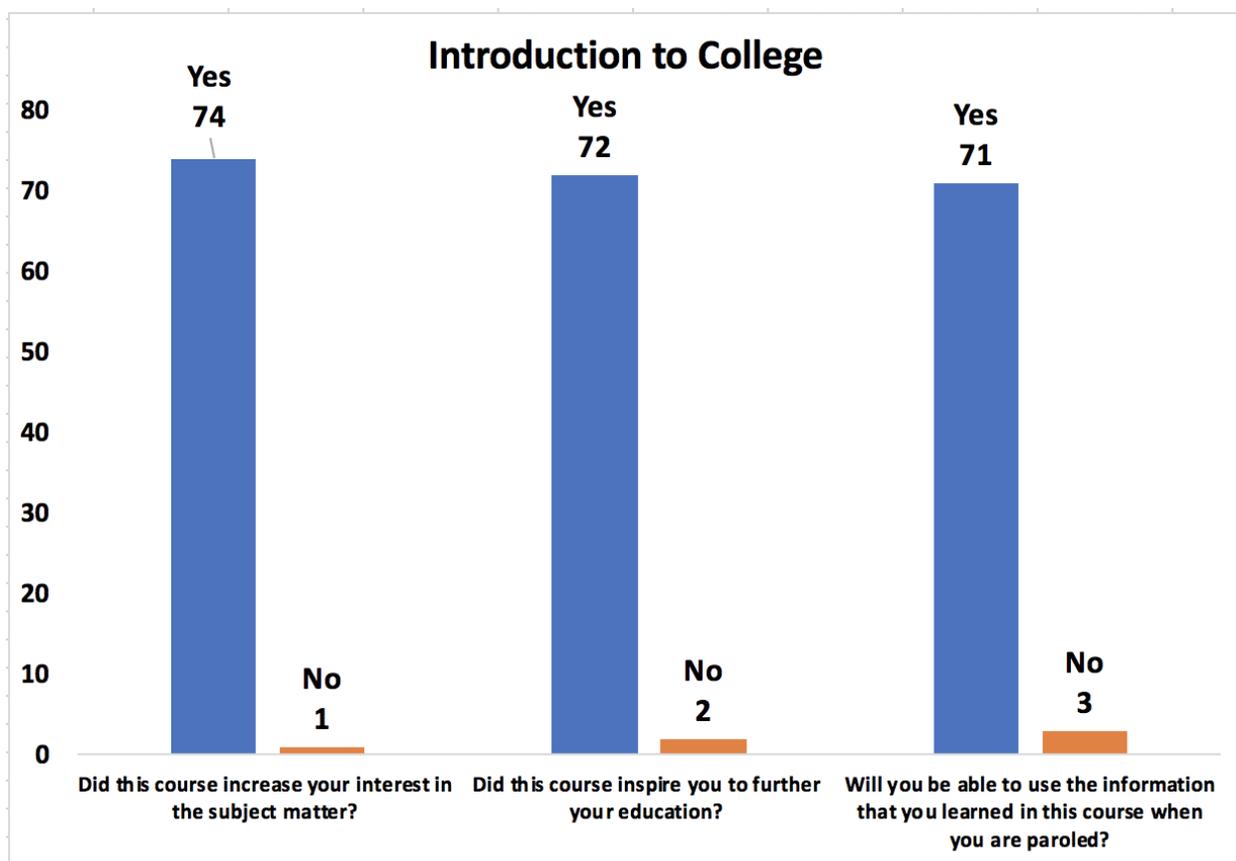
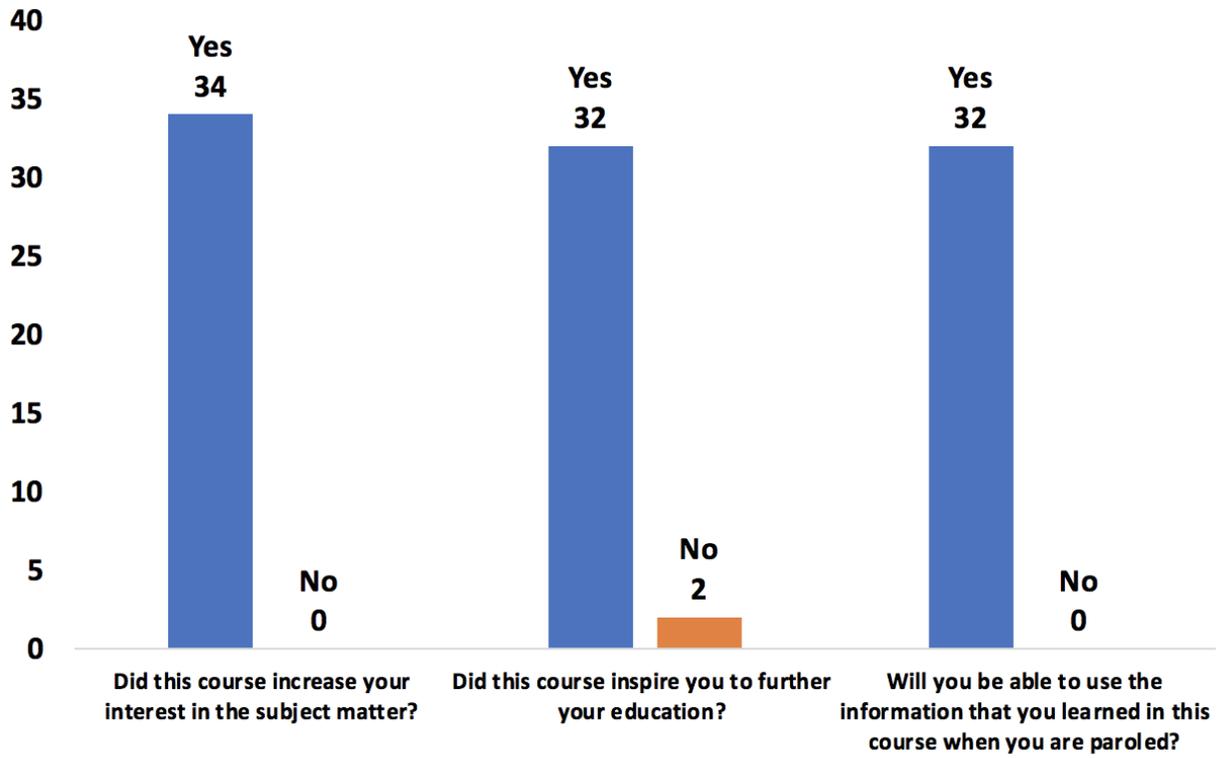


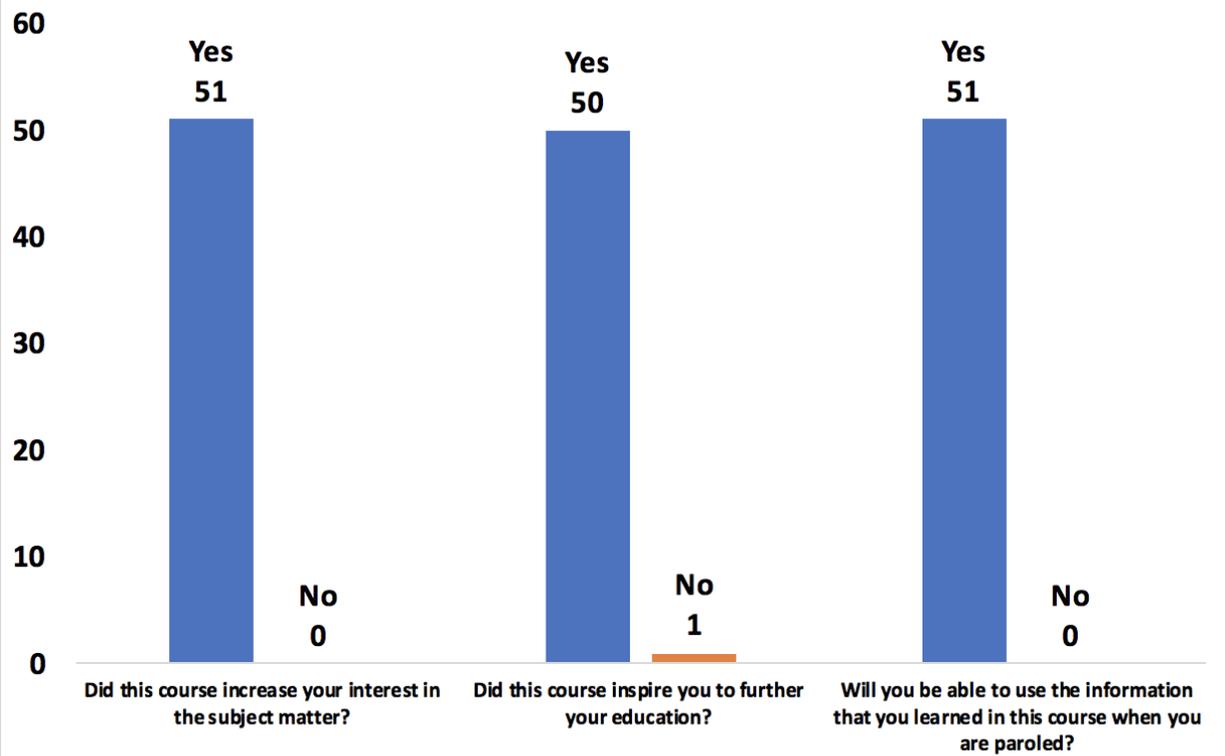
The following data are from the Prison Education Project’s Spring Semester 2018. The “Introduction to College,” “Introduction to Soft Skills,” “Yoga & Meditation,” and “Forgiveness & Healing” courses represent combined data from the California Rehabilitation Center, Calipatria State Prison, and the Santa Fe Springs Women’s Facility. The data from the “Financial Literacy” course is from the California Institution for Men.



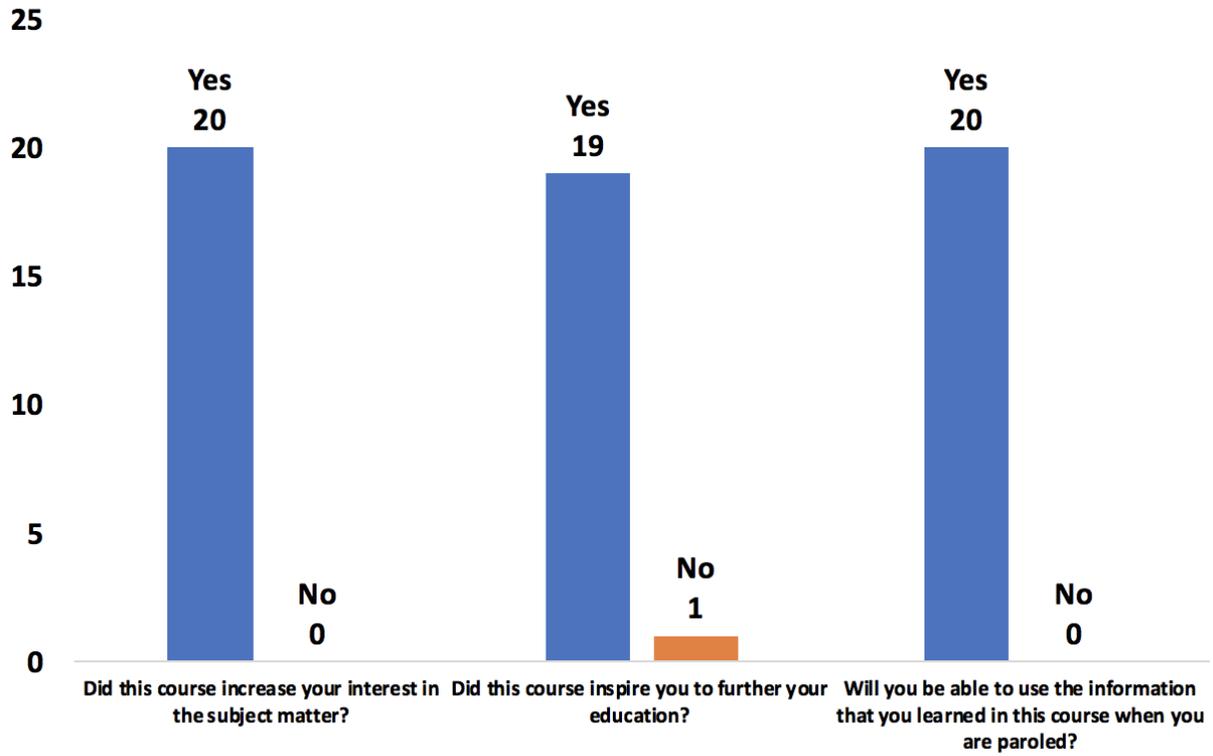
Forgiveness & Healing



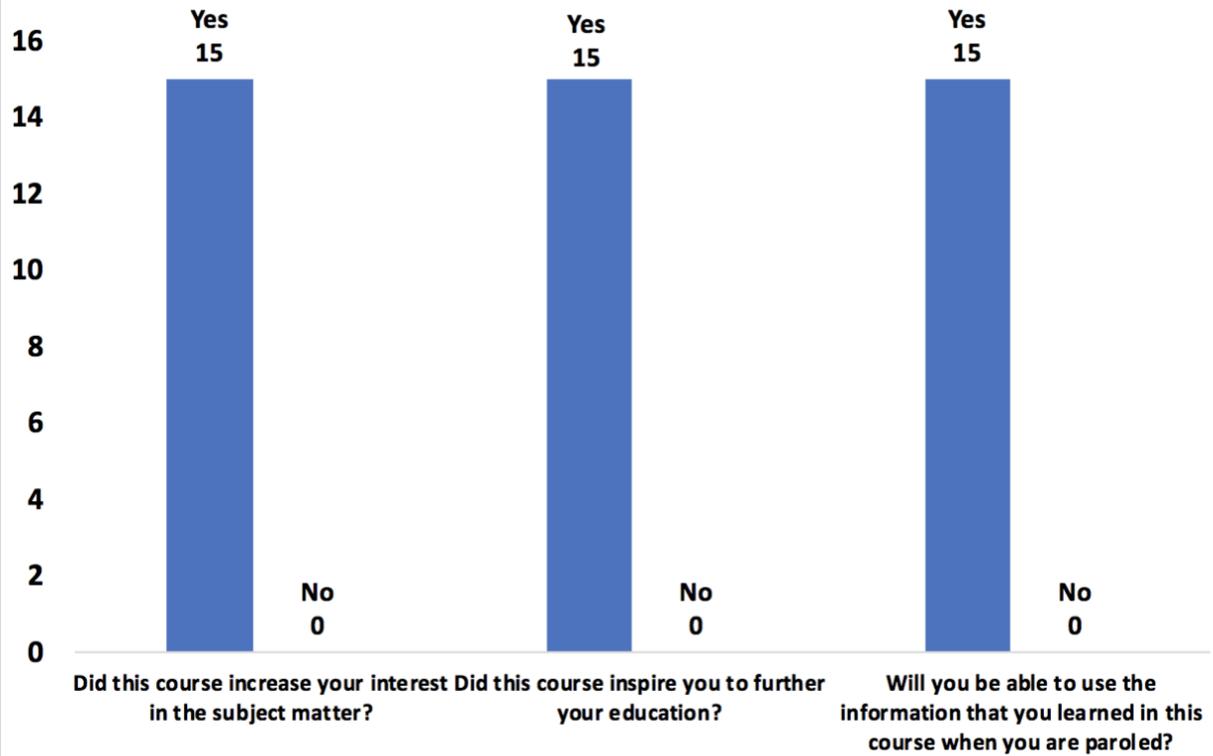
Introduction to Soft Skills



Yoga & Meditation



Financial Literacy



PEP Courses: Narrative Comments Spring 2018

What are your overall comments about this course?

Introduction to College

- 1) This course has helped me to push my goal to continue pursuing getting my AA in business management. I love this class!
- 2) Thank you guys for your job and your creativity and your patience to teach us. Thank you very much.
- 3) I liked it, the instructors were clear and concise, very informed. The exercise activities were fun, the information about where to find help for college finances was very helpful, and all of my questions were answered. I liked this class very much.
- 4) In addition to the subject matter, I have gained a hope in humanity because I have seen the passion in our citizens who take a Friday night (of all nights) to come into prison and help another human being get their lives back of course.
- 5) I've never tried something like this and to be part of this class my eyes have been opened to options in the world, im getting another chance to return to the normal (real) world and I will most definitely pursue these tools towards a better education. thank you

Forgiveness & Healing

- 1) I feel when men have a place to process their HONEST thoughts and feeling, we are forced to deal with self. And grow. You are appreciated. Respect, appreciation, and gratitude.
- 2) Very informational. Taught me awareness of my flaws and compassion towards others. I have the tools and mentally to forgive myself and to understand the perspective of others. I keep all the materials and read them often in order to inculcate the information in my mind. Thank you profusely.
- 3) I think this course really helped me to better understand my inner-self and emotions. Also, it gave me a lot of tips on to just let things go because if I hold them emotions in they can really damage any future relationships I might have.
- 4) I think this course is a great way to come out of your comfort zone and learn that even though hard times are real, you are not alone; and there is always someone willing to embrace your pain and share in your suffering so you're not alone even when you think you are!
- 5) I think this course was very insightful. For the incarcerated this course will definitely cause one to enter uncharted territory.

Introduction to Soft Skills

- 1) It was a bit more informational than I thought. I wasn't aware that I actually incorporate soft skills in my everyday life.
- 2) I think this course was very helpful and I honestly believe it will help me in the future. Thank you!
- 3) It was different for me, but good. I got a lot out of it.

4) This course has really helped me a lot in my life. Before I used to be shy and antisocial, but now I am coming out of my shell. Thank you for helping me be more open.

5) I think this course was awesome and what I learned is that I should continue to improve my soft skills to communicate with others. I really enjoyed the group activities.

Yoga & Meditation

1) I love this class and will continue this when I'm out of prison. I need this in my life.

2) Super helpful in bringing awareness, mindfulness, and serenity to my life in prison. I enjoy it very much.

3) I love yoga and meditation.

4) I love this class.

5) Thank you for reminding me how to relax.

Financial Literacy

1) I really enjoyed this class, and liked how informative the facilitators were while teaching the class each week. I would love to be able to attend any more classes if possible, thank you.

2) I believe the prison system has to be providing more programs like this one. The personnel was well educated excellent skills. From the bottom of my heart thanks for these people.

3) The course was of great benefit to me. It introduced me to ideas, concepts, and opportunities I otherwise would not have been exposed to. I am very thankful to have had the chance to participate in this class.

4) I really found this course very helpful and most of all it has given me the most information I will need for one day to be very successful with my parole. I look forward to continuing this class if possible in the near future. Thank you for your time.

5) **Most Touching** In the last 13 years this is the first and only course I've ever taken. I've enjoyed it a lot. I have actually started looking forward to Friday night class... There are almost no courses offered that are relevant to me specifically. old... Will be over 70 upon release. Having been incarcerated for 28 straight years this class has started to make me think again... Thank you very much.