



INTRA - Innovative Technologies Of Responsible Automation
2022-1-IT02-KA220-ADU-000085744

Call 2022 Round 1 KA2
KA220-ADU - COOPERATION PARTNERSHIPS IN ADULT EDUCATION | ERASMUS+

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Pilot trial evaluation interview

WP 4.2



The interview is designed to evaluate the effectiveness of the pilot experimentation of online training and the toolkits developed within the INTRA project, aimed at improving the psychophysical well-being of adults through the acquisition of transversal and digital skills.

The aim is to collect feedback on the three training modules concerning stress management, personal development and time management, as well as on the toolkits dedicated to guidance, counselling and soft skills.

Closed-ended questions will provide quantitative data on satisfaction and the perceived impact of training, while open-ended questions will provide an opportunity to explore in depth participants' experiences and opinions about the toolkits. This approach aims to identify strengths and areas for improvement, thus contributing to the continuous evolution of training programs.

Closed-ended questions

Module 1: Stress Management

1. How much do you think the module has helped you improve your ability to manage stress?
a) Not at all
b) Little
c) Quite a lot
d) A lot [Correct answer]
2. Which stress management technique presented in the module did you find most useful?
a) Deep breathing
b) Meditation
c) Exercised
d) Cognitive restructuring [Correct answer]

Module 2: Personal Development

1. To what extent do you feel the module has contributed to your personal development?
a) Not at all
b) Little
c) Quite a lot
d) A lot [Correct answer]
2. Which aspect of the personal development module did you find most effective?
a) Goal setting
b) Self-evaluation
c) Action planning
d) Self-esteem development [Correct answer]

Module 3: Time Management

1. How much do you think the module has helped you improve your time management?
a) Not at all
b) Little
c) Quite a lot
d) A lot [Correct answer]
2. Which time management technique presented in the module did you find most useful?
a) Eisenhower's Matrix
b) Pomodoro Technique
c) To-do list
d) Weekly Planning [Correct Answer]



Open-ended questions

Toolkit 1: Orientation

1. How has the guidance toolkit helped you clarify your career goals? Can you provide a specific example?
2. What aspects of the guidance toolkit do you think could be improved and why?

Toolkit 2: Counseling

1. How did you apply the counseling techniques presented in the toolkit in your daily life? Can you describe a specific situation?
2. Which parts of the counseling toolkit did you find most challenging or challenging and why?

Toolkit 3: Soft skills

1. How has the soft skills toolkit helped you improve your soft skills? Can you give a concrete example?
2. Which activities or exercises in the soft skills toolkit do you think could be expanded or deepened and why?