

Science Bound Participants Comments
For Program Improvement and Impact I
October 3, 2006

Completion of this evaluation is voluntary, but please help us to improve by sharing your ideas with us. Thank you.

What was the most important thing you learned in this session?

- **How to deal with stress**
- **Make sure you identify those factors in your life that are stressful and work at finding healthy ways to de-stress.**
- **Reinforces the importance of college bound students being financially savvy.**
- **Different ideas from other parents on how to relieve stress.**
- **That's it is okay to involve your children in some of your financial matters, but keep it on a certain level.**
- **I learned that we as parents can involve our children in the process of obtaining the things they desire. We can have financial success by teaching our children how to save, budget, and spend monies on things they really want/need.**
- **Everyone's different ideas of financial stress.**
- **Coping with financial pressures. Prioritize needs & wants.**
- **Good ideas about communication and financial responsibility.**
- **Different ways to cope with stress.**
- **How real the stress is to us.**

What do you plan to do differently as a result of today's program?

- **Try some of the examples to relieve stress**
- **Journaling – I used to write in a journal and stopped but I will restart this again.**
- **Go over the hand outs and see other way to relieve stress and pass the handouts to other people.**
- **Not to stress as much and try a different activity from the one I have.**
- **I am experiencing less stress currently as our family situation improves. But, I will continue to hold on to the great tools to decrease the unwanted stress in my life.**
- **Use some of the other people's ideas to see if they help or work.**
- **We were given a chart that shows how to cope with stress and what we can do to reduce it. The best and most important thing is to recognize the stress. Recognize when you're in stress mode so you'll know what to do.**
- **Use the coping strategies. (2)**
- **Discuss finances with my children to help improve their financial literacy.**
- **It's very difficult to come to the meeting and is easier bringing the children. I think if you can find somebody to watch in the same school, it is going to be wonderful or finding teenager to watch in another room.**

What future topics will interest you?

- **More child, parent topics with kids there.**
- **More time with parents to see where their child attend school and what grade they are now.**
- **Helping your child to make good choices (ie school, choosing their friends**
- **Organizational skills.**
- **Parenting “smart children”**
- **Parenting of teens**
- **Not all the parents are on the same level (age on this program).**
- **Money management**
- **Tonight topic was very good one. Learned a lot from it.**
- **Teen issues – peer pressure, demands on parents, transition from adolescents to adults, opposition to parents’ requests/directions.**
- **All different ways to help our children while in school and with grades.**
- **Teach our teens the value of money. Play a game of LIFE. Set up different stations (job, bank, car insurance, health insurance, babysitter, utilities, etc.) Give them real life situations where they have to spend money like broken down car, need groceries, bad credit, etc.**
- **Professor or representative from each of the programs/degrees that our children are eligible for with this scholarship.**
- **Discuss behaviors or concerns that are relevant to this developmental stage (middle school & high school years) and proactive strategies to utilize.**
- **How to be ready for college?**
- **Tips and resources.**