

Year in VLA Evaluation

COMPLETE

#7

Now that you have graduated your year or from our program, let us know what you thought of it!

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*** How many years of the Veritas program have you completed?**

1

Year's Completed:

2020-2021

Your overall lifestyle has become more balanced regarding the three aspects of health Veritas promotes (i.e., physical, nutritional, spiritual/emotional)?

Yes, definitely!

Properly educated on health as a whole?

Yeah, I guess so.

You have been given adequate alternatives and tools for making healthier lifestyle decisions?

Yes, definitely!

That you are now more self-sufficient and better prepared to make healthy choices independently?

Yeah, I guess so.

*** Presently, how well would you say Veritas Life Adventures has prepared you to cope, overcome and succeed in your future stages of life? Please enter a number from 1-10 (1=worst, 10=best):**

7

Veritas Life Adventures has positively affected your view on the necessity of physical exercise?

Definitely! Yes!

Veritas Life Adventures has increased your knowledge, skill and techniques on a diverse variety of exercise platforms/programs?

Definitely! Yes!

You have been given an adequate amount of opportunity and tools to find a workout program/routine that suits you and that you enjoy?

Definitely! Yes!

*** How important do you feel it is to make physical exercise a continued part of your daily lifestyle? Please enter a number from 1-10 (1=worst, 10=best):**

9

*** How empowered do you feel in your abilities and skills to be able make physical exercise a continued part of your daily lifestyle? Please enter a number from 1-10 (1=worst, 10=best):**

8

Veritas Life Adventures has positively affected your view on the necessity of nutritional eating?

Definitely! Yes!

Veritas Life Adventures has increased your knowledge, skill and techniques in identifying healthy foods?

Definitely! Yes!

Veritas Life Adventures has increased your knowledge, skill and techniques in proper meal portioning?

Definitely! Yes!

Veritas Life Adventures has increased your knowledge, skill and techniques in complete meal preparation (i.e., food shopping, finding recipes, cooking, etc.)?

Definitely! Yes!

You have been given an adequate amount of opportunity and tools to find a nutritional diet that suits you and that you enjoy?

Definitely! Yes!

*** How important do you feel it is to make nutritional eating a continued part of your daily lifestyle? Please enter a number from 1-10 (1=not important at all, 10=it means everything):**

9

Veritas Life Adventures has positively affected your view on the necessity of attention to spiritual needs?

Definitely! Yes!

Veritas Life Adventures has provided a basic knowledge and understanding of a Creator God?

Definitely! Yes!

Veritas Life Adventures has promoted the need of spiritual awareness and connection to God?

Definitely! Yes!

Veritas Life Adventures has provided a foundational knowledge and understanding of who the biblical Christ is?

Definitely! Yes!

Veritas Life Adventures has provided a foundational knowledge and understanding of how to have (or deepen) a relationship with Christ?

Definitely! Yes!

*** How important do you feel it is to make a decision on having a relationship with Christ? Please enter a number from 1-10 (1=not important at all, 10=it means everything):**

10

*** How important do you feel it is to know and pursue spiritual needs as part your daily lifestyle? Please enter a number from 1-10 (1=not important at all, 10=it means everything):**

10

Bored?

No, not really.

Properly challenged?

Definitely! Yes!

Pushed TOO hard?

No, not really.

Safe?

Definitely yes!

Do you have any comments or suggestions regarding the organization or layout of trips/events? Ways to improve?

(No response)

Better equipped to lead others through challenging situations?

Yeah, I guess so.

Stronger in your ability to communicate effectively (i.e., journal discussions, support letters, interviews)?

Yeah, I guess so.

Stronger in your ability to overcome fears?

Definitely yes!

More likely to take initiative and appropriate action in an unfamiliar situation?

Yeah, I guess so.

Has helped you gain or improve your outdoor knowledge and skills?

Definitely yes!

That you could talk to them about anything?

Yeah, I guess so.

Safe in their care?

Definitely yes!

Violated ever in any way?

Absolutely not!

That they were mature and responsible?

Definitely yes!

They led events/trips well?

Definitely yes!

Is there anything you think the staff/volunteers could/should have done differently while leading the trips? Any suggestions, comments or concerns regarding the overall conduct of our staff?

(No response)

*** Overall, how well has Veritas Life Adventures improved your lifestyle on a holistic and balanced scale? Please enter a number from 1-10 (1=not at all, 5=some changes, 10=dramatic change):**

6