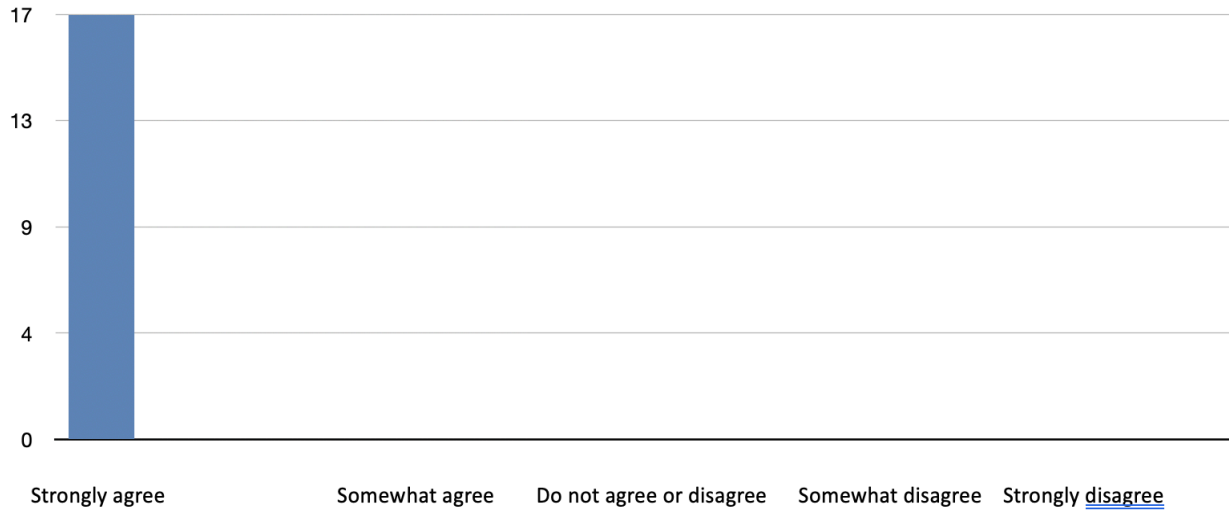
Question 6

The program instructor(s) was courteous and respectful.



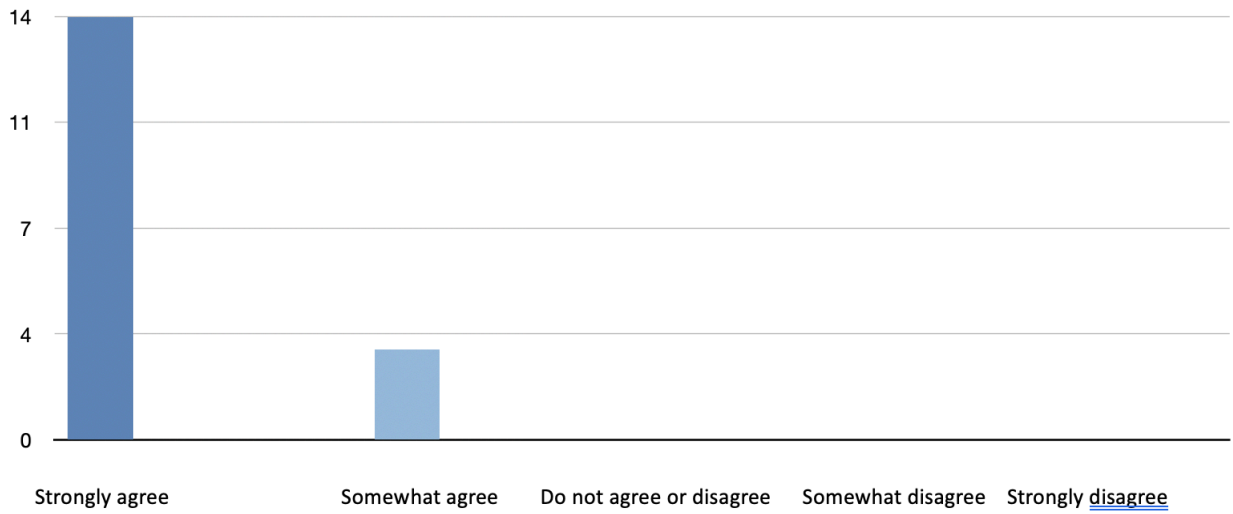
Question 7

The program instructor(s) was knowledgeable of the materials covered.



Question 8

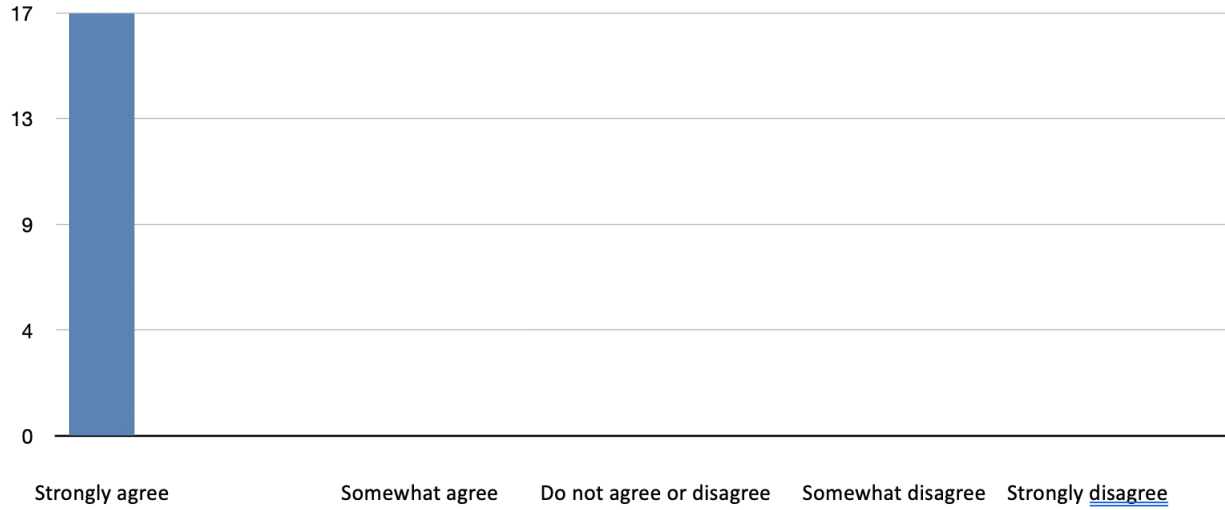
The program material was informative and insightful.





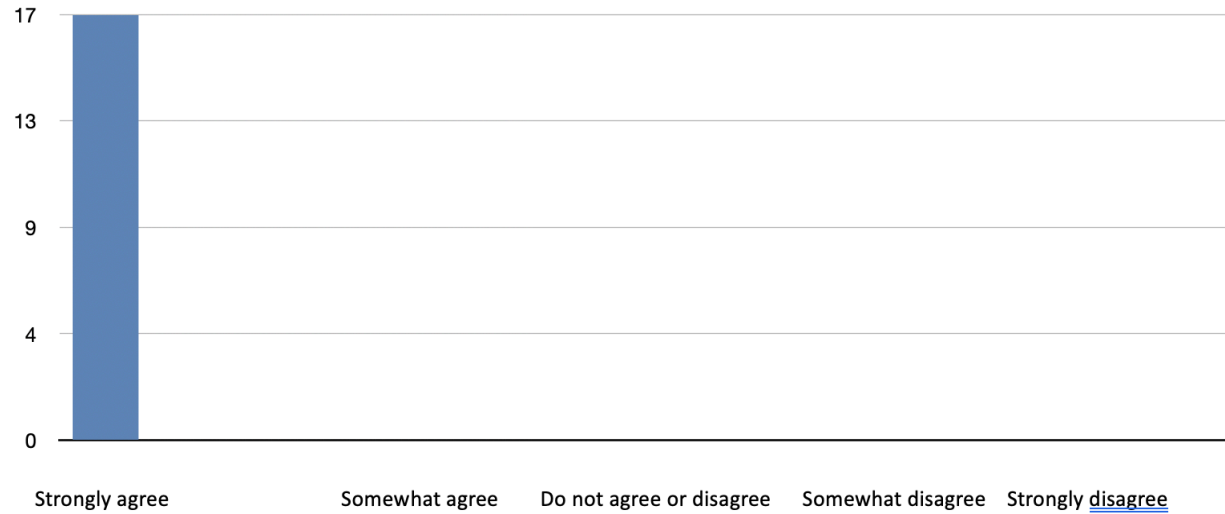
Question 9

I feel I benefited from taking this program.



Question 10

I would recommend this program to others.



**What are your overall thoughts about this course?**

-Thank you for supporting our prisoner community. These classes will help me continue with my academic studies and work with CDCR requirements to prepare for when I am in front of the Parole Commissioner. Thank you for your support.

-Reading the stories and writing about my story helped see that we're all struggling in our own way. This helped me be mindful and empathetic to others. By writing about my traumatic experiences it helped me process.