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

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

Number of Respondents

Likert Scale: 1=Strongly Agree 5=Strongly Disagree

Question 2

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

Number of Respondents

Likert Scale: 1=Strongly Agree 5=Strongly Disagree

Question 3
This program helped me learn how to reduce my anger and aggressions.

Question 4

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

Question 5
Question 6

The program instructor(s) was courteous and respectful.

Number of respondents

Question 7

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

Number of respondents

Likert Scale: 1=Strongly Agree 5=Strongly Disagree

Question 8

The program material was informative and insightful.

Number of respondents

Likert Scale: 1=Strongly Agree 5=Strongly Disagree
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.

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Somewhat agree</th>
<th>Do not agree or disagree</th>
<th>Somewhat disagree</th>
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**Question 2**
This program helped me learn how to reduce my stressors and cope with my traumatic experiences.

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<th>Strongly agree</th>
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<th>Do not agree or disagree</th>
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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.

17

Strongly agree Somewhat agree Do not agree or disagree Somewhat disagree Strongly disagree

Question 8

The program material was informative and insightful.

14

Strongly agree Somewhat agree Do not agree or disagree Somewhat disagree Strongly disagree
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.