Postdoc Academy Post-Module 4 Survey

Start of Block: Content

Q1
Please answer the following questions about how the "Building Resilience" module has impacted you. Participation in this survey is optional. This information is important for the Postdoc Academy in order to provide the best course possible to participants.

If you have concerns or questions about this survey, please contact postdocacademy@gmail.com or Olivia Chesniak at olivia.chesniak@northwestern.edu.

Q2
Please indicate how much you agree or disagree with the following statements.

	Strongly agree (1)	Somewhat agree (2)	Neither agree nor disagree (3)	Somewhat disagree (4)	Strongly disagree (5)
I am able to describe the process of resilience as it pertains to personal and professional experiences (1)	○	○	○	○	○
I am able to describe behaviors and ways of thinking that support building resilience (2)	○	○	○	○	○
I am able to describe stressors that exist internal and external to the workplace (3)	○	○	○	○	○
I am aware of the behaviors that promote and detract from my resilience (4)	○	○	○	○	○
I would recommend this module to a friend. (13)	○	○	○	○	○

End of Block: Content

Start of Block: Activities

Q3 Was there a particular activity in this module that you found valuable? If yes, please describe.

(Discussion Forums, Resilience Action Plan)

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Q4 Were any of the activities in the module problematic for you? If yes, please describe.

(Discussion Forums, Resilience Action Plan)

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Q5
Please share any suggestions you may have for improving the content and activities in this module.

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End of Block: Activities