

# Student Survey – Program Feedback

If you took part in the Believing You Can is the first step to Achieving program, please take a few minutes to answer a few questions below. You do not have to write your name, as your answers will remain confidential. That means, that we will not know who wrote what, so please answer as honestly as you can.

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Did you learn anything useful or helpful in the *Believing You Can is the first step to Achieving* program?

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Tick the lessons you enjoyed and/or found helpful  
(you can choose more than one)

- ☐ Thoughts – Feelings - Actions
  - ☐ Helpful & Unhelpful Thoughts
  - ☐ Success and Failure – Reasons Why?
  - ☐ Thinking Traps
  - ☐ Anxiety
  - ☐ Problem Solving
  - ☐ Super Powers
  - ☐ Relaxation
  - ☐ Personal Strengths / Best Possible Self
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Have you used any of the skills you learnt in the *Believing You Can is the first step to Achieving* program? If yes, when did you use them?

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Do you think students at other schools should learn the Believing You Can program?

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