

PAID 450 Pract Emb

Jterm2020 Course Eval

February 26, 2020 2:40 PM CST

Q4 - The course I took was

#	Field	Choice Count
13	Paideia 450: Practicing Embodiment	11

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#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	The course I took was	13.00	13.00	13.00	0.00	0.00	11

Q32 - Please indicate your level of agreement with the following statements pertaining to the portion of the program Prior to Departure

#	Field	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total
1	The application process was straightforward and clear.	0	0	0	5	6	11
2	I received sufficient information from the Center for Global Learning to navigate the process from acceptance to my actual departure.	0	0	0	5	6	11
3	The Center for Global Learning pre-departure orientation (the large group session in Valders 206) prepared me for my off-campus course (leave blank if you participated in a domestic program).	0	0	4	4	3	11
4	The pre-departure session(s) conducted by my program leader(s) prepared me for my off-campus course.	0	1	3	4	3	11

Showing rows 1 - 4 of 4

#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	The application process was straightforward and clear.	4.00	5.00	4.55	0.50	0.25	11
2	I received sufficient information from the Center for Global Learning to navigate the process from acceptance to my actual departure.	4.00	5.00	4.55	0.50	0.25	11
3	The Center for Global Learning pre-departure orientation (the large group session in Valders 206) prepared me for my off-campus course (leave blank if you participated in a domestic program).	3.00	5.00	3.91	0.79	0.63	11
4	The pre-departure session(s) conducted by my program leader(s) prepared me for my off-campus course.	2.00	5.00	3.82	0.94	0.88	11

Q37 - Please reflect on the pre-departure preparations. Are there topics that were not covered in your pre-departure preparations that you would have liked the CGL staff/program leaders to cover?

Please reflect on the pre-departure preparations. Are there topics that wer...

I think a more detailed description of the facilities and locations by the program leaders would have helped.

Yes- see the above section for information. I would like more information on the environment we were actually going to be living in and more info on the day-to-day.

It prepared me well enough

No i believe everything was covered and we had all the information that we needed to know what we were getting into.

There were certain details about the course that I wish were covered by the program leaders in the pre-departure sessions. First off, it would have been nice for everyone to meet at one group session instead of 2 because there were people on the trip that I had never seen until we arrived at the airport. The second thing is that I wish they had educated us more on the diet (vegan plant based) that we would be having in Punta Mona. Furthermore, I would have liked more education on what our actual days would look like (i.e. class in morning, optional session in afternoon, class in evening) just to help myself mentally prepare. All of this being said, I understand that this was the first time this course has run and there are inevitably things that could be changed, these are just a few of the things that stood out to me.

Much more detail needed to be given during the pre-departure meetings. More information specifically related to what to bring, how much, and even more details on the course and what will be expected. Although there was a syllabus provided, the grading method was not very well described and threw some students off.

N/A

No

Q38 - With respect to packing, what do you wish you had brought with you? What do you wish you had left behind?

With respect to packing, what do you wish you had brought with you? What do...

Tell people to bring rubber boots and bug spray

I brought a sufficient amount of items.

I wish I had brought more clothing that dried faster. I wish I had brought more snacks. I wish I had left behind anything I didn't want to get mold on it.

I wish I would've brought more swimsuits, more socks, tennis shoes other than my hiking shoes, a lot more snacks, beef jerky, more pants, better shampoo - more supportive hair products for me, better sunscreen, more insect repellent

I wish I would've brought more appropriate clothing, and less clothing. I should've brought more snacks, bug spray, and things to do. I should've left behind extra things like some hats, sweatshirts, a towel, some toiletries.

No i believe that I packed exactly what I should have.

I was not aware that we were able to check our luggage as part of the program fees. Thus if I had known this, I would have brought a few more shirts and shorts especially because we were in the sweaty jungle.

Very thankful for rain boots and a rain coat. Wish I brought more "crapy" clothes that I didn't mind getting wet and dirty. I additionally wish I brought at least one more pair of long pants/long sleeves for keeping bugs away at night. A small day bag/fanny pack would have been helpful as well. I wish I left behind more clothes in general. While at Punta Mona I attempted to re-wear a lot of my clothes so I would not dirty more articles. Chacos/flipflops were a must.

N/A

I think everything I brought was fairly sufficient.

Q39 - Please indicate your level of agreement with the following statements pertaining to the Off-Campus Program

#	Field	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total
1	There was a strong connection between the course content and the program location(s).	0	0	0	3	8	11
2	The amount of time allocated to structured "class time," group experiential learning, and free time was balanced.	0	0	2	2	7	11

Showing rows 1 - 2 of 2

#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	There was a strong connection between the course content and the program location(s).	4.00	5.00	4.73	0.45	0.20	11
2	The amount of time allocated to structured "class time," group experiential learning, and free time was balanced.	3.00	5.00	4.45	0.78	0.61	11

Q40 - Please provide further comment on your answers above, as desired.

Please provide further comment on your answers above, as desired.

Place was very influential on the content and learning that went on in this course. The professors emphasized this and reminded us of it often.

Although it was nice, there was a lot of additional free time for the students. This did become slightly difficult paired with the fact that we didn't have means to leave the camp. I believe this amount of free time would be better used if in a location that allowed more interaction with surrounding towns ect.

Having two classes for two plus hours a day each day was a good balance with the rest of the day.

Q41 - Tell about an experience that enhanced your understanding of yourself or changed you.

Tell about an experience that enhanced your understanding of yourself or ch...

I really appreciated the final presentations by the students, that showed how the experience personally affected them.

The morning practice - 4 Phases practice with Jane - helped me better understand my body and how it can connect with my mind. Being sick helped me listen to my body better.

Living in the jungle away from civilization and seeing how people live off the land made me very grateful for the resources I have back home.

The whole trip did. But specifically beach clean up that we did and seeing the effect of trash on the ocean first hand.

Everyday in the Movement sessions facilitated by Jane Hawley, I explored and learned something about myself (mind, body, or spirit) that deeply influenced my development as a person.

Living in a place that was so isolated was a huge culture shock. Realizing all the simple things in life that I take for granted really helped me to understand how privileged I am. I am now more aware of environmental issues impacting this world and the actions I can take to help with this.

being able to both share and celebrate the challenges we were all going through on the trip was an amazing experience. we stood in a circle and just spoke about what we were struggling with, and we laughed and cried and listened. to be able to express without dwelling is something that we need to practice more.

An experience that changed me was being in the jungle in general and learning how to adapt there.

Q42 - Tell about an experience that enhanced your understanding of the location(s) where you studied.

Tell about an experience that enhanced your understanding of the location(s)...

It was interesting to learn about permaculture while being integrated into it.

The beach clean-up day where we walked to Gandoca really changed my perspective on what the locals do everyday, and also the affect trash has on the ocean.

Being in Costa Rica helped connect me to the earth more and the specific characteristics of the earth - sky, water, dirt - I became ok with "being dirty" all the time and really never being clean even after showering

We learned a lot about the environment and did beach clean up, which shocked me because it showed me how horribly we treat the earth and how it effects the natural lands of Costa Rica (and other countries).

Being on the middle of the jungle and getting to meet indigenous people.

Interacting with local Costa Rican's enhanced my understanding of the locations where we studied. Whether that was the workers at Punta Mona or the Bri Bri trip or the Gandoca experience, interfacing with local members of the communities around Punta Mona enhanced my understanding and appreciation for the locations where we were.

I felt like I learned a lot about the location when we were traveling around to visit different tribes/cultures. The trip to Gandoca I believed helped me to most appreciate how the natives live and the different struggles that they face when compared to our lives.

meeting with the Bri Bri woman, Gloria, helped me to better understand the sacredness of the earth

We learned about permaculture. I thought that was interesting with the specific location that we were in.

Q43 - Which program field trips, excursions, museum visits, etc. did you find particularly enriching.

Which program field trips, excursions, museum visits, etc. did you find par...

I really enjoyed the beach clean up day/walk to Gandoca. I also loved the rafting trip.

I loved all of our day trips.

The white water rafting excursion was by far the most exciting and exhilarating part for me. It got scary sometimes but I felt so connected with my guide and rafting team - we bonded so well and worked together to ensure our safety on the river and the rapids.

The trip to Puerto Viejo and white water rafting

The river raft ride was a blast.

I wish we would have been able to visit the BriBri town/community. The Iguana Rescue center and the hospitality that was shown was amazing but I wish we could have also gone to see/meet the Bri Bri.

I truly enjoyed the day trips (puerto viejo, and both trips to visit different cultures while still on the island) and especially white water rafting which I found to be the highlight of the trip. A little disappointed about the Jaguar rescue center trip to be cancelled due to weather.

trash pickup on the beach really made me realize the human impact on the world. it was important to face climate change and pollution first hand, and look at the trash and say "wow. we really did this".

I found visiting the Bri Bri enriching. They have their own belief system about the earth which was really unique.

Q45 - Please indicate your level of agreement with the following statements pertaining to

Accommodations/Transportation/Food

#	Field	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total
1	I was satisfied with the accommodations.	0	3	1	2	5	11
2	I was satisfied with the classroom/meeting spaces.	0	0	1	6	4	11
3	I was satisfied with the ground transportation arrangements.	0	0	2	4	5	11
4	I was satisfied with the air transportation arrangements.	0	0	1	6	4	11
5	I was satisfied with the number of group meals.	1	1	0	5	4	11
	I was satisfied with the quality of group meals.	0	1	4	2	4	11

Showing rows 1 - 6 of 6

#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	I was satisfied with the accommodations.	2.00	5.00	3.82	1.27	1.60	11
2	I was satisfied with the classroom/meeting spaces.	3.00	5.00	4.27	0.62	0.38	11
3	I was satisfied with the ground transportation arrangements.	3.00	5.00	4.27	0.75	0.56	11
4	I was satisfied with the air transportation arrangements.	3.00	5.00	4.27	0.62	0.38	11
5	I was satisfied with the number of group meals.	1.00	5.00	3.91	1.24	1.54	11
6	I was satisfied with the quality of group meals.	2.00	5.00	3.82	1.03	1.06	11

Q46 - Please comment on aspects related to accommodations, transportation, and food.

Your insights will help us improve future programs.

Please comment on aspects related to accommodations, transportation, and fo...

I knew going on this trip that the food would be mostly fruit and vegetables not realizing that there wouldn't really be any grains like bread was a little surprising.

With respect to food at Punta Mona- need to be clear -literally no meat unless we leave Punta Mona, very little snacks provided so bring your own and bring a lot - food will mess with your stomach so be prepared

We were not aware of how little food we would be receiving and the type of food we would be receiving and many people were hungry.

In the future there should be more communication about what meals will be provided (either through group meals or cash will be provided to each student) and which will not be covered. Transportation details, especially like the night before and when we're leaving the next morning, etc. needed to be communicated more clearly. The Selina hostels/hotels were great and I definitely recommend future groups to stay there too!

I understand that Punta Mona is very off the grid and is designed to be that way, however, it would have been very helpful to have had more specific details regarding housing and how minimal it was. Also pertaining to food, announcing how dependent we would be on the meal times and how there would be no other source of food available. Everything else regarding transportation and other hostels we stayed at were perfect.

it was all good

Everything was great except for the food at times. It was delicious, but didn't always fill me up and often gave me the shits.

Q44 - How much did you personally spend on food while at the program location(s).

#	Field	Choice Count
1	<\$100	9
2	\$101-\$200	2
3	\$201-\$300	0
4	\$301-\$400	0
5	\$401-\$500	0
6	\$501-\$600	0
7	>\$601	0
		11

Showing rows 1 - 8 of 8

#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Total Spent	1.00	2.00	1.18	0.39	0.15	11

Q59 - What few words or phrases would you use to describe the experience to others?

What few words or phrases would you use to describe the experience to other...

Healing process, Have a lot of time to reflect on what you are learning and yourself

Embodiment, eye-opening, community, dance, conversation, nature, water, rain, vegetables, plants, yoga, beach

Eye-opening, once in a lifetime, challenging, beautiful

Life changing and enlightening.

Unique, opportunity, community, challenging myself, adventurous

A very challenging culture shock that taught me many lessons.

life-changing, eye-opening, this experience was truly something that no other J-term could experience. being in the same place for an extended period of time cultivated a community unlike any other, filled with selflessness and love.

Enriching, challenging, and fun.

Q58 - Would you recommend this program to others? Why or why not?

Would you recommend this program to others? Why or why not?

Yes. I would recommend this class because it gives you an experience you might never have again or experienced before.

Yes, while at times it was difficult to handle the physical location of Punta Mona, what that entails, and the people working there, I learned a great deal about myself with respect to my body and mind, to others, and to the earth

Yes and no. Yes because it was an incredible experience, no because 3 weeks was a bit long to stay at this place and I feel like we were not very prepared for the location/experience

Yes, they would have to see just what made this trip such a unique experience.

Definitely, this was a once in a lifetime experience that challenged me far beyond the course work itself. What a unique opportunity to immerse yourself in a rural jungle community on the ocean!

Yes, I would recommend this trip. Although I did wish I had more information going into the program, I did become very close with all my classmates while enjoying the course and the beautiful scenery. This is a course for a very select group of people, but even if you don't fall into that category, you can still have a very fun time.

YES! ive never learned so much about how to take care of people and planet. the stuff I learned is beyond the classroom, its global and in my opinion, the most important stuff to learn

Yes- but I would only recommend it to those who are aware of how difficult the jungle can be.

End of Report