

S.Y.A

Final questionnaire

Please answer honestly.

1. Did you enjoy this course?

yes

2. Why did you/didnt you enjoy the course?

Because it was fun and
I have learnt new things.

3. In what way has the course helped you?

To understand Stress.

4. Have you/will you do anything differently in life since completing this course?

Stop my bad habits.

5. What did you enjoy/find interesting the most?

The heart rate test.

6. What did you NOT enjoy and why?

Repeating the same page
again and again, because we
already know.

7. Who do you think should be taught S.Y.A in the future?

Adults

8. What would you say about S.Y.A to someone else?

Yes.