

Act Belong Commit x WAM Workshops Student Reflection Worksheet

1. What school do you attend?

2. How old are you?

3. Which artist came to your school?

4. How confident did you feel about writing a song or being involved in music before you took part in the workshops? (Please Circle)

Very Confident

Somewhat Confident

Not Confident

5. What was the best part of the workshops for you?

6. How do you think song writing or playing music benefit your mental health?

7. How confident do you feel about writing a song or being involved in music after taking part in the workshops? (Please Circle)

Very Confident

Somewhat Confident

Not Confident