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Evaluation Report

4th Annual Virtue in an Age of Promiscuity Ladies Retreat



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Executive Summary

The *4th Annual Virtue in an Age of Promiscuity* ladies retreat was held on March 6 and 7, 2015 and attended by approximately 285 women and girls. The retreat schedule included a Friday evening devotional followed by a dessert and coffee reception. Saturday was a day-long educational experience with opening devotional, concurrent workshops, and closing devotional. The retreat is designed for ladies to discuss, appreciate, and internalize the character of *virtue* in their relationships and in their daily lives. Part 1 of this report details the results of a program and logistics evaluation implemented with participants during the retreat. Part 2 reports the details and provides an analysis of the behavioral assessment conducted before and after the educational component of the event.

This report includes the methodology used and the results of the evaluation and assessment. Individual workshop evaluation results are itemized along with Verbatim Comments from the forms regarding the overall impressions of the retreat, workshops, and whether or not participants would attend again.

The results of the assessment, conducted as a pre- and post-assessment, are detailed in terms of the difference in behavioral capacity at the beginning and conclusion of the educational component, and have been used as a measurement of self-efficacy for behavior change.

Finally, the report includes recommendations for future retreat planning and implementation, based on the evaluative feedback.

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Background

The *Virtue in an Age of Promiscuity* ladies retreat is designed to introduce, encourage, validate, and strengthen the necessity of virtue in our everyday lives as a means to combat the images and propaganda we are subjected to daily. The primary topics addressed during the *Virtue in an Age of Promiscuity* ladies retreat were:

- Appropriate Christian Relationships
- Judgment
- The Christian Mother
- Christian Dating
- Spiritual Maturity in Marriage
- Strength in Christ
- Health and Wellness
- Attitude and Courage (5-11 years)

The Friday evening devotional featured Jennifer Murry of the Oxon Hill Church of Christ in Temple Hills MD. On Saturday, the opening session (devotional plenary) featured Jania Otey, formerly of the Georgia Avenue Church of Christ in Washington DC. The closing devotional featured Becki Nored of the Fairfax Church of Christ in Fairfax VA.

Each workshop was conducted twice, so that participants had an opportunity to attend two different workshops. Each workshop featured lecture and practical application (discussion, role play, demonstration, etc.) as a means to help build self-efficacy for behavior modification.

Although the teens and tweens track participants were able to choose any workshop, there was a designated workshop for 12 to 17 year olds. Elementary-age girls participated only in the two workshops for 5 to 11 year olds. There was one team of two teachers and two facilitators for each workshop topic, a strategy to ensure all participants received the same message for a particular topic.

Limitations

- One workshop session of *Health and Wellness* was not evaluated.
- Only 12% of attendees too the pre-assessment and 7% took the post-assessment.
 - Controls for ensuring the completion of the assessments by a significant percentage of participants were not in place, so the self-efficacy results could be skewed.
- A typographical error on the logistical evaluation nullified the question:
 - *I attended the Virtue in an Age of Promiscuity ladies retreat in (check all that apply):* 2012 2013 2013 *If no, why not?*

- As a result, the question had no responses and could not be quantified.
- The logistical survey combined the workshop questions and overall retreat questions on one form causing some participants to answer the overall retreat questions more than once on two logistical survey forms (one for each workshop they attended).

Speakers and facilitators for the *4th Annual Virtue in an Age of Promiscuity* ladies retreat included knowledgeable ladies who provided biblical insight to the issues faced by ladies of various ages in this society. The speakers had experience and biblical knowledge that they shared with the ladies retreat participants. They also provided guidance for Bible-based best practices for participants to take and implement in their own lives. Presenters came from the following congregations:

- 56th & Pemberton church of Christ (Philadelphia PA)
- Aberdeen church of Christ (MD)
- Central church of Christ (Baltimore MD)
- Church of Christ in Northern Virginia
- District Heights church of Christ (MD)
- East Baltimore church of Christ (MD)
- Fairfax church of Christ (VA)
- Inner City church of Christ (Baltimore MD)
- Prince George's church of Christ (Landover MD)
- Silver Spring church of Christ (MD)
- Spotsylvania church of Christ (VA)
- Suitland church of Christ (MD)
- Westside church of Christ (Baltimore MD)

Participants in the ladies retreat came from approximately 39 churches of Christ in Maryland, Massachusetts, Delaware, Pennsylvania, New York, New Jersey, South Carolina, Virginia, and Washington DC.

Participants also came from 3 denominational religious groups, including Catholicism and Black Hebrew Israelites.

PART 1 - Logistical Evaluation

Methodology

A logistical survey was used in 2015 to measure program and logistical outcomes. As in 2014, a Likert scale was implemented for each of the eight workshops. The survey asked each respondent to anonymously rate (poor, average, good, and excellent) each workshop, rate the retreat overall, indicate whether or not they would attend again, recommend attendance to a friend, suggest topics for future retreats, and provide additional comments.

Of the approximately 254 adult and teen/tween registrants, 167 (65.7%) responded to the logistical surveys. Of the approximately 31 girls (5-11 year old) registered, an average of 24 (77.4%) responded to the logistical survey.

Workshop Composite Results

Figures 1 through 13 represent the cumulative responses for the 13 evaluated adult and teen/tween workshops (2 workshops in each topical area, 1 of which was not evaluated) and the actual response percentages for each workshop. Figures 14 and 15 represent the cumulative responses for the 2 girls' workshops (1 workshop in each topical area). Summary ratings of respondents 13 years and older for the overall retreat are represented in Figure 16.

Figure 1: Christian Dating: Dignity, Self-Worth, & Virtue

AM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent
I gained knowledge about appropriate male companionship.			13%	87%
Presentation content was easy to understand.			11%	89%
Presentation content matched workshop subject.			13%	87%
Topics covered in sufficient detail.			13%	87%
The presentation/discussion on dignity and Christian decorum helped me to learn.			21%	79%
The presentation/discussion on modest apparel helped me to learn.			21%	79%
Teacher/facilitator were knowledgeable and provided scriptural guidance.			5%	95%
Overall rating of the workshop			11%	89%

Verbatim Comments:

- “Thank you for blessing me. I was not ready to date when I was dating, now I know better and will do better.”
- “I feel that class should be longer. Awesome class.”
- “Such an encouraging and inspirational message! Has helped my growth in the Lord get stronger. I am more confident in myself than before I came in.”
- “(The teacher) is diligently seeking God and doing His will. She’s an awesome teacher and she delivers the message very well. She made each and every one of us... have to be watchful yourselves as well as others.”
- “One person in the audience talked too much.”
- “Encouragement to participate added to what I learned.”
- “Great job!”
- “I enjoyed the strategies that I was given to help me in the future.”
- “I enjoyed this class. I’m sure this will help me in my high school and onward life.”
- “Wonderful and engaging.”

Figure 2: Christian Dating: Dignity, Self-Worth, & Virtue

PM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent
I gained knowledge about appropriate male companionship.			37%	63%
Presentation content was easy to understand.			25%	75%
Presentation content matched workshop subject.			19%	81%
Topics covered in sufficient detail.			19%	81%
The presentation/discussion on dignity and Christian decorum helped me to learn.			31%	69%
The presentation/discussion on modest apparel helped me to learn.			25%	75%
Teacher/facilitator were knowledgeable and provided scriptural guidance.			25%	75%
Overall rating of the workshop			19%	81%

Verbatim Comments:

- “I liked the craft.”
- “I learned about myself and being a woman. It was excellent.”
- “Great job! (It) was fun and kept me engaged!”
- “Very informative and good --interaction.”

Figure 3: The Christian Mother: Raising Godly Children

AM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent	No Answer
I gained knowledge about the role of elder women in the lives of children.		8%	25%	67%	
Presentation content was easy to understand.		4%	21%	75%	
Presentation content matched workshop subject.		8%	25%	67%	
Topics covered in sufficient detail.		4%	42%	54%	
The presentation/discussion on the authority of God helped me to learn.		4%	29%	63%	4%
The presentation/discussion on authority in the household helped me to learn.		8%	16%	76%	
Teacher/facilitator were knowledgeable and provided scriptural guidance.		4%	21%	75%	
Overall rating of the workshop		8%	16%	63%	13%

Verbatim Comments:

- “I learned a lot that I did not know on how to communicate with my children.”
- “This has been my favorite class in the last 4 years.”
- “More open(ended) questions to involve the guidance as a discussion instead of just a lecture from the speakers.”
- “Would have preferred more interaction.”
- “Activity missing.”
- “I would like to recommend maybe having an icebreaker or an activity that related to the topic to add a little more variety or excitement.”
- “Beautiful lesson, very well organized and very enlightening.”
- “Great workshop!”

Figure 4: The Christian Mother: Raising Godly Children

PM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent
I gained knowledge about the role of elder women in the lives of children.		10%	30%	60%
Presentation content was easy to understand.		10%	30%	60%
Presentation content matched workshop subject.			30%	70%
Topics covered in sufficient detail.		10%	20%	70%
The presentation/discussion on the authority of God helped me to learn.		20%	20%	60%
The presentation/discussion on authority in the household helped me to learn.		10%	30%	60%
Teacher/facilitator were knowledgeable and provided scriptural guidance.		10%	10%	80%
Overall rating of the workshop			20%	80%

Verbatim Comments:

- “Very informative, gave me help I needed to impart on my children.”
- “I loved how interactive it was. I also appreciated how you both shared personal experiences.”
- “Very interesting and activities were fun.”
- (The teacher and facilitator) were a powerful team. They both taught us about teaching your kids about the power of prayer and keep introducing them to God.”
- “The facilitator was excellent, passionate (both facilitators were excellent), shared a lot of herself which made the workshop interesting and engaging. The exercises were also excellent and helped to make the learning easier.”

Figure 5: Here Comes the Judge: Judgment is God's

AM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent	No Answer
I gained knowledge about appropriate judgment.		4%	8%	88%	
Presentation content was easy to understand.		8%	46%	46%	
Presentation content matched workshop subject.		4%	36%	57%	3%
Topics covered in sufficient detail.		8%	32%	57%	3%
Role play scenarios helped me to learn.		16%	32%	52%	
Small group facilitators provided scriptural guidance.		8%	25%	39%	28%
Teacher was knowledgeable and provided scriptural guidance.		4%	32%	64%	
Overall rating of the workshop		4%	39%	57%	

Verbatim Comments:

- “Great personal example and scriptural guidance; request more time to digest scriptures (go slower).”
- “Please take time to read God’s Word while in class, not to have excuse that I don’t have time for their reading God’s Word. It’s important to read God’s Word all the time.”
- “Thank you!”
- “Great scriptural references!”
- “Too short period of time for in-depth discussion. Good!!”
- “The interaction with the group wasn’t given. More participation should have been given.”
- “Not enough interaction with group. Too much instruction, but not enough examples and participation from audience.”
- “Room uncomfortable.”
- “Would have (been) nice to allow time for more questions and discussions.”
- “Very good class.”
- “Excellent class involvement; ‘act out’ the second act rather than read it.”
- “Excellent presentations.”
- “Skit was excellent and brought home the lesson from both presenters.”

Figure 6: *Here Comes the Judge: Judgment is God's*

PM Workshop

(check the appropriate box for each category)	Poor	Average	Good	Excellent
I gained knowledge about appropriate judgment.		7%	17%	76%
Presentation content was easy to understand.		7%	17%	76%
Presentation content matched workshop subject.			24%	76%
Topics covered in sufficient detail.			17%	83%
Role play scenarios helped me to learn.		7%	35%	58%
Small group facilitators provided scriptural guidance.			12%	88%
Teacher was knowledgeable and provided scriptural guidance.		7%	12%	81%
Overall rating of the workshop		7%	12%	81%

Verbatim Comments:

- “Great workshop. At times could not hear facilitators.”
- “This was very eye-opening from the most basic standpoint. It was very good.”
- “Enjoyed!”
- “Good workshop.”
- “Wonderful workshop!!”
- “Great job.”

Figure 7: Strength in Christ: Overcoming Hopelessness, Having Faith

AM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent	No Answer
I gained knowledge about God's presence in my life.	6%	12%	12%	70%	
Presentation content was easy to understand.		6%	36%	58%	
Presentation content matched workshop subject.		6%	42%	52%	
Topics covered in sufficient detail.		12%	36%	52%	
Role play scenarios helped me to learn.	6%	6%	28%	54%	6%
Small group facilitators provided scriptural guidance.		6%	24%	58%	12%
Teacher was knowledgeable and provided scriptural guidance.		12%	36%	52%	
Overall rating of the workshop		6%	24%	70%	

Verbatim Comments:

- “Teacher was outstanding.”
- “Excellent workshop. Too much material for time given.”
- “I rated the retreat as average; however, I probably will not come back again. I find what is being shared here not ‘Christ’ like. How will we bring soul that are lost if we spread such negativity. Scripture were not entirely applied here to me. I will pray for you.”
- “More time needed for workshop.”
- “Need more interaction or involving audience.”
- “This workshop seemed to be geared toward hopelessness from our own problems and temptations/sins. However what about hopelessness from not having the desires of your heart. Really struggling with that but we don’t always address when lead says ‘No’ or not now, ‘Wait.’”
- “Thank you! Great class.”
- “I think the presentation was too long for the time slot. Demonstration was good but workshop ought to be more interactive with the audience. Having the audience talk, discuss, help the message resonate. Content was awesome. I loved the visuals. More talking, less on PowerPoint; less reading PowerPoint.”
- “I loved the demonstrations.”

Figure 8: Strength in Christ: Overcoming Hopelessness, Having Faith

PM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent
I gained knowledge about God’s presence in my life.		5%	29%	66%
Presentation content was easy to understand.		5%	10%	85%
Presentation content matched workshop subject.		10%	15%	75%
Topics covered in sufficient detail.		10%	20%	70%
Role play scenarios helped me to learn.		14%	5%	81%
Small group facilitators provided scriptural guidance.		10%	5%	85%
Teacher was knowledgeable and provided scriptural guidance.		5%	10%	85%
Overall rating of the workshop		5%	15%	80%

Verbatim Comments:

- “Really enjoyed the demonstration and extra material to evaluate myself.”
- “Very interesting and helpful.”
- “Really enjoyed the workshop. Very interesting. Both teachers worked really well together.”
- “The object lesson(s) truly enhance this workshop.”
- “Some very valuable information. I enjoyed the demonstrations.”
- “Great applications we can take and share with others.”
- “Copies of slide presentation was very much appreciated. Object lessons were excellent and perfect application to talk.”
- “I really enjoyed the demonstrations.”
- “Great class.”
- “Very interactive in illustrating examples.”
- “I was where I needed to be to receive this information for what’s going on in my life.”
- “Love the examples.”
- “I think the presentation was beautifully given.”
- “I think (the teacher) did a great job speaking... I would have liked to see more teaching and less reading directly from the slides from the teacher.”
- “There didn’t seem to be much focus on the overcoming hopelessness portion; went through PowerPoint too quickly.”
- “Great visual examples presented.”

Figure 9: Submit to Whom?? Spiritual Maturity in Marriage

AM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent
I gained knowledge about what it means to be submissive.			23%	77%
Presentation content was easy to understand.		9%	23%	68%
Presentation content matched workshop subject.		5%	27%	68%
Topics covered in sufficient detail.			32%	68%
The presentation/discussion on family roles helped me to learn.			27%	73%
The presentation/discussion on cooperation and respect helped me to learn.		9%	27%	64%
Teacher/facilitator were knowledgeable and provided scriptural guidance.			27%	73%
Overall rating of the workshop		9%	18%	73%

Verbatim Comments:

- “I think a more interactive workshop would help solidify retention of the content.”
- “Jeopardy... pulled it all together. More discussion with participants during lecture would have been beneficial.”
- “Practical applications would have been helpful.”
- “More activities for those who are A.D.D. I learn better when actively engaged.”
- “Too much info on PowerPoint and too much info read to us at same time. Overload – couldn’t retain – needed worksheet/booklet to take home with highlights.”
- “I really enjoyed the Jeopardy session.”
- “Need more time for application/interaction. Too many pts.”
- “More interaction during the class.”
- “It was a little too long, but good.”
- “Enjoyed the workshop and the game. Recommend less print and larger print on slides. Less reading by facilitator and more interaction. Overall, good job. Thank you.”
- “Excellent workshop – great content, very thought-provoking.”
- “Excellent workshop – presented in a very informative, educational, and entertaining way.”
- “More communication/discussions.”

Figure 10: Submit to Whom?? Spiritual Maturity in Marriage

PM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent	No Answer
I gained knowledge about what it means to be submissive.		10%	38%	52%	
Presentation content was easy to understand.		10%	42%	48%	
Presentation content matched workshop subject.		10%	29%	61%	
Topics covered in sufficient detail.		10%	38%	52%	
The presentation/discussion on family roles helped me to learn.		14%	19%	67%	
The presentation/discussion on cooperation and respect helped me to learn.		10%	33%	57%	
Teacher/facilitator were knowledgeable and provided scriptural guidance.		10%	24%	66%	
Overall rating of the workshop		10%	19%	66%	5%

Verbatim Comments:

- “Game became too competitive.”
- “Workshop was rushed through – wish we could have taken our time – less info and words, more demonstration and example (visual). However, the game was fun!”
- “I enjoyed the group activities. The presentation was an eye-opener for me.”
- “Very well prepared.”
- “This was a very informing and enjoyable workshop.”
- “(The teacher) was awesome! Such a powerful and inspirational woman of God. Hope to come to another session of hers in the future.”

Figure 11: Health & Wellness: Preparing your Temple

PM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent	No Answer
I gained knowledge about the importance of mental and physical fitness.		3%	6%	91%	
Presentation content was easy to understand.		3%	6%	91%	
Presentation content matched workshop subject.		3%	3%	94%	
Topics covered in sufficient detail.			8%	89%	3%
The presentation/discussion on how to choose healthy living helped me to learn.		3%	8%	89%	
The presentation/discussion on mental and physical readiness helped me to learn.		3%	8%	89%	
Teacher/facilitator were knowledgeable and provided scriptural guidance.		3%	3%	94%	
Overall rating of the workshop			3%	94%	3%

Verbatim Comments:

- “Workshops are too long; need to have sisters involved more.”
- “Loved (the teacher’s) knowledge and presentation.”
- “Excellent presenters. I was already knowledgeable in this area so not a lot of new info for me.”
- “Very good.”
- “Excellent.”
- “Both presenters did an excellent job!!”
- “Very informative. These sisters went through their presentations without hesitation.”
- “Wow! So much information. Very helpful! Healthier me underway.”
- “Very educational... encouragement, determination – get right what one is doing wrong!!”
- “(Teacher) did an excellent job.”
- “Loved this great workshop!”
- “Great information, eye opening.”

Figure 12: Boys to Men: Appropriate Christian Relationships

AM Workshop

(check the appropriate box for each category)	Poor	Average	Good	Excellent
I gained knowledge about appropriate male-female relationships.	5%	11%	47%	37%
Presentation content was easy to understand.		21%	37%	42%
Presentation content matched workshop subject.	11%	11%	31%	47%
Topics covered in sufficient detail.	11%	15%	37%	37%
Discussion helped me to learn.	5%	15%	26%	54%
Teacher/facilitators provided guidance from the Bible.		16%	16%	68%
Teacher/facilitator were knowledgeable about male-female relationships.	5%	5%	42%	48%
Overall rating of the workshop	5%	21%	26%	48%

Age of respondents:

- 47% (12-13 years of age)
- 37% (14-16 years of age)
- 11% (17-18 years of age)
- 5% (no age indicator)

Verbatim Comments: None

- “I think the teacher was very knowledgeable about the subject and I look forward to future classes taught by her.”
- “I feel more happy from being in this type of workshop.”
- “I have learned a lot of stuff.”
- “Needs to be more organization of the main topic of discussion.”
- “I learned that the more you learn about males/females the better I/you understand about your temple.”
- “I can learn from this and all the notes I took will help me in life.”
- “It was fun and helpful advice.”
- “I like learning lots of new things/stuff about that subject.”
- “Although the topics were interesting, the topics were not discussed in-depth, nor did the speakers stay on topic.”
- “I think this class was information-able.”
- “I do like the fact that we talk about not just relationships, but we stayed away from the main point.”
- “It should be more directed to people our age and more real life examples.”

Figure 13: Boys to Men: Appropriate Christian Relationships

PM Workshop

(check the appropriate box for each category)

	Poor	Average	Good	Excellent
I gained knowledge about appropriate male-female relationships.			31%	69%
Presentation content was easy to understand.			15%	85%
Presentation content matched workshop subject.			23%	77%
Topics covered in sufficient detail.			15%	85%
Discussion helped me to learn.			15%	85%
Teacher/facilitators provided guidance from the Bible.			31%	69%
Teacher/facilitator were knowledgeable about male-female relationships.			15%	85%
Overall rating of the workshop			15%	85%

Age of respondents:

- 46% (12-13 years of age)
- 38% (14-16 years of age)
- 16% (no age indicator)

Verbatim Comments: None

- “This was a great class and I felt that I could be really open with the teachers and could relate.”
- “I think I like this workshop a lot.”
- “I had fun and enjoyed myself.”
- “I learned that don’t sell your body and that your body is your temple.”
- “Great. I learned about how I can stand up for myself.”
- “Good job!! I can’t wait for next year.”
- “I liked the open discussion and how fun it was.”

Figure 14: Attitude: Tempering your Tantrum (5-11 years)

AM Workshop

Attitude Workshop			
	<i>No</i>	<i>Not Sure</i>	<i>Yes</i>
I liked the lesson.	3%	30%	67%
I learned the activities.	3%	16%	81%
My teacher explained things.	3%	9%	88%
I learned who God is and why it is important to have a good attitude.	6%	6%	88%
I understand how to have a Christian attitude.	6%	12%	82%

What the respondents liked the most:

- “I liked making the board and singing the songs.”
- “I like it.”
- “I liked the bags.”
- “Singing because I’m awesome.”
- “I liked how we glued on words that show how people feel and courage.”
- “When we sang songs.”
- “I liked when we glued the hearts to the board.”
- “The activities.”
- “New friends.”
- “I liked the activities first.”
- “I liked the board heart decorate.”
- “The friends.”
- “My board.”
- “Everything.”
- “I liked everything. There was not much to dislike.”
- The most thing I like is when we did the boards.
- “The explanations.”

Figure 15: Courage to Tell the Truth

PM Workshop



			
Courage Workshop	<i>No</i>	<i>Not Sure</i>	<i>Yes</i>
I liked the lesson.	36%	11%	53%
I learned from the activities.	5%	11%	84%
My teacher explained things well.		11%	89%
I learned why it is important to have courage.		11%	89%
I understand how to be courageous as a child of God.	5%	5%	90%

What the respondents liked the most:

- “Leavening.”
- “I liked getting the play dough.”
- “Singing, games, especially play dough.”
- “The friends.”
- “The action.”
- “The lesson.”
- “What I liked most about this class was everything.”
- “I liked when (the teacher) used me as an example of everything and when she had me thinking about what she was saying.”
- “I liked everything. I learned a lot.”
- “(The teacher) described for better understanding for me.”
- “The inspiration of how God loves me. (The teacher) inspired me to tell others that God loves them!”

Figure 16: Overall Evaluation (13 years and up)

Question	Strongly Agreed	Agreed	Neutral	Disagreed	Strongly Disagreed	Yes	No
The retreat was organized.	76.7%	24%	3%	.3%	-		
The retreat was informative.	77.7%	20%	2%	.3%	-		
The retreat was inspirational.	76.7%	18%	3%	.3%	2%		
The retreat was spiritually uplifting.	77%	16%	3%	2%	2%		
I would recommend Virtue to someone else						98.5%	1.5%

Notes:

- 261 responses on the overall retreat questions
- 201 responses to whether or not they would recommend Virtue to someone else

Analysis

The overwhelming response to the overall event was highly favorable. Over 95% of respondents agreed or strongly agreed that the 4th Annual Virtue in an Age of Promiscuity retreat was organized, informative, inspirational, and spiritually uplifting. The Verbatim Comments for each workshop indicate some areas of weakness in logistical concerns, but offer insight into the favorable response to retreat topical content.

Verbatim Comments

The following represents the actual comments of participants with regard to the overall event.

- “I found all the scriptures helpful.”
- “It was informative.”
- “Have sisters to be more involved.”
- “Thank you!”
- “I am so glad to see the attention brought to the physical body as well. Awesome job, ladies!”
- “Overall quality of retreat was lacking in comparison to retreats in the past.”
- “Educational and spiritual(ly) uplifting.”
- “I really enjoyed the health and wellness seminar.”
- “Great job.”
- “Very informative – enjoyed spiritually so much!”
- “I learned more than I was ready to admit I needed.”
- “I would like to see the class become more personable by playing role and scenario games to learn how to respond in different marital situations and conflicts.”
- “Visuals, demonstrations could not be seen by all attendees.”
- “Workshop sessions should be more interactive; it was too much lecturing. If you providing slides do not read them. Visual were nice touch but they were limited on view.”
- “Workshop time seems a bit long. Hard to keep audience attention for 1 ½ hours.”
- “The speaker was excellent.”
- “I appreciate this great congregation for their great work in sharing the Word of God.”
- “Overall excellent, outstanding!”
- “Longer sessions.”
- “Thank you!”
- “Allow more interactions.”
- “Informative, scriptural based, excellent!”
- “Great workshops!”
- “Great lesson, sisters! Keep up the encouragement.”
- “Liked the hotel from last year better.”
- “Would be good to have each workshop’s material available to everyone who interested but could not attend every workshop.”
- “Enjoyed class, and learn(ed) a few tip(s) on discipling my children.”
- “May God continue to bless and inspire.”

- “Once a person registers, stops sending emails asking to register.”
- “Virtue is always uplifting and encouraging. Thank you Aberdeen church of Christ and Sis. Worley!!”
- “Thank you so much for your planning and preparation for this class. It showed you cared.”

The following represents the actual comments of teenage participants with regard to suggested topics.

- Family relationships
- Mental troubles
- Evangelism
- Dating/Dating vs. Marriage
- Homosexuality
- Using God in education/career
- Money
- Marriage and divorce
- Christian relationships
- Sexuality
- Peer pressure, temptations
- Stopping bullies
- Having friendships with people in sin and how to help them find God

The following represents the actual comments of adult participants with regard to suggested topics.

- Money management
- Time management/organization
- Health topics (menopause)/health and wellness
- Application of scripture for women (any topic)
- Gossip
- Working together
- Old teaching young
- Preparing for marriage, learning how to be a Christian wife
- Caring for children
- Parents with disabilities
- Cultural differences in marriage
- Making right choices on Biblical principles
- Being reverent older women
- A couples Virtue event for husbands and wives
- Trust and never doubt
- What is agape love?
- Improving relationships among sisters in Christ
- Spiritual mothering
- Bringing souls to Christ
- Overcoming the loss of a loved one (father, mother, children)
- Self-esteem
- How to be a faithful Christian

- Are you falling away without knowing it?
- Single and Christian
- Difference between heaven and hell
- Husbands
- More on marriage, why God sees same sex as wrong
- Church discipline
- Disfellowship with errant brother
- How to rightly divide the word before getting to your maturity level of marriage, motherhood, and living correctly
- Balancing career with Christ
- Appearance
- Christian life after divorce/does God forgive divorce?
- Celibacy
- Judgment/judging others
- Forgiveness
- Understanding the opposite sex
- Christian dating/do's and don'ts of dating
- Settling arguments as a Christian couple
- About the body of a woman
- The five temperaments
- Appropriate women's undergarments and not revealing under her clothes
- Diligence in bible study
- Godly children with Godly parents
- What God says and why we must do what he says
- Role of women in the church today with the society's influence
- Staying in the faith
- Building trust among sisters and brothers
- Supporting each other in Christ
- Combatting loneliness, keeping busy in the Lord
- Using technology in positive Godly ways to teach Christ
- Teaching a child with extended family who have different beliefs
- Training yourself to train others
- Growing in beauty and quiet spirit
- Not operating out of generational dysfunctions
- New converts, where to begin reading the bible for instruction
- The Christian wife
- Modesty for women and girls

PART 2 - Behavioral Assessment

Methodology

A behavioral assessment was used in 2015 to measure self-efficacy. It was implemented as a pre-Assessment at the beginning of the first workshop, and an identical post-Assessment at the end of the second workshop. The series of 15 questions were designed to measure awareness and comprehension of behavior, knowledge of and belief in Christian standards of behavior, and confidence in the ability to model (share) those standards. The results of the assessment are detailed in terms of the difference in behavioral capacity at the beginning and conclusion of the educational component. Assessment responses were provided voluntarily and anonymously.

Of the approximately 285 registrants, less than 10% (24) responded to the behavioral assessments. Figures 17 and 18 represent the cumulative responses to each question.

Pre-Assessment Composite Results

As the retreat commenced, 9% of respondents neither agreed nor disagreed with the behavioral statements, which broadly included the areas of Christian awareness, understanding, knowledge, and self-efficacy. Less than 1% disagreed or strongly disagreed with the statements. Approximately 86% of all respondents agreed or strongly agreed with the behavioral statements.

Limitations

- Pre-assessment questions 11 through 15 were not answered by all respondents.
- Although each behavioral statement fell into the category of Christian awareness, understanding, or knowledge, only four specifically addressed self-efficacy for behavior change (Q3 and Q4/awareness of changes; Q9/understanding of how to change; Q14/knowledge of how to make changes).

Figure 17: Pre-Assessment

Pre-Assessment	<i>strongly disagree</i>	<i>disagree</i>	<i>neither agree nor disagree</i>	<i>agree</i>	<i>strongly agree</i>	<i>NO ANSWER</i>
	1	2	3	4	5	
Q1. I am aware of how my behavior (Christian walk) reflects Christ's expectations for me.			11%	26%	63%	
Q2. I am aware of how my behavior affects others.			6%	26%	65%	
Q3. I am aware of changes that I can make to improve my Christian demeanor.			9%	48%	43%	
Q4. I am aware of changes that I can make to improve my Christian walk.			6%	54%	40%	
Q5. I understand what it means to live virtuously.	3%	6%	14%	40%	37%	
Q6. I understand that my behavior should reflect how Christ wants me to live.			6%	14%	80%	
Q7. I understand how the things I see/hear/read can influence my walk.				40%	60%	
Q8. I understand that, as a Christian, I am an ambassador for Christ.		3%		23%	74%	
Q9. I understand how I can change to live more virtuously.	3%		11%	37%	49%	
Q10. I know my words match my actions (I walk the talk).	3%	3%	9%	48%	37%	
Q11. I know the characteristics of a virtuous woman.			23%	34%	40%	3%
Q12. I know some strategies I can use to live more virtuously.		3%	9%	46%	39%	3%
Q13. I know what Christ expects of me.			9%	26%	62%	3%
Q14. I know how to make changes in my Christian demeanor and walk so I can be more pleasing to God.		3%	6%	37%	51%	3%
Q15. I know I can share what I know about living virtuously with others.			17%	31%	49%	3%

Post-Assessment Composite Results

After the conclusion of all retreat workshops, the percentage of respondents who either agreed or strongly agreed with the behavioral statements, which broadly included the areas of Christian awareness, understanding, knowledge, and self-efficacy, increased to nearly 99%.

Figure 18: Post-Assessment

Post-Assessment		strongly disagree	disagree	neither agree nor disagree	agree	strongly agree	NO ANSWER
		1	2	3	4	5	
Q1. I am aware of how my behavior (Christian walk) reflects Christ's expectations for me.					9%	91%	
Q2. I am aware of how my behavior affects others.					9%	91%	
Q3. I am aware of changes that I can make to improve my Christian demeanor.					18%	82%	
Q4. I am aware of changes that I can make to improve my Christian walk.					18%	82%	
Q5. I understand what it means to live virtuously.					14%	86%	
Q6. I understand that my behavior should reflect how Christ wants me to live.					23%	77%	
Q7. I understand how the things I see/hear/read can influence my walk.					14%	86%	
Q8. I understand that, as a Christian, I am an ambassador for Christ.					9%	91%	
Q9. I understand how I can change to live more virtuously.					32%	68%	
Q10. I know my words match my actions (I walk the talk).				5%	23%	72%	
Q11. I know the characteristics of a virtuous woman.			5%		18%	77%	
Q12. I know some strategies I can use to live more virtuously.		5%			18%	77%	
Q13. I know what Christ expects of me.					9%	91%	
Q14. I know how to make changes in my Christian demeanor and walk so I can be more pleasing to God.					18%	82%	
Q15. I know I can share what I know about living virtuously with others.			5%		9%	86%	

Analysis

Although the overall ratings for Christian awareness, understanding, knowledge, and self-efficacy increased, some ratings showed an actual decrease in self-efficacy from pre-assessment to post-assessment.

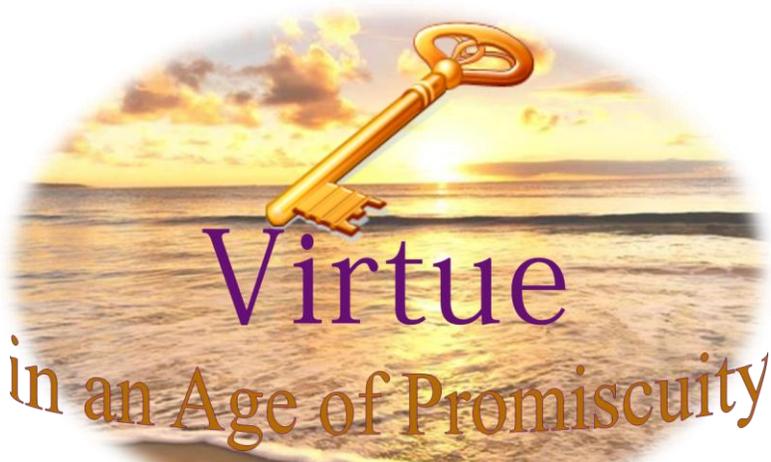
As the retreat commenced, 3% neither agreed nor disagreed that their words match their actions (Q10), while 2% disagreed or strongly disagreed. At the conclusion of the retreat, only 1.5% remained neutral. The percentage of neutral responses on the knowledge of the characteristics of a virtuous woman (Q11) decreased by 18%. Those who strongly disagreed that they had knowledge of strategies for virtuous living (Q12) increased 1.5%. There was no neutrality on either Q11 or Q12 in the post-assessment results. Question 15, which measured self-efficacy for sharing how to live virtuously with others, showed 17% neutrality and no disagreement in the pre-assessment. However, in the post-assessment 5% of responses showed strong disagreement. The neutral, disagreed, and strongly disagreed responses to Q10, Q11, Q12, and Q15 reflect the views of 1 of 17 post-assessment respondents.

The decrease in self-efficacy from pre-assessment to post-assessment could be explained by the fact that the bible-based message of Christ and His church was not entirely acceptable to all participants. Although there is no way to be certain through anonymous feedback whose feedback came from whom, the views of denominational church members could have been captured in the verbatim comment indicating the Virtue message was not “Christ like” (p. 13).

Recommendations

After a review of the feedback of participants, consideration the logistics of the 2015 retreat, and examination of the implementation challenges and requirements, the recommendations for future retreat planning and implementation are:

- Workshops
 - Workshop teachers and facilitators should place more emphasis on interactive activities and adult learning strategies, and less emphasis and reliance on lecture and slide presentations.
 - Make workshop materials (e.g., presentations, handouts, etc.) available to all registrants, regardless of the workshops they attended.
- Logistical Survey
 - Separate the program and logistical components of the logistical survey to ensure multiple responses from a single respondent are not recorded.
- Behavioral Assessment
 - Revise the behavioral pre- and post-assessment to more precisely measure self-efficacy.

A golden key is positioned diagonally across the center of a circular image. The background of the circle shows a sunset over a body of water, with a bright sun low on the horizon and a sky filled with soft, golden clouds. The key is a classic skeleton key with a circular bow and a notched bit.

Virtue
in an Age of Promiscuity
Does Christ hold the Key to your Heart?

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