



STUDENT EVALUATION

Please evaluate The Run Beyond Project honestly. Your answers will remain anonymous, and they will help us to improve the project to benefit students in future!

LIKERT-SCALE QUESTIONS

Please rate the various aspects of the project below by placing a mark in the box that you think matches the statement most accurately.

		Strongly Disagree	Disagree	Neutral / unsure	Agree	Strongly Agree
1	The project was fun.					
2	The project was challenging.					
3	The project was inclusive and made me feel safe.					
4	The project made me feel welcome.					
5	I learnt something from this project					
6	I learnt a lot from this project					
7	I am better at goal-setting as a result of this project					
8	My commitment has improved as a result of this project					
9	My resilience has improved as a result of this project					
10	My confidence has improved as a result of this project.					
11	As a result of this project, I feel like a valuable team member.					
12	I am fitter and healthier as a result of this project.					
13	The project has increased the amount of physical activity that I participate in per week.					
14	I will continue to run now that I have completed this project.					
15	I would recommend this project to others.					

OPEN-ENDED QUESTIONS

These questions give you the opportunity to explain your feelings about The Run Beyond Project in greater detail. Please remember that your responses, if honest and explained clearly, can help us to make the project a better experience for participants in future.

1 – What was the best thing about this project?

2 – What was the worst thing about this project? / What could be improved to make this project better?

3 – What did you learn from this project? / How has it helped you?

4 – This one is probably the most challenging question! **Beyond** this project, is there something you'd like to work towards achieving that you had not thought of before, or didn't think you could achieve before? Explain.

5 – Which, if any, of the following factors help you decide to get involved in the project?

- It was cheap/free
- It was social
- It was close to where I live/study
- It catered to my ability
- It didn't require a long-term commitment
- It provided an easy, safe and fun way to try something new
- It provided an opportunity to improve my skills/fitness

Other:
