

Teacher:

Student:

Mindfulness Meditation Teacher Certification Program

Student Evaluation Form

Thank you for participating in this mindfulness course as part of my certification program. Please complete the following teacher evaluation to assist in my growth as a mindfulness meditation teacher.

1. What about my teaching style was especially helpful or worked well for you?

2. What about my teaching style was not helpful or did not work well for you?

3. Did you feel welcomed and included?

 Yes
 Somewhat
 No

4. Did you feel the class was well balanced in the amount of time spent on teachings, question-and-answer time, and practice? If not, what would you have liked more of? Less of?

5. How well prepared did you feel I was in the following areas:
[1=unprepared, 2=somewhat prepared, 3=adequately prepared, 4=very prepared]

Giving meditation instruction and guidance	
Giving talks and teachings	
Answering questions	
Group facilitation	

6. Were my meditation instructions and guidance clear, helpful, and easy to follow?[1=unclear, 2=somewhat clear, 3=clear, 4=very clear]

1 2 3 4

7. If not, what language or instructions were not clear?
[optional short response]

8. Were my talks clear, helpful, and easy to understand?

[1=unclear, 2=somewhat clear, 3=clear, 4=very clear]

1 2 3 4

9. If not, what topics or aspects of my presentations could be improved?[optional short response]

10. Did you feel that my stories, examples, and supplementary materials were relevant to your background and life experience?

[1=not relevant, 2=somewhat relevant, 3=relevant, 4=very relevant]

1 2 3 4

11. If not, what kinds of things would you like included?
[optional short answer]

12. Were my answers to student questions clear and helpful?

[1=unclear, 2=somewhat clear, 3=clear, 4=very clear]

1 2 3 4

13. If not, can you give examples of questions you feel that I did not handle well?[optional short response]

14. Did I seem present, connected, and responsive?

[1=unpresent, 2=somewhat present, 3=present, 4=very present]

1 2 3 4

15. Is there anything else you'd like to share about your experience with me as a mindfulness teacher? [optional short response]