



Burnout Workshop Evaluation

Date of workshop: _____

Name of Presenter: _____

Name of Student: _____

Please answer the following questions:

1. Name at least one symptom of burnout, discussed in the workshop.
2. Type A personality is the best kind because it helps you to stay healthier. T or F
3. Which lifestyle feature(s) can lead to a high risk for burnout?
 - a. Too much work with no time for hobbies
 - b. Too little sleep
 - c. Too little social support
 - d. All of the above
4. Who coined the term, burnout?
5. Name 3 ways to change the burnout behavior pattern.

Please circle your satisfaction level: Strongly Agree=SA; Agree=A; Neutral=N, Disagree=D; Strongly Disagree=SD

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|---|----|---|---|---|----|
| 6. Did you benefit from the information shared? | SA | A | N | D | SD |
| 7. Was the information relevant to the topic of the workshop? | SA | A | N | D | SD |
| 8. Was the length of the workshop satisfactory? | SA | A | N | D | SD |
| 9. Was the location of the workshop satisfactory? | SA | A | N | D | SD |
| 10. Was the presenter knowledgeable about the topic? | SA | A | N | D | SD |

Please share any comments or constructive criticism you may have:
