ZERO COERCION

ERASMUS + EUROPEAN PROJECT

TRAINING PROGRAM FOR THE MANAGEMENT OF SCHIZOPHRENIA CRISIS IN HOME ENVIRONMENTS

2019-1-ES01-KA204-065856

Co-funded by the
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EVALVACIJSKI VPRAŠALNIK

Vzamite si nekaj minut, da izpolnite spodnji vprašalnik. Namen tega vprašalnika je ovrednotiti del usposabljanja, ki ste se ga udeležili. Vaši odgovori bodo posredovalcem usposabljanja dali povratne informacije o strukturi usposabljanja, uporabljenih metodah in učnih rezultatih usposabljanja.

Ocenite od 1 do 4, do katere mere se strinjate z naslednjimi trditvami.

	1 Močno se strinjam	2 Strinjam se	3 Ne strinjam se	4 Zelo se ne strinjam
Struktrua srečanj je bila primerna				
Trajanje srečanj je bilo primerno				
Informacije, ki sem jih prejel so bile uporabne				
Metode dela so bile primerne.				
Materiali so bili dobri.				
O predmetu srečan sem se veliko naučil/a.				
Srečanja so bila taka kot sem pričakoval.				
Med srečanji sem se naučil strategija za zmanjšanje stresa.				

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Srečanje je name in druge dobro vplivalo.				

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Šport / aktivnosti, ki jih lahko vadite doma

Prosimo, navedite vrstni red športov / dejavnosti, ki so vam najbolj všeč ali se vam zdijo najbolj primerni, pri čemer upoštevajte ustrezno številko. Na primer šport / aktivnost, za katero menite, da vam najbolj ustreza, označite "1", naslednjo "2" in tako naprej.

___ joga

___ Obroč

___ Minigolf

___ Pikado

___ Kolesarjenje

___ Tekalna steza

___ Dvigovanje uteži

___ Kalistenika

___ Aerobika

___ Namizni tenis

___ Boks

___ Košarka

___ Šport prek video iger

___ Trampolin

___ CrossFit

___.....

___ .....

___ .....

___ .....

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Minigolf

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Pikado

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Dvigovanje uteži

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Kalistenika

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Video igre

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Trampolin

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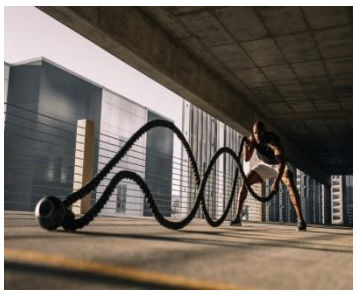
Crossfit



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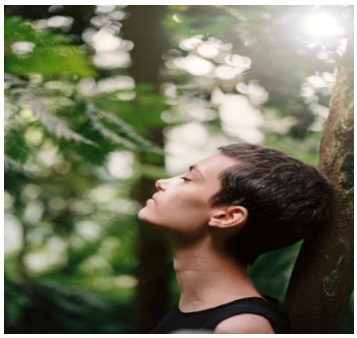

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Aplikacije za duševno zdravje

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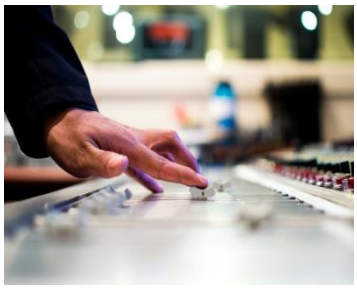

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E-bralniki

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Sledilci aktivnosti

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Skiciranje

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Spletno komuniciranje

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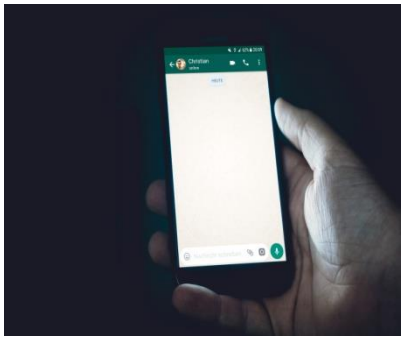

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Erasmus + European project

Training program for the management of schizophrenia crisis in home environments

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PSICHIKOS SVEIKATOS PERSPEKTYVOS

iED institute of Entrepreneurship Development

ESTUAR

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