

Basic Goodness Class, Series 2
The Basic Goodness of Society; How Can I Help?
Evaluation Form
Shambhala Brunswick* Spring, 2016

We value your input and evaluation of this class. This is a fairly detailed questionnaire. Please take some time to reflect on your experience over the last 2 months and let us know what was helpful, what suggestions of change you can offer, and any other suggestions. You are welcome to use the following questions and categories to assist with your comments but please do include any other impressions, etc. Thank you.

Name (optional) _____

How many of the classes were you able to attend or hear?

Please indicate which Shambhala Training Levels, IEL, Basic Goodness Series Classes, or Learn To Meditate, etc. programs you have completed

_____.

There is an infinitely wide range of ways to engage society in a beneficial way. Do you feel that you are already involved in activity that benefits society, perhaps through livelihood, volunteering, teaching, etc.? Please specify.

Did this class affect your way of perceiving your relationship to society?

In particular, did the class inspire you (either to continue or begin) in the direction of wanting to benefit others, society, planet? How, why or why not?

How has your experience and understanding of the basic goodness of society been affected by this class?

How did the teachings re: the 4 areas of societal forces (below) strike you?

Do you see yourself using them? If so, how?

Household, Family & Close Relationships, The Relatives

Professional, Work, The Professionals

Art, Creativity, Culture, The Entertainers

Wealth, The Merchants

What did you discover during the guided exercises?

Were they helpful? How?

Would you like to see more exercises included in BG2?

Did you have instruction in tonglen (sending and taking) prior to the class?

What was your experience of practicing tonglen in this class?

What was your experience of the dyads and group discussion?

Were they helpful? How?

Would you like to see more dyads included in BG2?

How did you experience the recommended reading material? Was it relevant to the course, supportive of class content, helpful to your understanding?

Was there too much reading? not enough? just right?

Did you find the class challenging, difficult, not challenging enough? How so?

Personally, emotionally, intellectually?

What was your experience of the talks?

Were they helpful for your understanding? How?

Was there a specific class, reading and/or exercise that you appreciated? Any that you did not find useful? If so, why?

What do we need to know to prepare for future offerings of this class, to improve the course, etc.?

Can you imagine this class offered in a weekend format?

Did this class complement or support the other courses or practice programs you have taken at the Shambhala Center? Why or why not? (Please speak to both content and scheduling issues.)

Please use the area below for any further comments you'd like to make about the class.

Thank you!