

Career Summer Institute in Mental Health 2010 Post Survey Results

Please rate the following:

Answer Options	Rating Average	Response Count
Self Reflection Activity (Start of Day)	3.36	22
Journal Assignment (End of Day)	3.00	22
Orientation/Overview/Job Skills (Andrew Hill, Monday)	4.23	22
Psych Tech Program, Communication Skills (Mission College, Monday)	4.45	22
Agency Overviews	3.45	22
Career Panels	3.45	22
Interviews and Career Notes Assignment	3.54	22
Welcoming Techniques, Mindfulness, Psychotherapy (Starlight, Tuesday)	4.50	22
Group Dynamics (Gardner, Wednesday)	4.72	22
Immersion Model (Momentum, Thursday)	4.09	22
Educational Pathways (SJSU, Thursday)	4.54	22
WRAP Training (Santa Clara County, Friday)	3.77	22
Mentor Program (post institute)	4.05	22
Facilities (Learning Environment)	4.50	22
Institute Staff	4.45	22
Transportation	4.59	22
Lunch	4.54	22
Overall Rating of Career Summer Institute in Mental Health	4.45	22

List three words that you associate with the term "Mental Health"		
Interesting	Communication	Understanding
Communication	Listening	Understanding
Social Work	Therapy	Experience
Anger Management	Therapy	Disabled
Social Work	Mental Illness	Community
Social Work	Community Involvement	Counseling/Therapy
Depression	Emotions	Thoughts
Emotions	Thoughts	Depression
Clients	Social Work	Psychologist
Self-fulfilling	Psychology	Challenging
Mind	Problems	Communication
Recovery	Hope	Support
Mind	Communication	Difficulties
Helping	Hopes	Great Opportunities
Depression	Thoughts	Emotions
Mental	People	Help
Psychology	Communication	Social Work
Social Work	Psychology	Mind
Helping	Learning	Great Opportunity

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Communicate	Helping	Cool
Stigma	Therapists	TBS
Substance Abuse	Stigma	Effects people of all ages

Are you interested in eventually working in the Mental Health field?	
Yes	21
No	1

What facility did you like the best or find most interesting?	
Gardner	10
SJSU	9
Starlight	4
Catholic Charities	2
Mission	1
Family and Children Services	1

What session/presentation did you like best or find most useful?	
Gardner/ Anger Management & TBS	15
EMQ Families First/ Exp. Therapy & Strength Exercise	3
Momentum/ Mindfulness	3
Mission College/ Communication Skills	2
SJSU/ Culture and Beliefs	2
Body Language Videos	1
Santa Clara County/ Play Therapy	1
Starlight/ Welcoming Techniques	1

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How would you improve the institute?

--I would have liked some agencies to have more hands on activities. Otherwise I thought everything was great. If there were hands on activities I wouldn't have been bored sometimes.

--I think the institute is doing a good job and should keep up the good work.

--More activities, enough food, more one-on-one interaction with staff.

--There's simply too much sitting. More breaks would be better. Also, the food that we had wasn't enough and was not that good.

--I would prefer more hands-on activities. Students do not like to sit around just listening to people talk about themselves for 20 minutes.

--I would improve the institute by having more involvement. For example more activities and before going into this institute I would have liked an intro to exactly what it is.

--Have more activities and less talking and us sitting down listening. It gets a bit boring but other than that I had a lot of fun and enjoyed myself and learned a lot. 😊

--I think the institute is good like it is.

--I would like more hands on activities with the play-doh. It really helped me relax.

--I would have liked to have seen the people actually working with the kids and explain at the same time. Also, there was too much talking and not enough activities.

--I would improve the institute by making it longer, maybe two weeks.

--By adding more interactive things.

--Job shadowing where the student follows the professional and maybe two weeks instead of one.

--I would improve the institute by having more hands on activities and by telling stories of particular clients.

--Maybe less talking and more hands on activities like projects and less just presentations.

--I would improve the institute by helping people and joining programs to help people.

--CSI is absolutely wonderful, it's hard to actually think of a thing that needs improving. So far, everything's good.

--Maybe lengthen the time.

--Maybe not have the institute so long in the day. People started being really tired towards the end.

--I think it's great the way it was.

--The career panels need to be much shorter. I think interactive projects and hands-on activities were better.

--I would make some of the presentations shorter like the career panels or have more breaks in between the speaker, but keep all the hands-on activities like anger management or art therapy. Also, make it clearer what services are offered by each agency, sometimes I would get confused with what was offered where.

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Please, provide a statement about the overall quality of the Career Summer Institute in Mental Health.

-- I was always interested in the field but this program has taught me more about mental health. The speakers and agencies did a great job, they made it entertaining. The program overall was inspiring.

--After going to the program it just made me want to work in the Mental Health Field. I learn so much from going to this program.

--Overviews of agencies can be done briefly instead of giving specific details. CSI needs more activities that demonstrate the jobs of each agency.

--It provided me a chance to understand more about this field. I learned a lot. Thank you!

--CSI provides great information about mental health where it makes you want a career in this field.

--I really enjoyed this career summer institute in Mental Health because it gave me a clarification on exactly what it is and what they do for a living!

--The Mental Health Institute showed me that not only crazy people need help with their problems, because in reality, all people no matter how big or small the problem is they need help.

--The Mental Health Program helped me learn that Mental Health does not mean that you're loco (that means crazy) and that all of us have emotional problems.

--It was a lot of fun. I really enjoyed the people's personalities.

--The CSI provided a great opportunity to explore the field of Mental Health. It organized some engaging activities outside of presentations and overviews of agencies.

--It was fun, educational, and interesting. I got to have more connections and meet people that have similar interests and that enjoy their jobs.

--It was very informative, but they had some parts that were not interesting.

--It was great, I really learned more about Mental Health and the different kinds of professions, like Social Workers.

--The experience changed what I want to do in my future and now I have a good thought about being in social work. It was a great experience and I will love to be in the Mental Health field for good.

--I really enjoyed it. Before this work I thought Mental Health was for crazy people, but now I realize that everybody has a mental problem – for example: anger.

--The Mental Health Career Summer was fun and I learned a lot of new things I didn't know before.

--Things couldn't go any better than what I experienced in this program throughout the week. They turned out much better than I'd expected before. It made me way more interested in Social Work in general and the Mental Health Field specifically.

--It was well planned.

--It was really worth my time. I had a lot of fun and learned a lot. Going to the different agencies was great, learning about what they do and possibly what I might want to do.

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--CSI program is better than I expected. I learned a lot about the Mental Health Field and there are different agencies that I am really interested in.

--The overall quality was excellent. The staff of each agency seemed genuinely interested in helping us learn about their careers. I enjoyed the food and genuine caring attitude.

--Overall I thought it was good, it was well organized and it provided a lot of information about careers in the Mental Health Field. Good Job!!!