

Please evaluate your stress management course

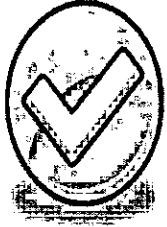


110%

ANSO ME

TEACHING Couldn't  
BE ANY BETTER !!!

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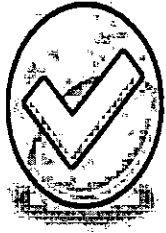


Love, Love, Love your  
classes!

Always learn so much useful  
information!

Thank you !!

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Amazing!

Great materials and videos.

The class kept going, time management was amazing. I look forward to another class with you.

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EXCELLENT COURSE

WE LOVE THE CONTENT

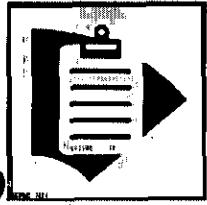
EXCELLENT DELIVERY STYLE

YOU ARE AN ASSET TO

FPU. GREAT JOB!!

DR. TORBOTT

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workshop

This was one if  
not the best workshop  
I have attended. It  
was very motivational,  
interesting, interacting,  
and best of all fun!!

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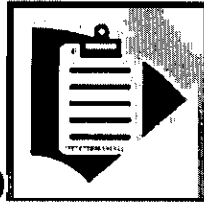
workshop



Entertaining and insightful !!  
Allowed me to take a good look  
@ myself, and whats going in my  
life that is stressing me out,  
and reflect on whats really  
important. Recommend workshop  
to all !!

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workshop



I found this class to be very informative and enlightening. The techniques for relieving stress are manageable and easy to follow. I appreciated the positive approach taken by the teacher. Everything was informative and attainable.

I feel empowered!

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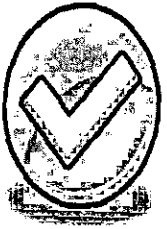
I loved it... every second!

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This class was very enjoyable because of the integration of fun and learning. Very excellent teaching skills and also life skills. Because of the class I feel like a better person and would definitely recommend this course and/or Dr. Torbati! 😊

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This course was once again a great course. I always look forward to your classes. You yourself are such an optimistic person who makes me believe in myself. I have come so far here at FPU. I will be graduating in Dec. I can't believe it! This has been a wonderful journey. Every class I have taken with you will be integrated into my classroom.

Thank you for being such a great person. You are my GURU.

I will have your class again this fall online. Psy 322.

Kelli Meraz

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This course is very knowledgeable not only on stress, but where the stress revolves from. It has really taught us on the brain and how it effect emotions. The instructor is awesome, she teaches from her heart.

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This course was useful I learned a lot of useful information. You always have so much passion and energy when you teach. I LOVE it.

Great Job and GREAT class!!!

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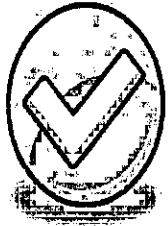
THIS WAS A GREAT CLASS  
THAT EVERY STUDENT NEEDS  
TO HELP WITH STRESS. DR. TOBATT  
IS YOUR GREATEST PROF. SHE  
GOES ABOVE AND BEYOND.

## Please evaluate your stress management course



I really enjoyed this course! Torbatt is a wonderful instructor & keeps environment entertaining & fun to learn. This course is realistic because everyone deals w/ stress & need help on ways to deal & better cope.

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Class was awesome; very entertaining, kept my attention. Don't change anything. I learned a lot through your interactive processes.

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I really loved this course. I would highly recommend this class to others.

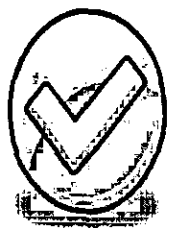
I would like to share this information with my coworkers and friends, I enjoyed all the interaction I had with fellow classmates and learned a lot about myself.

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Mrs. Trolatis Stress Management Course was awesome just like all her other classes. Her style of teaching is the best way I learn. I love her hands on approach!

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\* Timely information.

\* Short bursts of information = ↑ absorption of info.

\* Thank you for addressing a much-needed topic with so much useful information.

\* Thank you for lunch & your pencils!

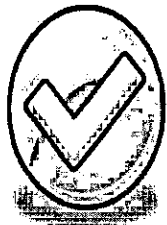
\* Breathe, relax, remember, & eat right.

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I really enjoyed the course, I appreciate the energy and resources injected in to the course to provide an enthusiastic learning environment.

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I really enjoyed this course. It is very informative in a fun learning environment which really makes the material stick with me.

## Please evaluate your stress management course



I really enjoyed this class I have with all classes by Dr. Torbatti.

I find her teaching styles it allows

for group interaction and continuously changing

the work to keep our attention.

I can wait to take more courses with

Dr. Torbatti.

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Wonderful! Dr. Torbati is  
an informative instructor. —  
Very encouraging & motivational!  
loved the class!!!