

Parent Education Resource Package for Primary Schools
What to do when stressed out?
How to cope with parental stress?
Strand III: Promotion of Parents' Physical and Psychological Well-being

Parent Evaluation Questionnaire

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. The objective(s) and content of this activity were clear.	1	2	3	4	5
2. This activity helped me greatly.	1	2	3	4	5
3. If there is another similar activity, I would be willing to participate again.	1	2	3	4	5
4. This activity was of practical use to my life.	1	2	3	4	5
5. I will recommend this activity to others.	1	2	3	4	5
6. The speaker of this activity had professional knowledge on the topic.	1	2	3	4	5
7. I learnt the knowledge and skills I needed in this activity.	1	2	3	4	5
8. This activity helped me change positively.	1	2	3	4	5
9. The classroom atmosphere was lively positive in this activity.	1	2	3	4	5
10. The time arrangement of this activity was appropriate.	1	2	3	4	5
11. I will apply what I have learnt from this activity to daily life.	1	2	3	4	5
12. Overall, I am satisfied with this activity.	1	2	3	4	5

What do you **like most** about this activity? Why?

Which part of this activity do you think **needs to be improved**? Why?

End of questionnaire. Thanks for your valuable feedback!