

# Pre-Course Questionnaire

## Do You Feel Valued and Understood?

Please complete this questionnaire before and after taking this course. The hope is that you will see a shift in your responses after learning to recognize personality patterns and being provided with a new vocabulary to describe individual differences.

Do the things other people do drive you crazy?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

Do you feel misunderstood?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

Do you get frustrated when others don't see things your way?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

When a misunderstanding arises, can you explain your point of view?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you feel that your mentors understand your strengths and preferences?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you know your strengths, the things you are good at?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you know your preferences well enough to explain them to others?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you get frustrated when you are told to do things in a way that is different than you would do?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

Do you believe that your mentors have realistic expectations of you?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you wish you could be somebody else?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

When someone does something differently than you, are you able to get curious instead of furious?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

**TOTAL SCORE** \_\_\_\_\_

% Understood = (TOTAL SCORE/55)\*100

# Post-Course Questionnaire

## Do You Feel Valued and Understood?

You answered the following questions before completing this course. Please take a moment to answer these same questions again now that you have had some time to integrate the personality concepts into your life. The hope is that you will see a shift in your responses after learning to recognize personality patterns and being provided with a new vocabulary to describe individual differences.

Do the things other people do drive you crazy?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

Do you feel misunderstood?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

Do you get frustrated when others don't see things your way?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

When a misunderstanding arises, can you explain your point of view?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you feel that your mentors understand your strengths and preferences?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you know your strengths, the things you are good at?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you know your preferences well enough to explain them to others?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you get frustrated when you are told to do things in a way that is different than you would do?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

Do you believe that your mentors have realistic expectations of you?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

Do you wish you could be somebody else?  
(5 never, 4 rarely, 3 neutral, 2 often, 1 all the time)

When someone does something differently than you, are you able to get curious instead of furious?  
(5 yes, 4 somewhat, 3 neutral, 2 not really, 1 no)

**TOTAL SCORE** \_\_\_\_\_

% Understood = (TOTAL SCORE/55)\*100