**Self-care exercise evaluation interview**

**Name:**

Eight weeks ago, you first met with a classmate to identify areas of stress in your lives and plan actions that would help manage the stress. You were instructed to write the planned actions in a daily planner. Since that time, you’ve met again for the purpose of conducting a follow-up interview. The follow-up interview focused on progress managing stress and on modifying the action plan. Again, you were instructed to write the planned actions in a daily planner.

Today’s interview is for the purpose of evaluating your experiences with the self-care exercise. Use probing and active listening questions/statements to gather your partner’s responses to the following items.

* What did you learn about self-care?
* Talk about your overall ability to manage stress in your life. What role did the self-care exercise play?
* Talk about your overall ability to help a client identify areas of stress and develop a plan to manage their stress. What role did the self-care exercise play?
* In what ways has practicing self-care impacted your life?
* Describe the tools and skills you learned from doing the self-care exercise?
* Talk about your level of commitment to doing the self-care activities that were part of the self-care exercise.
* What did you find helpful about the self-care exercise?
* What did you find unhelpful about the self-care exercise?
* Talk about your plans for self-care following this semester.

Classmate interviewed:

Grade \_\_\_\_\_