Parents Forever Session Evaluation: Pathways to a New Life

Please answer the following questions about the Parents Forever session you just completed.

1. The most important idea or skill I gained from this session was:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

I intend to apply this in my family by:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. One of the most important things I learned in this session was the importance of letting go of the attachment and loyalty to the other parent.

___ True  ___ False  ___ Not applicable

Before this session, my knowledge of this matter was:

(High)  5  4  3  2  1 (Low)

After this session, my knowledge of this matter was:

(High)  5  4  3  2  1 (Low)

I intend to apply this in my family by:

____________________________________________________________________

I will know this knowledge has made a difference when:

____________________________________________________________________

Visit us at www.extension.umn.edu/parentsforever/.
3. One of the most important things I learned in this session was tips to help me adjust to being a single parent.

___ True ___ False ___ Not applicable

Before this session, my skill of this matter was:

(High) 5 4 3 2 1 (Low)

After this session, my skill of this matter was:

(High) 5 4 3 2 1 (Low)

I intend to apply this in my family by:

_________________________________________________________________

I will know this knowledge has made a difference when:

_________________________________________________________________

4. One of the most important things I learned in this session was how to help my children adjust to parents’ new romantic relationship(s).

___ True ___ False ___ Not applicable

Before this session, my knowledge of this matter was:

(High) 5 4 3 2 1 (Low)

After this session, my knowledge of this matter was:

(High) 5 4 3 2 1 (Low)

I intend to apply this in my family by:

_________________________________________________________________

I will know this knowledge has made a difference when:

_________________________________________________________________
5. Another important thing I learned in this session was:

________________________________________________________________________

Before this session, my knowledge of this matter was:

(High)  5  4  3  2  1  (Low)

After this session, my knowledge of this matter was:

(High)  5  4  3  2  1  (Low)

I intend to apply this in my family by:

________________________________________________________________________

I will know this knowledge has made a difference when:

________________________________________________________________________

6. Other comments about this session:

________________________________________________________________________

________________________________________________________________________