

Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to eshcomments@cigna.com

Your Company: _____

Seminar Date: _____ Company City, State: _____

Presenter: _____ Title of Seminar: _____

Please state your agreement/disagreement with the following statement using this scale.

4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
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1. SEMINAR CONTENT:

a. The information I received was helpful. 4 3 2 1

b. The seminar met the stated objectives. 4 3 2 1

2. SPEAKER EVALUATION:

a. The speaker presented the information clearly. 4 3 2 1

b. The speaker responded well to participants. 4 3 2 1

c. The speaker was knowledgeable on the subject. 4 3 2 1

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?



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Common Fears and Challenges of Going Back to School

Following are some situations that may present challenges or cause fear for children when it's time to go back to school. Suggestions are given for how you can help.

Fears or challenges	What you can do to help
Change – such as going to a different school, whether it be in a different town, or moving from elementary to middle or middle to high school	Remind your child that for everything they're feeling, there is someone else feeling the same way. Sharing your own experiences can help calm nerves by making your child aware that you understand their concerns.
Previous bad experiences – such as bullying, or other personal or academic struggles	Problem solve with your child to come up with ways to manage difficult situations, and offer them suggestions if they need help. Get professional help if needed.
Schedule changes – such as increased responsibilities, juggling additional activities, or moving to multiple classes	Help your child to develop a new school-year routine or schedule, and start moving to the new routine a few weeks before school starts.
Unknowns – such as not knowing who their teacher is, where their classroom is, or whether they will fit in	Prepare your child by helping them find out what they can expect. Plan ahead, talk about their concerns, and visit the school with them.
Social difficulties – a history of not fitting in, being ostracized or picked on, or not having many friends	Encourage your child to get involved in school clubs or activities. It's easier for kids to make friends if they have something in common to focus on. They'll make new friends, gain confidence, and find something they can enjoy about school.
Getting lost – including fear of being late for classes or not being able to find classes	Visit the school, attend open houses or school orientations with your child so they can practice finding their way around before school starts.
Making the grade – such as fear of having more difficult homework or harder classes. Even students who have excelled in the past may be worried that they won't be able to keep up the same level of performance.	Set realistic expectations for your child. Help them recognize their unique talents and establish realistic goals for the school year. Also, helping your child find things they are good at outside of school may take off some of the pressure.



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Safety First: Safety Tips for School-Age Children

General safety tips

- Make sure your child and their school have your home, work, and cell phone numbers, and know how best to reach you in an emergency.
- Teach even your youngest child their address and how to use 9-1-1 in an emergency.
- Caution your child to avoid abandoned buildings, construction sites, alleys, and shortcuts as they walk to and from school.
- Warn your child not to talk to people they do not know, and not to approach or get into cars with anyone they do not know – *no matter what*. Explain that such “strangers” are likely to be nice, friendly, normal-looking people, so that your child will not be easily fooled.
- Don’t have your child’s name visible on the outside of their clothing or book bags where strangers may see it.
- If you are not at home when your child gets home from school, have them call you.
- Teach your child, when they are home alone, to tell callers that you aren’t able to come to the phone right now, and not that you aren’t home. Remind them to keep the doors locked.
- If your child is threatened over money, tell them to hand over the money. They should then promptly report the incident to you, school staff, or other authorities.
- If your child feels threatened or is being followed, they should know to go to a public area such as a fire station, convenience store, or other facility where there are people who can help.

School Bus Safety Rules to Teach Your Child¹

- Make sure you know the correct bus number to get on, and the right bus stop to get off at.
- Be at the bus stop at least five minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least three giant steps (6 feet) away from the edge of the road, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it is okay before stepping on the bus.
- When crossing the street in front of the bus, walk on the sidewalk or side of the road to a point at least five giant steps (10 feet) ahead of the bus before you cross. Be sure the bus driver can see you, and you can see the driver.



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- When getting off the bus, be careful that loose clothing, drawstrings, or book bags with straps do not get caught in the handrail or door.
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus any time you are walking beside the bus.
- If you drop something near or under the bus, tell the bus driver. Never try to pick it up. The driver may not see you and begin to drive away.
- Always stay in your seat while the bus is moving.
- Don't shout, play loudly, or throw things on the bus – it can distract the driver.
- If you are concerned about bullying or other behaviors of some of the riders, sit close to the driver. Tell an adult later.
- Always listen to what the driver says, and follow their instructions.
- Don't stick your hands out the window.
- Keep the aisles clear so others can pass by safely.

Walking to School: Rules to Teach Your Child

- Draw a map, with your child's help, of their route to and from school. Together, mark safe places they can go if they are being followed or need help. These should include schools, churches, libraries, day care centers, police and fire stations, and the homes of people you know.
- Walk this route in both directions with your child and point out the safe places you have identified.
- Try to arrange for your child to walk with one or more "buddies." This is safer than walking alone.
- Find out if your child's school has a "safe arrival program"; that is, they will call you if your child does not arrive by a specified time. You can do something similar for the return trip by having your child call you by a set time when they should have arrived home. Not getting a call alerts you to investigate.

Following are some safety measures to teach your children:

- Don't wear headphones or use an electronic device while walking or anywhere that you are exposed to risk.
- Walk on sidewalks or shoulders, not in the street.
- If there are no sidewalks and you have to walk on the shoulder, walk as far off the road as possible, facing traffic.



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- Cross at a crosswalk or corner, not mid-block, and especially not between parked cars.
- Look left, then right, then left again before crossing the street, and keep looking all around until you reach the other side.
- Try to make eye contact with drivers before crossing in front of them so you're sure they see you.
- Obey "Walk/Don't Walk" signals, take note of traffic lights, and stay within painted crosswalks.
- Keep a lookout for cars that are turning or backing up, especially around driveways and garages.

References:

1. Campaign Safe and Sober. (n.d.) School Bus Safety Talking Points. Retrieved December 22, 2010 from: <http://www.nhtsa.gov/people/outreach/safesobr/15qp/web/sbsb.html>

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