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