Do you feel like you understand the basic concepts of git & github?

Mostly

Do you understand the difference between untracked, modified, staged, committed (unmodified)?

Yes

Do you feel ready to work on a team project, using git/github to clone a repo, create a branch, make changes, stage & commit those changes, push the branch to a remote repo, create a pull request on github, merge the pull request, and delete the branch?

Yes

Did the examples aid in your understanding?

Absolutely

Did the app workshop at the end aid in your understanding of git?

Defiantly learned some neat things about how git handles old and new files.

What changes do you suggest for future sessions?

Less tangents?

Are you willing to run a session like this for a future piece of technology for the team?

Yes!