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→ COLLECT RESPONSES → **ANALYZE RESULTS** → PRESENT RESULTS



RESPONDENTS: 10 of 10

**QUESTION SUMMARIES**

INSIGHTS AND DATA TRENDS

INDIVIDUAL RESPONSES

Page 1

Q1

In a word (or short phrase) describe how you feel.

Answered: 10 Skipped: 0

ANSWER CHOICES

RESPONSES

Feeling

Responses

100.00%

**RESPONSES (10)**

WORD CLOUD

TAGS (0)

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Text Analysis lets you search and tag comments and see word clouds of frequent words and phrases. To get this feature, upgrade to a paid plan.

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Add tags

Filter by tag

Search responses

Showing 10 responses



Good

3/13/2020 3:57 PM

[View respondent's answers](#)



Zen

3/13/2020 3:57 PM

[View respondent's answers](#)



Relaxed, uplifted

3/13/2020 3:55 PM

[View respondent's answers](#)



Calm

3/13/2020 3:55 PM

[View respondent's answers](#)

\*What is your assigned ID number?

Responses

100.00%

Q2



"I feel more aware of my physical surroundings right now" Ra

Calmer, able to put things into perspective, relieved

3/13/2020 3:53 PM

---

Calm

3/13/2020 3:51 PM

---

Relaxed

3/13/2020 3:48 PM

---

Calm

3/13/2020 3:46 PM

Calm

3/13/2020 3:45 PM

---

I feel really grounded and present.

3/13/2020 3:43 PM

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EXPORTS



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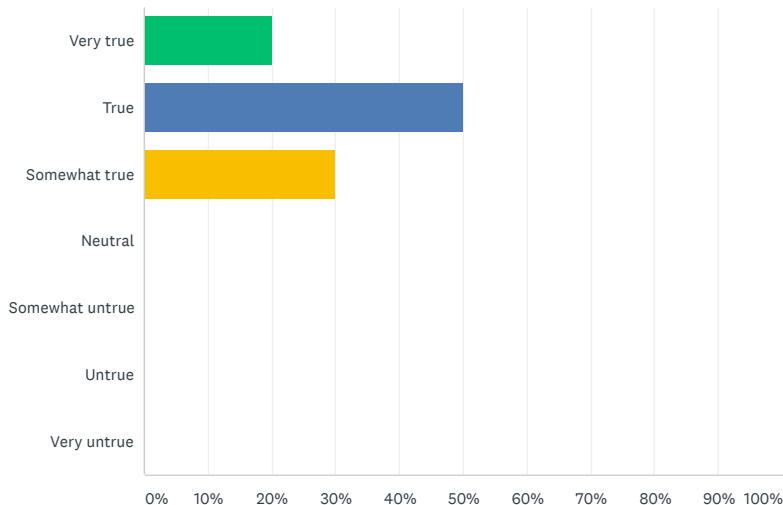
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### I feel more aware of my physical surroundings right now. Rate the accuracy of this statement.

Answered: 10 Skipped: 0



ANSWER CHOICES

RESPONSES

Very true	20.00%
True	50.00%
Somewhat true	30.00%
Neutral	0.00%
Somewhat untrue	0.00%
Untrue	0.00%
Very untrue	0.00%

TOTAL

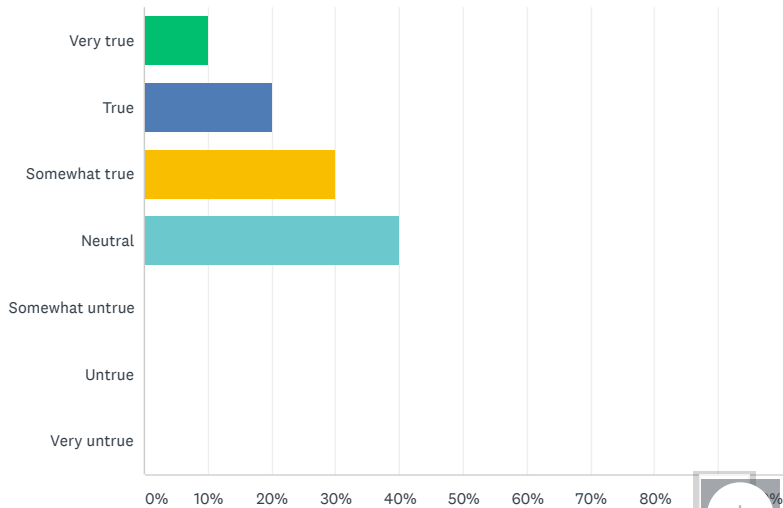
Q3



Customiz

### “I feel more aware of my feelings right now.” Rate the accurac statement.

Answered: 10 Skipped: 0



ANSWER CHOICES

RESPONSES

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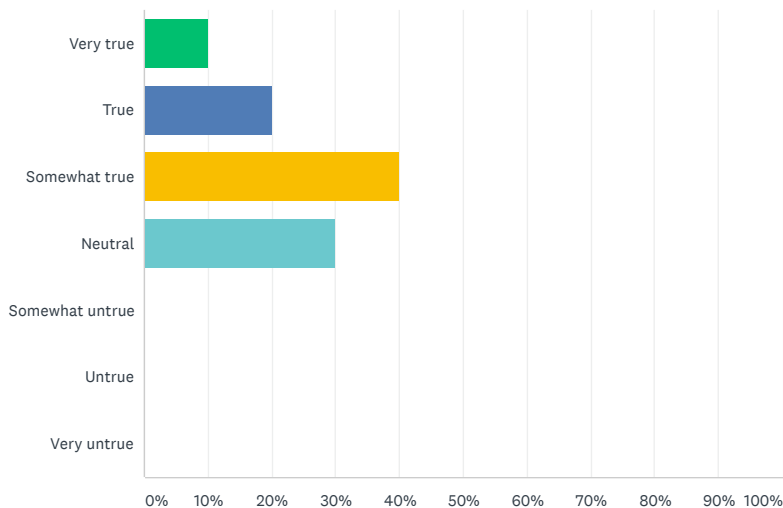
ANSWER CHOICES	RESPONSES
Very true	10.00%
True	20.00%
Somewhat true	30.00%
Neutral	40.00%
Somewhat untrue	0.00%
Untrue	0.00%
Very untrue	0.00%
<b>TOTAL</b>	

Q4

Customiz

“I feel more aware of my thoughts right now.” Rate the accuracy of the statement.

Answered: 10 Skipped: 0



ANSWER CHOICES	RESPONSES
Very true	10.00%
True	20.00%
Somewhat true	40.00%
Neutral	30.00%
Somewhat untrue	0.00%
Untrue	0.00%
Very untrue	0.00%
<b>TOTAL</b>	

Q5

Customiz

Rate the effectiveness of this exercise in making you feel calm and in control.

Answered: 10 Skipped: 0

Not at all effective



**EXPORTS** ?

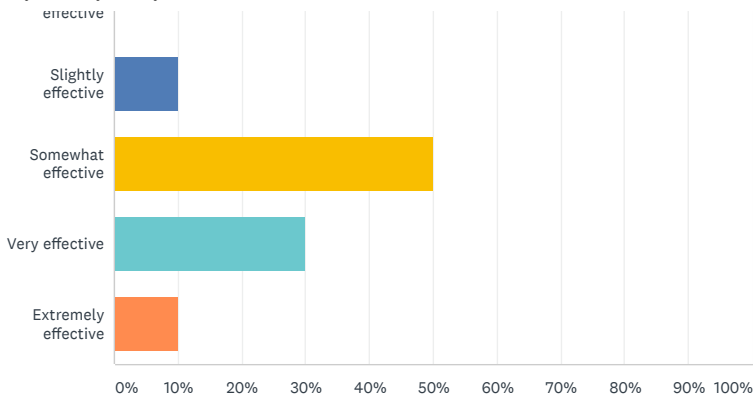
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[Link](#)



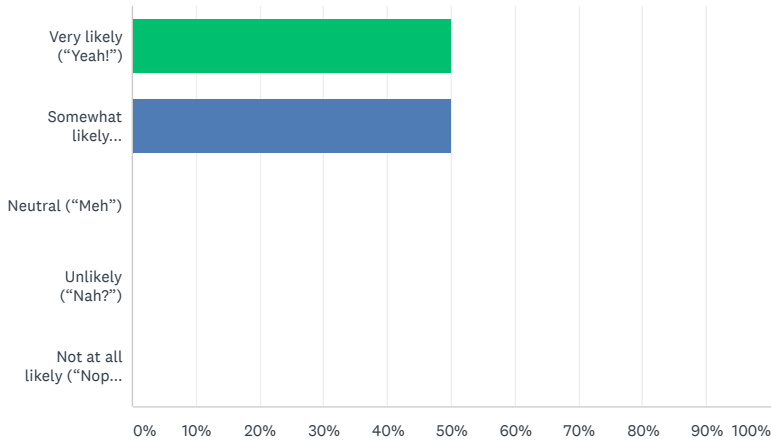
ANSWER CHOICES	RESPONSES
Not at all effective	0.00%
Slightly effective	10.00%
Somewhat effective	50.00%
Very effective	30.00%
Extremely effective	10.00%
<b>TOTAL</b>	

Q6

[Customize](#)

How likely are you to try this on your own?

Answered: 10 Skipped: 0



ANSWER CHOICES	RESPONSES
Very likely ("Yeah!")	50.00%
Somewhat likely ("Maybe?")	50.00%
Neutral ("Meh")	0.00%
Unlikely ("Nah?")	0.00%
Not at all likely ("Nope, thanks")	0.00%
<b>TOTAL</b>	

Q7

[Customize](#)



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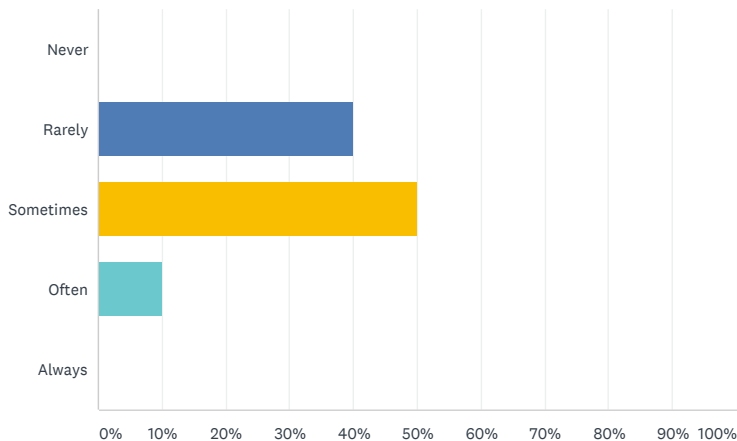
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### How often do you feel well-rested? (Well-rested: Having had enough (or even more than enough) sleep or rest to function optimally during waking hours.)

Answered: 10 Skipped: 0



ANSWER CHOICES

- ▼ Never
- ▼ Rarely
- ▼ Sometimes
- ▼ Often
- ▼ Always

RESPONSES

- 0.00%
- 40.00%
- 50.00%
- 10.00%
- 0.00%

TOTAL

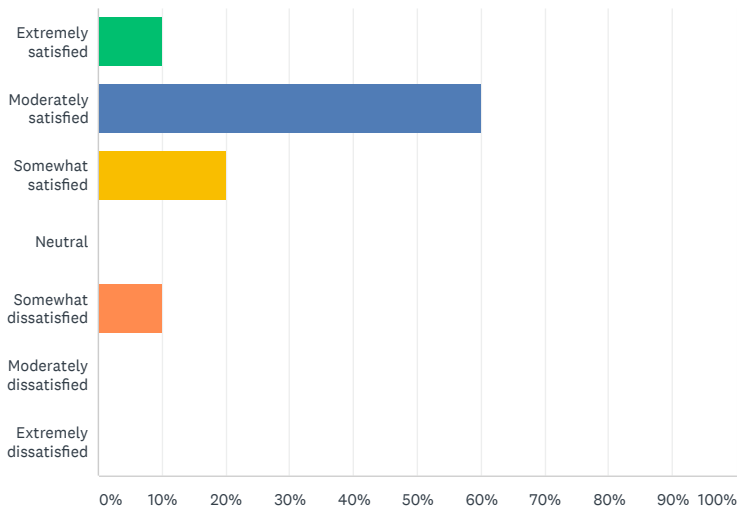
Q8



Customiz

### Rate your satisfaction with the conditions of your life.

Answered: 10 Skipped: 0



ANSWER CHOICES

- ▼ Extremely satisfied
- ▼ Moderately satisfied
- ▼ Somewhat satisfied
- ▼ Neutral
- ▼ Somewhat dissatisfied
- ▼ Moderately dissatisfied
- ▼ Extremely dissatisfied

RESPONSES

- 10.00%
- 60.00%
- 20.00%
- 0.00%
- 10.00%
- 0.00%
- 0.00%



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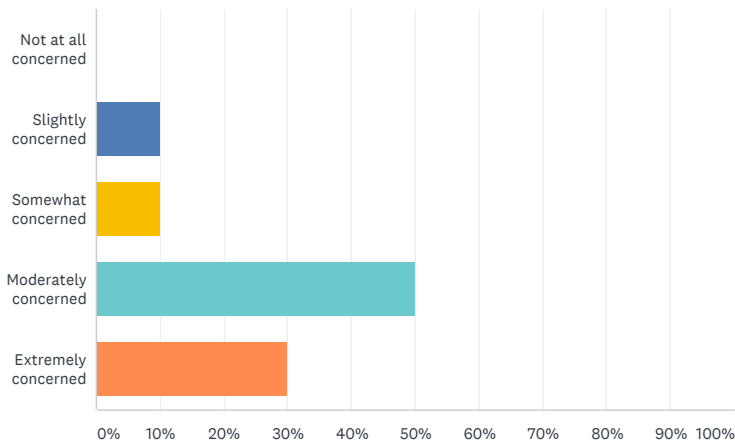
<b>TOTAL</b> Somewhat satisfied	20.00%
▼ Neutral	0.00%
▼ Somewhat dissatisfied	10.00%
▼ Moderately dissatisfied	0.00%
▼ Extremely dissatisfied	0.00%
<b>TOTAL</b>	

Q9

Customiz

### How would you rate your concern for the environment?

Answered: 10 Skipped: 0



**ANSWER CHOICES**

**RESPONSES**

▼ Not at all concerned	0.00%
▼ Slightly concerned	10.00%
▼ Somewhat concerned	10.00%
▼ Moderately concerned	50.00%
▼ Extremely concerned	30.00%

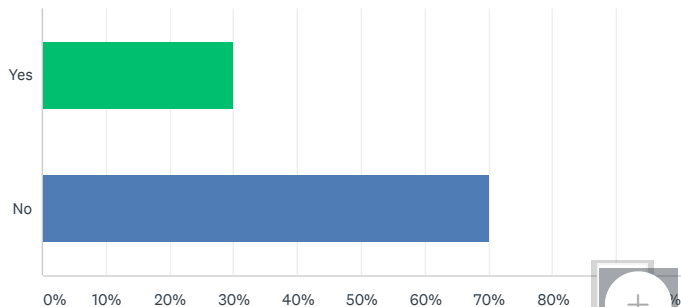
**TOTAL**

Q10

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### Is your favourite place on campus a green space? Name the p

Answered: 10 Skipped: 0





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ANSWER CHOICES	RESPONSES
▼ Yes	30.00%
▼ No	70.00%

**TOTAL**

[Comments \(8\)](#)

**RESPONSES (8)** WORD CLOUD TAGS (0) Sentiments: 0

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Add tags ▼ Filter by tag ▼

Showing 8 responses

- The Gallery**  
3/13/2020 3:57 PM [View respondent's answers](#)

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- Nitobe gardens**  
3/13/2020 3:55 PM [View respondent's answers](#)

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- The nest**  
3/13/2020 3:55 PM [View respondent's answers](#)

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- Nitobe Garden, wreck beach, botanical garden**  
3/13/2020 3:53 PM [View respondent's answers](#)



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**Pacific spirit park**

3/13/2020 3:51 PM

---

**Not sure**

3/13/2020 3:48 PM

---

**Koerners library**

3/13/2020 3:45 PM

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**SUB**

3/13/2020 3:43 PM

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