Report Format – Workshop/Seminar Reporting

Instructions:

As soon as you can following the conclusion of the workshop or seminar, jot down your impressions of the workshop or seminar. While it is still fresh in your mind, make notes of what you learned, how you can apply it to your life, your job, your college experience, and whether your expectations were met based upon your understanding of why you were there.

Using the following format, create a MS Word document. Set your margins at 1” on each side, and use a 12-point, easy-to-read font. This assignment is worth 100 points.

Name: Htet Tee Date: 11/20/2014

Report on Workshop/Seminar

Title of Workshop/Seminar: **self -esteem**

Name (first and last name) of Presenter(s): **Dawn Hammond**

Date of Presentation: **11/20/2014**

Location of Presentation: **Student life center room 121**

Objectives of Workshop/Seminar: **to think positive, have self-confident, and don’t be afraid to try because you will always got good results**

Describe the Content**: I enjoy the workshop and also I meet lots of friendly people and I am more open then I am at other places cause it feel like I am in a room of old friends.**

Describe what you liked. Explain why. It must be a minimum of one paragraph (3-4 sentences or more).

**What I like about this workshop is she gave us some example about self-esteem and let us work in a group. She also give us some of the worksheet so that we fully understand what self-esteem really mean. Self-esteem is not just about having confident on what you do or say it can also make you feel depressed or stressed out too. What most important is that you choose the right path and not try to do everything at the same time. Take care of yourself and give some time to yourself and be prepare.**

Describe what you disliked. Explain why.

**What I dislike about the workshop is that she talks a little bit too much. We were supposed to be in the workshop just for an hour. We were in there almost about 2 hours.**

Explain how participating in this activity helped you academically and/or socially as a student. It must be a minimum of one paragraph (3-4 sentences or more).

**It helps us not to overwhelming our self. Have schedule and keep everything in balance. Don’t do everything right away and take times when doing homework or project. Rest your brain if you think you are stressed out. Do what you suppose to do and don’t do it at the last minute so that you rushing things up. Be confident at whatever you do and don’t hold back because you are better then what you think about yourself.**

What recommendations would you have for future workshops or seminars? Discuss other workshop topics you might be interested in and/or ways THIS workshop could be improved or expanded upon.

**This workshop really interested me and I would like other student to go if they have time. I’m sure that they will have it again next year. I would recommend that they should do again this year. I’m sure that students need learn how to be self-esteem. This is a really good way to learn something new. It benefit me a lot and I’m sure if other student that went to this workshop it will benefit them too.**

Conclude with a statement as to whether this workshop or seminar was worthwhile and if you would recommend it to others.

**The workshop was worth going to and learn about it. I would strongly recommend student to attend this workshop if they have offer it again. You would not believe how much you can improve yourself after attending this workshop. It sure is hard to change who you are but after this workshop I’m sure your self will be different and you will see the world differently.**