

Duke University - Course Evaluations
Undergraduate Course Evaluations - Fall 2023

Course: PSY-232-01: ART & SCIENCE OF WHAT “WORKS”.PSY-232-01.
Instructor: Shaundra Daily, Gregory Samanez-Larkin * , Nikki Lane
Response Rate: 115/138 (83.33 %)

1 - Your personal level of engagement with the course was:														
Response Option				Weight	Frequency	Percent	Percent Responses				Means			
Very low				(1)	1	0.88%					3.83			
Low				(2)	3	2.63%					3.98			
Medium				(3)	33	28.95%	▬				3.96			
High				(4)	54	47.37%	▬▬▬							
Very high				(5)	23	20.18%	▬							
							0	25	50	100	Question	Dept/Program (UGRD)	Undergrad Overall	
Response Rate	Mean	STD	Median	Dept/Program (UGRD)			Mean	STD	Median	Undergrad Overall	Mean	STD	Median	
114/138 (82.61%)	3.83	0.81	4.00	628			3.98	0.88	4.00	17058	3.96	0.91	4.00	

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2 - What knowledge, methods, skills, insights, or ways of thinking did you develop in this course? Please describe three specific things you learned.

Response Rate	106/138 (76.81%)
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- How to be a better person to myself. Taking care of myself. Finding ways to set goals. Holding myself accountable.
- Learning how to manage relationships and respect others opinions
- 1. I learned about how to think about how an art piece relates to my life 2. I learned about how to set goals and manage different time commitments. 3. I learned about myself and some good ways to reflect on my purpose.
- I learned a lot about who I am as a person and what I value. The course taught me to be more self reflective and critical about how I go about my life in terms of myself, others, and my impact on society at large. I learned how to better communicate with other people who I am not very familiar with and I think I am better equipped to approach social situations with no preconceived bias.
- The course focused on self reflection and I really learned how to reflect on my own experiences more effectively through the course. It also focused on elements of group discussion like actively listening and being able to foster healthy and productive discussions. We also had practical learning experiences where we put the topics from lecture into practice outside of class.
- you, others, and everyone
- Working with new people, challenging my beliefs about things, and analyzing different presenters
- 1. The positives and dangers of purpose, as well as finding meaning in life 2. A lot of specifics about how to take care of myself - especially in the first section of the course 3. Learned a lot about having meaningful discussions in groups of people you might not know as well as the usual groups you have those kinds of conversations with.
- I learned: - How to have healthy interpersonal and intrapersonal relations - How to analyze art in the context of everyday influence - How to balance work, life, health, and fulfillment as a student
- the opportunity to test some things out and learn about effective and important resources to improve many areas of life
- Critique thinking on how to evaluate different types of art and science; understand our goals and purpose; definition of purpose and goals in both short and long run; development of techniques for understanding the social, ourselves, and the mankind.
- - I learned that taking care of my body and my mental health will increase my will to live - I learned that I would evaluate my relationships and strengthen the ones I feel worthy of fighting for and getting away of the ones that are toxic - I learned that life does not need to have a goal necessarily.
- Some skills I learned were small group work, then applying them in bigger group scenarios especially in the lecture hall. I used my brain in ways I have never used it before so many different insights and psychological methods.
- The course honed my appreciation of nuances in various forms of art, understanding their deeper meanings and societal impacts. Simultaneously, I developed a keen eye for evaluating scientific claims, discerning the validity and relevance of research findings to everyday life. I also continued to develop the ability to communicate and collaborate effectively with individuals from diverse backgrounds through group projects and discussions. The course also encouraged applying what we learned to our personal and professional lives.
- I learned about religion being more than a set of structures, I learned about resources and educational tools at duke, and I gained insight into wellness and taking care of myself
- I thought about different topics and how they're relevant. I also got to listen to different perspectives.
- I learned about wisdom around different domains of life. I tried new things. I experienced sharing my thoughts in small group discussions with strangers.
- I learned that purpose in life doesn't always have to relate to a broader theme. I learned that physical and mental health is very important. I also learned that in college, we should plant seeds for what we want to do in life.
- Thinking not just about finding an answer to things (I'm STEM) but discussing things. first non-stem course since w101 at duke.
- - Evaluating art and science through a critical lens - Putting habits into practice in my daily life - Having discussions in small groups
- I learned how to better manage my life and reduce stress overall.
- Ways to evaluate both art and science Considering different experiences of diverse groups Thinking about how to be the best version of myself while at Duke
- The course help. me build my interpersonal relationships and develop them better.
- How to critically evaluate artistic work, how to evaluate my life so far and where I want to be, how to set actionable, achievable goals in life
- I learned more about how to evaluate making life decisions for myself, about how to understand and reason with others, and how to set appropriate goals.
- I gained insights about purpose and meaning in life as well as what many Duke resources have to offer.
- Reflecting on different sources and analyzing their validity, listening to the perspectives of different lecturers, and also understanding the different experiences of my peers.
- - A LOT of self-reflection, receptiveness to new ideas, metacognition
- I think one of the biggest things that this course has taught me is that there is so much power in agreeing to disagree on how one is to approach and go through life. I was able to on various accounts practice open-mindedness and enjoy hearing the point of view of others based upon personal experiences.
- I learned a lot more about myself, others, and everyone. It was nice to reflect on all sorts of parts of our life.
- to be honest, nothing. I was bored to no end. activities were facetious, tedious, asinine, etc. purported to be deep but was immensely surface-level.
- I learned how to critically evaluate art, scientific lectures, and develop new experiments to try for myself.
- - Learned more about myself and what skills/techniques/activities act on my self-improvement - Learned about different ways to interact with others across differences - Learned about how to make an impact on the world
- collaboration, group notes, media, alumni panels and lectures
- I learned a lot of things about myself and how I interact with the world around me. I learned how to have better physical health and nutrition. I learned how to form stronger relationships. I learned more about the world around me and how there are so many new things that I have never thought t o interact with.
- I learned how to talk to people I don't know and practice sharing my opinions openly. I learned some concrete things about art and science for the specific categories that we focused on each week. I learned how to think about the work I am doing as meaningful/not and if I would recommend this to others.
- I have learned how to take care of myself and prioritize well-being. I have learned that being human means having many thoughts and emotions that are not always in our control, and that is ok! It is important to reflect on these things and be able to make better choices for ourselves in the future. I have learned that I am still super young and have a lot of time to figure stuff out in the future.
- 1. Learned about strategies for enhancing my social, mental, and physical health 2. Was given opportunities to be introspective and evaluate aspects of my life that are important to me and my future 3. I was able to discuss complex issues with classmates and expand my perspective through hearing their thoughts
- I learned how to evaluate the relationships in my life and ensure the longevity of them. I learned to focus more on the present rather than ignoring important things for "what-ifs" in the future. Lastly, I learned how to prioritize myself and understand that it's okay to take a step back for myself when I need it.
- I learned about many different topics that involved the development to the self, the self in relation to others, and how the self can make an impact. Some of these included mental health, goal setting, the meaning of purpose, involvement in communities. I used artistic evaluation skills and science evaluation skills to analyze different pieces of art and science.

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- My communication skills improved and I became a little more in touch with myself overall. My general knowledge on how others perceive certain topics has definitely changed
- Learned more about myself and trying out new things that I probably would not have done before. I also thought about new topics in a different way which allows me to keep my mind and perspective open. I think another thing is just being a better collaborator with groups through effective communication.
- The class mostly provided me with new ways of thinking. Three specific things I learned was how to evaluate my relationships with others, how to be a critical consumer of stats and data I encounter, and how to become involved with the Duke/Durham community.
- I learned alot about myself, others, and the world in this class. We learned ways wit how to deal with stress, ways to deal with inner problems like having to set goals. Even how top go through your life when having to accept failure.
- - Ways to critically analyze science and arts - thinking about how my meaning and purpose in life relates to others as well - consuming a diverse group of media
- 3 specific things I learned is how I can better myself, finding purpose in my life, and a deeper level of thinking.
- ive learned to become more aware of my daily decisions and experiences -> how i interact with others and the world around me ive learned how to be a more healthy student -> changing my priorities to focus more on getting good sleep and eating well ive learned more about my peers and their experiences at duke
- I developed my ability to reflect on myself, and both my physical and mental health. I also learned more about how I can make an impact on others throughout my life.
- 1.) Being able to learn and interact with new group members 2.) Seeing the way that others think 3.) Difference between healthy and unhealthy relationship
- I developed interpersonal skills as we were split into random groups and asked highly intellectual questions for conversation everyweek. I learned how to critically evaluate pieces of art and science. I learned how to reflect on personal and external experiences shared by others I may or may not know.
- I learned the real things about life that doesn't get talked about much.
- I tried out different habits that I wouldn't normally have given a chance. Some worked well that I still practice today, while others I've already forgotten.
- Discussion, express my views, listen carefully
- I learned some techniques on art evaluation, evidence based tools to benefit my life, and mindset changes that would make me more successful as a student.
- I learned how to think about others and not just myself, how to reflect on the smaller details in life, and what works and doesn't work.
- I developed skills in sharing thoughts and listening. I learned from scholars about their thoughts on religion, meaning, purpose, relationships.
- I've learned different habits that "work" in my life and help me to achieve my goals like nourishing my body properly, outlining future goals/what I think my purpose is, and how to better interact with my communities.
- I learned how to critically evaluate art- and science-based claims about how to live a good life. I learned how to effectively engage with peers about potentially tough topics. I learned more about what I consider a good life and what I can do in my daily life to support that.
- Through this course, I was able to learn how to effectively communicate with my peers having been assigned to random groups throughout the course of the class. Another thing I learned was how to analyze different forms of art/science in a way that related more to how I thought about things, rather than analyzing scientific details. The last thing I learned was general methods/ideas for how to live life.
- I worked on relating certain life events to myself to reflect on how they have affected me. I have better developed a sense of what I want to do with my future time at Duke. I have gained a better sense of reorganizing my priorities and coming to terms with the person I've become.
- I learned better ways based in science as to how to live my life to the fullest
- I learned how to think critically about different real life situations. I learned how to collaborate with different people (that I've never met before). Additionally, I learned how to be open to different mindsets and ideas when looking at the same stimuli.
- I learned how to interpret art, how to set goals, and how to evaluate what things in my life give me meaning or purpose.
- I learned about purpose and the ways in which I am able to find my purpose. I also learned the difference between purpose and meaning, which is something I did not previously know. Another thing I learned it's ok to take a break from something if it's needed to help you move forward.
- I developed the ability to try new things and decide if they work in my life or don't work in my life.
- I learned to think about different perspectives outside of my own and how they may affect me and those around me. Do these different perspective work for all people or are there instances where they don't work? I learned the difference between a purposeful life and a meaningful life, what their difference were and how we can have a meaningful life without necessarily having a purpose fulfilled for each and everything that we do. I learned to evaluate art. I am used to taking very science heavy courses and this class really made me tap into my creative side.
- I learned a multitude of life skills that will enable me to progress through not only the rest of my time at Duke, but life after Duke in a more positive and efficient manner.
- I learned how to critically evaluate art. I developed my listening skills. I was able to gain insight by discussing topics with others in my groups throughout the course.
- 1. I gained different perspectives via interactions with my classmates, who are all of different backgrounds 2. I learned new ways to take care of myself both mentally and physically, such as by implementing beneficial exercise routines or eating habits 3. I learned more about the programs and resources offered at Duke to help me foster my success while I'm here
- I learned to evaluate art more critically and share my point of view with others. Most importantly, it helped me be a better person to myself and others.
- I explored a lot of various ways to approach living a meaningful life. In particular, I really enjoyed the fresh viewpoints on evaluating healthy relationships, finding meaning in life, and how to take care of myself. The course also taught me how to more analytically approach scientific and artistic works, where I am now more cognizant of the intentions or background of the creators and how various factors can skew the message being portrayed. Finally, I am now equipped with a better toolset and knowledge of how to take care of myself, mentally, emotionally, and physically.
- 1. How to evaluate art and science on the same topic hand in hand. 2. Experience critically evaluating different parts of my life through an experimental lens. 3. Different ways of thinking about "happiness" and what makes a "good life."
- How to make my experience at Duke better and more meaningful. Learned helpful skills to better my friendships, mental health, and overall well-being.
- I learned more about how to lead a happy, healthy, meaningful life. There were tangible practices we tried (i.e., assessing healthy and unhealthy signs relationships, evaluating our purpose by reflecting on personal stories) but also general sharing of knowledge (i.e., debunking exercise and nutrition - specifically supplement - myths). Additionally, I learned how to more critically evaluate artistic and scientific materials.
- The skill of being able to effectively communicate and have conversations that go beyond the surface level with peers who were virtually strangers to me. Also worked on a lot of self-reflection and thinking about my long-term goals.
- - I got to talk more about the purpose and meaning in life and what these mean and how much we need it in our lives. - I got to learn more about other groups of people I don't normally talk to or learn about on a daily basis. - I learned more about setting goals, how to approach it, and why it is important.
- Being able to understand and effectively communicate with people from different backgrounds. Learnt about how to personally use different techniques to improve my own life. How to contribute and help people who are going through things.
- I think this course is really good for working on self improvement and accountability. In this course I learned how to manage and gauge healthy social relationships, how to determine whether or not I had implicit biases towards certain groups, and also how to evaluate and track my own goals without putting pressure on myself.

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- 1. I learned about how to reflect on myself and think about what I wanted, ex thinking about my purpose 2. I learned how to set goals and get closer to them by continuously cueing myself 3. We discussed important concepts like creativity, nutrition, getting involved with my community
- In this class, I learned more about myself. The course was divided into three sections: You, Others, and Everyone. We had guest speakers every week and tried activities to facilitate growth within ourselves.
- I learned to think about others how different topics and subjects may be sensitive to certain groups more than others.
- I developed my ability to reflect on things that are happening my life and bettered my ability to learn and change for the better.
- I learned more about myself and others. What I might want to do in the future and how I want to begin more change within myself.
- Open communication skills, independent thinking skills
- Talking to peers that I normally wouldn't talk to about personal experiences or introspective thoughts.
- I think I learned to not automatically trust or agree with something that someone is trying to teach me, even a guest lecturer. We had many come in, and the professors instilled in us the idea of questioning them and what they're telling us.
- I developed the way to think abstractly about what makes us human and how this affects our interactions with other beings on a day to day basis. To add onto that, I learned about the value of finding meaning and purpose within life. I also learned that we never stop learning, there is always something new to learn and it can only help us.
- I learned about a diverse collection of ways to live a meaningful and good life and the efficacy of these different aspects. In particular, this class helped me to better appreciate the true holistic benefits of living an active lifestyle, the importance of reflecting and evaluating my personal values and whether or not I am living a life that is in alignment to them, and the excitement that lies in the possibility of trying new methods of living.
- I developed a mindset that is more open to learning new things about myself and others. This course has so many different topics and mini-lectures that tie into one another, and I think one big I learned about myself is that I don't know that much, and that's okay! It was very fun to learn something new everyday.
- 1. Practiced public speaking skills and comfortability striking up a conversation with strangers. 2. Developed more insight into who I am and how my opinions might differ from my peers. 3. Learned concrete and abstract methods to improve my life and well-being.
- A clearer way to view Duke
- I think that my conversational skills in academic environments improved, as I engaged with my group each week reflecting on the arts and sciences we were evaluating.
- -
- I think this class helped me look at life in a different perspective. It has shown me how to evaluate certain aspects of my life and take into consideration what works for me and what doesn't. Furthermore, it has provided me with better social skills and empathy towards people of all backgrounds.
- 1. How to evaluate art and science 2. Being comfortable interacting with new people about new topics 3. Lots of new tips and resources to live better at Duke!
- - I learned to think critically about my goals, and I gained the skills and vocabulary necessary to do so. I asked myself a lot of tough existential questions and gained some clarity into who I am and what I want from myself, my life, my future and others. - I learned to invest more deeply in a class than is asked of me. Objectively, passing this class is a matter of simply doing all the work (the bare minimum) thanks to the S/U course components and specs grading. However, I was more invested in this class than many of my other, more 'rigorous' courses, because the nature of the work was in personal growth, which can't be done idly or while multi-tasking. I learned to put in as much effort as I wanted to get out of the class. - I developed more positive self-talk. At the beginning of this course, I was struggling with recovering from an eating disorder. The first section of the course which focused on 'you', and specifically the modules on physical health and nutrition, provided me with SO much support to be more compassionate to myself. Throughout the rest of the course, reflecting on my own life and also connecting with other students facing similar struggles to mine helped me be kinder and more forgiving to myself.
- I think that I developed my analytical skills better throughout my time in this course, as we were told to fill out surveys that required an analysis of various things such as class lectures, videos, literature, or even artwork. Additionally, I was able to practice my ability to reflect on my own experiences and do a better job of making a learning point of things that happened in my life. Finally, I would say that this course refined my ability to interpret messages in art and literature, as this is something that I haven't done too much of since high school, and it was very nice to tap into those intellectual skills again.
- I learned how to evaluate different contents of media, such as pieces of art, music, and speech, to gain new perspectives on how to live a fulfilling life. I also learned how to engage in conversations with people of varying opinions and beliefs to challenge my own perspectives. Furthermore, I have started to begin thinking differently about how we can make an impact on the world by integrating our selves, our networks, and our passions in new ways.
- 3 specific things I eland in this class were how to successfully lead a group of people more introverted than myself. I learned about personal and mental health in regard to being a student at Duke. I also learned random facts about interesting topics.
- This course will not teach a lot of theories, content, or hard skills that you would usually expect from a regular Psychology (or college) class. It does, however, make you reflect on a lot of things about your life, how you want to live it, and the role of other people in it. It helps you build frameworks to face the hard, easy, beautiful, and ugly things about your life, and make the most out of those experiences.
- I don't think I've ever had a class that has made me think more than this one. Each class had a different topic with a different message and just made my mind actively go to places it doesn't normally go to. This class pushed the boundaries of my mind and encouraged me to look at things in a new light. It helped me come at things from a different angle and really put me to the test of trying out new behaviors.
- I learned how to critically analyze both science and art, whether that be infographics, data, graphs, pieces of media, or scientific studies. I learned how to put things we speak about into practice and reflect on the outcomes. Broadly, I also learned how to communicate and work in a group to listen to people from different backgrounds than my own.
- I learned how to open up about sensitive things regarding my personal life. Normally, I would only bring it up with my friends but for some reason, I felt comfortable sharing such things with the professor as well. It also opened my mind to stress-free unconventional ways of living life that are not necessarily encouraged by society. Lastly, it made me realize that life is not all about money, success, and achievements. A life not only full of joy but also of fulfillment is something that's hard to find if we're looking at it differently. This course gave me the lens to see those possible paths.
- We critically evaluated art and other sources of info, were able to work with different people as there was lots of group work and groups switched over the course of the semester. Worked on self reflections with many surveys and the ability to discuss difficult topics (written or in groups).
- I learned how to communicate with people that I am not used to talking to (getting used to meeting people from different groups). I learned how to be open-minded about different perspectives. This has helped me to understand that people can view the same issues completely differently depending on environments and lived experiences. Additionally, I learned a lot of meaningful life lessons that I can carry outside of the classroom.
- This course certainly opened my mind to considering different opinions in terms of way of life and thoughts about living a meaningful life. Across the many different visiting professors we had throughout the semester we were exposed to a diverse set of beliefs and practices. In particular, I learned about spirituality through the lens of Islam, this was unique and an absolutely incredible perspective as most of the spirituality I have been taught in my life was through Judaism and Christianity.

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3 - Reflecting on the overall learning environment of this class, in what ways did the instructor(s) and the structure or components of the course facilitate your learning? Are there specific course components or methods of instruction you'd keep for future years?

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- taking the group notes.
- Literally everything. The no midterms, class attendance required (but you want to come). Pass fail assignments. Loved literally everything about the structure of this course. It really made me learn for the SAKE of learning not just for a grade. Was never worried about my grade because the guidelines are so well defined for this class. LOVED LOVED LOVED this course
- Learning how to understand the mind of a friend
- I did enjoy the guest speakers. They shared lots of valuable information and taught me about resources at Duke that I didn't even know existed. I feel like I know a little more about Duke and about myself after taking this course.
- The teachers were very flexible and were more open to feedback than any other class I've ever been a part of. I would definitely encourage my teachers to keep that same approach to the class in future years in order to allow students in the future to take part in this sort of class experience.
- I think keeping the self reflection and discussion aspects would be helpful to keep.
- I liked having different groups and getting to meet new people
- Learning environment BUSSING for real. I feel like I learned a lot but I didn't have the usual stress that comes with a class with exams, etc. The kind of daily task vibe was lovely. Instructors INCREDIBLE
- The immersive and integrated environment of the classroom by having surveys done in class based on the engaging guest lectures kept me interested and perpetually learning.
- conversation, "art and science", surveys, Try Something- yes! definitely keep. a great course.
- The course format was awesome and I felt free to contribute and add to the class during the discussions. Even in a 200 people class, professors tried to remember you by the name and call you out to contribute sometimes.
- I liked the way that the class is structured with well-defined pre/during/post-class activities and engaging in them outside of class was essential to make me understand how some topics can affect me and others around me.
- I thought the learning environment was very good People showed up with a great mindset and had a great attitude. I loved the class structure because it was so consistent; we did the same routine every day and kept it like that, which is something I enjoyed.
- The instructors and the course structure played a crucial role in facilitating my learning. Their expertise across multiple disciplines provided a rich, multi-faceted perspective on each topic. Their approach to teaching, which included encouraging curiosity and acknowledging the limits of their knowledge, created a learning environment that valued exploration and critical thinking. In regards to the course components, the mix of discussions and mini-lectures were instrumental in reinforcing learning. The active class sessions fostered a dynamic and engaging atmosphere.
- The instructors were great. Prof SL was truly captivating and engaging when he taught and made the course flow smoothly and was informative.
- I liked it. I liked the groups, but wish we could've picked maybe 1/4 other people we were with.
- The professors did a great job at providing material to review before class and time to discuss it during class. They also provided us the opportunity to learn from experts by bringing guest speakers each class.
- I think that the course had a lot of great components to it and I liked that group-based discussions.
- The surveys were a great form of information collection, but I think they could be done better than through the qualtrics -> pdf/text block pipeline.
- - Instructors were incredibly supportive and welcoming - Having lots of guest speakers
- The instructors were very understanding and did a great job of motivating us to try out the activities we did in class. Due to their positive attitude, I believe more students were inclined to partake in the activities and give their full effort.
- Consistent homework structure for each week made the class low stress and created an environment of "learning for learnings sake" Autonomy over course structure and what you "wanted to try" each week
- The emphasis on small group discussion was useful for recapping the videos/materials we had to watch, and for hearing other peoples' opinions.
- Our instructors made an effort to get to know all of us even in this large class setting.
- The class included a lot of time for discussion with peers and self reflection which helped learn about myself and learn from others.
- I think that the instructors created an environment in the class where it was easy for students to share personal information about themselves.
- Professor SL left a lot of the class up to us; he was really able to make it so that you got as much/little out of the class as the amount of effort you put into it. By far one of my favorite classes I've taken at Duke so far, and that largely has to do with Professor SL.
- The majority of the course learning consisted of independent work (surveys and reviewing art/science), collaborative work (group talking, final project), and interaction by bringing other professors in from the outside of the class who specialize in the particular topic we were discussing. One component that I believe should continue is the reflection with our group members. I believe that is what allowed me to get to know and meet new people that I otherwise would have never met.
- There were definitely ways my learning was facilitated by using surveys having class be very interactive, and having us do activities outside of class for homework and then reflecting on those very activities.
- I hated the structure—the surveys, the dozen modules a week, the activities. felt like busy work but with no reward at the end
- The course helped me design and implement mini experiments for me to try every week. The surveys helped facilitate reflection on the content I was watching or trying but they got redundant over time.
- Pre-, during, and post-surveys, discussion-based class with randomized groups, learning through art and science, no assessments
- the unit structure: self, community, and how you interact with that community
- I think they structured it well because we didn't have much to do outside of class, it made class more interesting and more meaningful.
- The instructors were always very open and honest and let us be ourselves --keeping the tone casual and being completely understanding if anything got in our way of the course. This provided a truly safe, relaxed environment where I felt like I actually wanted to learn and didn't feel like I should want to.
- Prof SL and Daily are super super cool. I think it's really apparent that they genuinely care about their students and want to learn more about us. Their comments on my reflections show that they are interacting with what I am writing, and it makes it feel like I am not just doing the work as busy work.
- The learning environment was good, and discussion was definitely necessary to enhance understanding of these topics. I think the guest speaker aspect of the course was the best part and I learned a lot from it.
- The instructors were amazing! I loved how they always brought in engaging speakers. I think the other thing I would keep for future years is the heavy group work this class entails, as most of my understanding of these topics were enhanced by discussing them in a group.

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- It was group based learning so we were able to collaborate and come up with ideas at first alone, and then with our groups. I think that was the most effective way of structuring this class and it should continue to be in this fashion. I think staying with the same random group the whole time would be better so you feel more comfortable.
- i think the in class mini lectures really add a personal touch that helps keep students engaged
- I really like the structure of class with the pre during and post class surveys. They really got me thinking about the topic and prepared me to explore the topic in class and lastly, trying out something new related to the topic to solidifying knowledge. I do think I would have liked more time hearing from the guest lectures and going into the science more because that time of the class felt short and brief. Potentially diving right into the lecture and saving the group talks for last.
- The guest lectures each day kept the class engaging because it was never the same old same old. Each week we learned a new perspective about a new topic, so I would definitely maintain this method of instruction for further years.
- The instructors were very supportive of everyone's feelings and opinions. They really did also personal reflect with us. I love how they also responded in a way to our weekly surveys that showed us that they were reading our responses and were engaging with us.
- - the guest lectures were very informative, and the required qualtrics guided me in reflection of class content
- The professor's encouraged openness within the classroom whether your speaking or listening.
- i believe the structure of the course really placed an emphasis on genuinely learning things that are extremely helpful for navigating life without introducing stress and anxiety into the process -> this is the first time I have experienced a course like this where I learned so much but was never stressed about any of the work
- I enjoyed how the professors wanted to hear our different thoughts and perspectives. I also think it is very valuable that the course had very open discussions for people to share their thoughts on what we were learning. I would definitely keep the guest speakers.
- I really loved our instructors they have done an amazing job and were very personable. This course should continue you on for future years.
- The instructor facilitated our learning through course structure and actions through creating active polls to participate in class, using surveys to record opinions and hold ourselves accountable to participating in other parts of the course, by bringing in guest speakers that provided scientific and life advice, etc. I would keep all of these methods of instruction for future years.
- The professors made this class very engaging and provided a safe environment to address our thoughts and opinions.
- The surveys were a good method of reflection and having most of the work done in class was a good incentive to show up.
- Cool, interesting and meaningful
- Prof SL and Dr. Daily are really genuine people who wanted us to grow through this course. I'd keep the guest lecture component of it.
- We had a new person come lecture every class which made it super easy to want to pay attention and made it not boring at all. I liked that a lot and would recommend keeping it the same.
- I liked talking with my peers and I liked the lectures.
- I really like how the homework for each class was to implement what we had discussed. I feel like this class, more than others that I have taken, actually impacts some part of my lifestyle even if just in small ways. I also appreciated the guest lecturers that came in, especially when it was taught by Duke alums. I felt like I gained some knowledge about what I should focus on while I'm here and it gave me some perspective on what's important even after college.
- I appreciated all of the group discussions. We had the opportunity to hear a variety of perspectives and engage in thoughtful discourse. I also loved the more casual, friendly tone of the instruction. I felt connected to the professors and open to sharing vulnerably in the surveys.
- I particularly enjoyed the group discussion sections of our class. I liked that it allowed us to meet other people we may never talk to (considering how individualized a lot of other courses are). All of the professors and guest lectures for this class were really engaging and really allowed us to learn something new each class.
- I really liked the pre-class assignments (art) as they were a good cursor to the content to come in class.
- I enjoyed the rotation and random groups. Even though they were awkward sometimes, it was nice to talk to people I otherwise would never have gotten to know.
- They used a lot of guest lectures from a variety of different guests
- I think that the set up was effective and kept us engaged especially because there are no exams (which I really appreciated because this semester was so stressful with everything else).
- Learning was facilitated by analyzing art and science, participating in group discussions, filling out surveys, and trying out new activities. I think that the group conversations were the best at engaging students, and I think doing more of this should be kept for future years.
- I really appreciate how this class was structured. Every lecture, it was interesting to hear the speaker's perspective on the topic because they know more about it than I do. I also hope that this class keeps the before-class activities because it helps me grasp the topic.
- All professors of the course were extremely helpful in facilitating my learning. They were very adaptable to challenges that came with the course and inclusive with any and all ideas.
- The instructors were wonderful in creating a welcoming space where everyone's opinions and thoughts were valued and listened to. I love that we were allowed to reflect on the lectures and the topics from class and were invited to share our thoughts. It opened my perspectives by listening to other students and other speakers voice their opinions.
- The class was very informative however it was very fluid. The learning environment was very positive and allowed for many students to express themselves.
- I thought the structure of this class was very unique. I really enjoyed the layout of this class and all the topics we covered. I thought the instructors created a safe space for people to be able to share their thoughts and ideas without fear of judgement. This inclusive environment is really what facilitated my learning.
- I believe the group/team-based learning helped foster learning because it made the environment less...intimidating and provided more opportunities for deeper conversations and bond formation.
- The exchange of ideas before, during, and after class helped build different perspectives, even when I did not agree with them, or did not think about them before.
- I really enjoyed working with lots of different groups, since it maximized the amount of viewpoints I was exposed to and kept the conversations from going stagnant. I think the discussions were well facilitated, where we were explicitly instructed to give whoever was speaking our full intention and the classroom was a pretty open towards the civil discussion of conflicting viewpoints. I enjoyed the surveys before class, since it forced me to engage with the material.
- This is one of the only classes where I feel like I have the freedom to actually learn, and I think this is very much due to the S/U surveys and no tests. Without being so worried about every single grade/paper/test, I felt free to just listen and learn during the lectures (which were incredibly interesting) rather than trying to catch every word of the lecture worried that I'd need it for a test. I think the grading structure of the course should definitely be kept.
- I really enjoyed the group collaboration aspect of the class. It was nice to hear other students' opinions and feelings on their experience at Duke.
- The professors used specification grading, which made it clear what was required of students to receive a certain grade. Also, students rotated groups and had a chance to meet other students in the class, which I thought was unique for a class of such a large size.
- The pre-class material serving as an interesting hook for the upcoming session's material and the use of surveys to make us evaluate our learning were both great. I'd definitely keep these for future iterations of the course.
- The instructors did a great job facilitating my learning, where they led engaging discussions during class and found interesting material for us to learn about. I enjoyed the guest speakers, as it gave me a better idea of certain resources I could be using on campus.
- I think the structure of the class was perfect for the sim of the class. There wasn't ever too much work or too much pressure on assignments but it was very helpful overall

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

Course: PSY-232-01: ART & SCIENCE OF WHAT "WORKS".PSY-232-01.

Instructor: Shaundra Daily, Gregory Samanez-Larkin *, Nikki Lane

Response Rate: 115/138 (83.33 %)

- I think the instructor did a very good job of engaging the class by sharing their own opinions during class discussions. I also think our professor does a very good job of connecting with students and knowing all the students very well which makes it more comfortable for people to learn and participate. There is not very much I would change I think the class was well designed and led to many fruitful discussions.
- The homework as well as the guest lectures were really entertaining and helped us learn. I would definitely prioritize the guest lectures from many different people because they were very interesting. I loved the homework and reflecting on it because these were simple yet really encouraged us to consider living our lives in a different way.
- The instructors of this course were so understanding, kind, and supportive. It was evident from the start that they cared about us as people and cared about what we had to say. During the course, we were all divided into groups that changed three times. I liked doing this, as I got to meet and hear from new people.
- They brought in many guest speakers.
- The constant reflective surveys were really helpful towards my learning. This is because it got me in a habit of constant reflection to the point that whenever someone goes wrong or I am feeling uneasy about something I reflect and consider how I got to where I am.
- I liked this course a lot. I think that it could choose a few less topics so the conversations about the ones brought up can be in more depth. I think that they facilitated amazing ideas but most of the conversation was cut short.
- The course is very interactive and self-driven. I really like learning in this kind of environment
- I appreciated that there was minimal work to do outside of class and that the intention of the class was for us to reflect on things that we normally wouldn't be able to reflect on.
- They were so kind and genuinely always wanted to hear our honest opinion. They let us say whatever we felt like as long as it was raw, honest, and of course not offensive to anyone.
- I think the instructors did a great job on providing pre-surveys during class because it proved to be an indicator on existing knowledge. I feel like once I let out everything I knew, I was able to assess it and grow onto my pre-existing knowledge. I would definitely keep the pre-surveys and group learning. Group sharing is a great way to hear outside perspectives and it allows you to learn even more.
- The professors of this course were really helpful in creating a very positive, validating, and safe environments for the students. Their genuine excitement for the course material and very apparent personal engagement in their students' wellness helped to encourage genuine student participation in the course work. I think that the personal comments left on the surveys were really helpful in allowing students to feel heard and valued in their efforts in the class.
- I love how safe of a space it is. I think this course would be so much different and a little difficult to participate in if people didn't feel safe enough to share. I loved the breaks in class because it allowed me to stay engaged for each part of class. I often "lose steam" when there aren't any breaks included. They also aren't 1-2 minutes... they're a full five which allows time to get out of the classroom, reset your brain, and stretch your legs.
- I really enjoyed when the instructors would respond to the surveys I submitted and write comments. In terms of in class, I would keep the random groups to encourage students to meet and talk to new people. I loved getting to know people I normally wouldn't talk to.
- the structure of the class with group based discussions
- I liked how the course was not a stressor for me. I think that not having specific grades for each assignment helped me to be able to focus on the topics we discussed, and it allowed me to get more out of the class.
- Love this class.
- Group discussions happened everyday. These discussions helped us learn about the topic in class from the perspective of people who are different from yourself. Also, doing surveys on the topic before class helped with following along.
- I enjoyed the guest lectures and having something new to look forward to each class. The "Did it work surveys" and seeing those results at the end was also cool.
- Prof SL and Dr. Daily provided in-depth, personalized feedback to many of my reflections throughout the semester. It felt SO GOOD and refreshing to feel seen, heard and validated by my professors, and this is one of the first times at Duke I've had this experience. Definitely keep that. I also really enjoyed the three course sections.
- I think that the laid-back structure of this class from both the instructors and the overall design of the course allowed me to engage better and focus on the quality of my work in a personally beneficial way rather than a simply academically beneficial way. Because of this, I think that I better engaged with the guest lecturers and was able to reflect on the topics that we engaged with in an honest way. Specifically, I would say that the guest lecturer aspect of this class is what I appreciated most, because it was a different way of learning and opened up my mind to the perspectives of many different people.
- I think it was helpful and reaffirming to receive feedback from our survey responses, as it allowed to be honest with ourselves and was a form of comfort. I would keep the reflection surveys in instruction and the wide range of topics for future years.
- I would love for other classes and also keep for future years the amount of group work that we complete. I feel like this amount of group work allows you to be more of an extrovert but also allows you to build new connections and not be bored within the class.
- The instructors were very open to feedback all the time, and I think the class got progressively better over time. I also enjoy that, through surveys and class discussions, students have opportunities first to engage with class content and reflect by themselves, and then listen to what other people think and ponder different perspectives.
- The instructors are incredible. They were so open and welcoming and really made it feel like a safe environment. I also liked the structure of meeting with a small group every day, and also switching groups throughout the semester so you can discuss with new people. So yeah I liked these components of the class.
- The instructors created an environment where sharing is welcomed and especially in surveys it is a safe space to truly share how you feel. The comments were personal and made me feel validated. I would keep the time when the class opened up into a larger discussion, because then each group can see and hear that other groups are similar.
- The group discussions were fun especially when the whole group is engaged. I also appreciate the different guest lecturers we have for us to acquire different perspectives.
- The groupwork helped with the engagement and interest in the topics. I liked that the surveys were pass/fail so I could truly write what I thought and wasn't worried about grading criteria or writing what they maybe "wanted to hear."
- I think that the methods that were used in the classroom were effective and helped to keep me engaged with class materials. It is unlike other classroom environments that I have been in before. They were made to encourage classroom discussions and collaboration among our group members.
- Professor Samanez Larkin was one of the best professors I have had at Duke. He challenged my perspectives while also being very comforting and insightful. He was extremely responsive despite a large class and did a good job guiding our guest speakers.

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

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4 - What might improve the course? Are there specific course components or methods of instruction you'd change for future years? Did anything in particular impede a positive learning environment?

Response Rate	106/138 (76.81%)
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- the questions in the survey can be modified based on the content of the class.
- I think that some of the organization was off during the beginning of the year but I think by the end of the course the organization was a lot better.
- Nothing the course was great
- I think this class needs to be smaller or held in a different space. The lecture hall is not well set-up for discussion. Also, the qualtrics forms didn't really make sense- they felt a little too closed-ended. I think that it would be much more engaging and helpful if we had to, perhaps, write a 1 page reflection on each topic.
- It's funny because we are actually doing that as part of our final project in the class in that we are offering changes to the course in order to make it a better experience for students to come. Nothing in particular impeded on a positive learning environment.
- I think making clearer discussion parameters would be beneficial as sometimes discussions felt like they were more aimed towards checking a box.
- Less monotony in the surveys
- This class was one of the most positive learning environments I have experienced. Lovely. No notes.
- I think maybe quicker turnaround on surveys, or having a more streamlined system, would be more effective in keeping students at ease.
- nope!
- I would make the surveys more focused on each type of art/science because a generic one was a little hard to follow through. Secondly, having more alumni for more than a section would be awesome. I missed some more help with goal setting and planning ahead.
- They use generalized forms for some assignments and sometimes they don't work for certain topics.
- I really loved this course and thought everything was, for the most part, good. But I did think that there were a lot of surveys and at the beginning, there was a little confusion and disorganization.
- To further enhance the course, incorporating more case studies could provide additional practical insights. Additionally, increasing the focus on individual projects could allow students to explore their specific interests more deeply.
- Being transparent about whether you got marked for attendance or not earlier on so that there's no ambiguity about it
- Something that could improve the course was less strict policy's on attendance
- If we could choose groups or switch them around more frequently.
- The design of small group discussions could be changed to improve quality of discussions. The seating arrangement made it difficult to see and hear everyone at the same time, so I would suggest a different room or having everyone leave the room to find space to discuss. Having laptops out made it also for the discussion to die out immediately once everyone shares one thought, so I would suggest a laptop-free class for more engagement. I also did not find the purpose in the pre-art survey. The topics were often not informative enough where I was guessing what it meant and therefore felt like I was not giving any meaningful answers.
- I think we could have more flexibility in terms of class attendance and making up activities that we did in class.
- I would have choices for the 'art' part of each week. I didn't really enjoy or find much value in most of the art pieces.
- - Clearer expectations - More organized with the surveys/calendar/syllabus
- I think it would be nice if students were allowed to suggest types of speakers they would want to come in.
- I loved it all!
- Some of the questions on the surveys sometimes didn't make sense/pertain to the specific material we had to experience
- I would make better use of canvas because it was hard to find assignments and other things.
- I think the surveys at times felt like a lot of busy work and felt repetitive, so maybe combining surveys or having fewer or making them shorter.
- I think that a more structured syllabus with more concrete tasks, and also different questions on the surveys each week that relate to the topics would make the class better.
- - Maybe slightly less busy work. I understand the purpose of each of the reflections, but it sometimes felt a bit too repetitive, or the reflections/surveys didn't feel necessarily for some of the topics.
- I think that something that might be worth improving is the surveys to target more specific questions as to what the topic is. I felt like at times the surveys were slightly redundant and didn't particularly make sense with the activity and or topic. Certainly, this will take some more time to edit or construct but I think it will help determine what students genuinely feel about what they have done/interacted with.
- One way the course could improve is through the switching up of surveys. We would do the same surveys over and over again which got very frustrating. I also got super frustrated with the fact that it was the same class structure every single time. It would have been nice to change it up every now and then.
- just drop the idea that "social science" is science, let's not waste our time with bullshit surveys and call it "data." let's just talk about how we feel and what we want, if that's what we're supposed to be getting to anyway
- I think different ways to engage with reflection would have helped the class. Just doing surveys every week made the class feel less engaging.
- A better system for survey/homework submission
- i think the structure of the course was good; perhaps more organization and efficiency related to attendance and forms.
- I think the system of how everything is kept in order could be better. There were a couple of times when I was confused about what to do or had trouble finding what I needed to look at for the assignment.
- I would say if there are ways in increase student interaction and participating in the classroom by cold calling or something that would perhaps facilitate more in person conversation or connection.
- I think it might be better to switch up the surveys to make them more personal to each activity we do, whether it is a pre-class art admiration or post-class science reflection. The questions are repetitive and don't apply to everything, which I think contributed greatly to why I stopped writing as much towards the end of the semester.
- The only thing I would change is making the surveys a bit more specific to the goal of that week. This will ensure that the students are interpreting the surveys more similarly, and this provide more representative and significant results.
- I feel like the "Evaluate Art" section was never truly incorporated into the class. We'd talk about it briefly in the beginning and the rest of the whole class would be about Science. Maybe switch up back and forth with one class focusing on art and the next focusing on science.
- I think making the art a little more difficult and the science a bit more nuanced. I felt like I had seen or heard most things already discussed in this class and did not feel challenged.
- Often the reflections being somewhat after the fact makes it a little difficult, especially with how students are usually incentivized to constantly be taking notes and continuously intake information in other classes

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

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Instructor: Shaundra Daily, Gregory Samanez-Larkin *, Nikki Lane

Response Rate: 115/138 (83.33 %)

- Oh I kind of said it above. Overall though the class was absolutely great so not many changes to make.
- Nothing impeded a positive learning environment. The class was very relaxed yet taught lots of important information.
- I loved the course. I think the surveys kept people in order with the class, because if not I feel that it wouldn't help to reflect on the things we learned in class and put them to use in the real world. Also the group notes when we would talk to the people in our group it helped me meet new people but also learn more about other people.
- - not really
- Something that can improve is some of the topics in the class, and also the structure of the surveys.
- I think my one recommendation would be to be more specific about listing the topic for "what do you already know?" survey because sometimes the topic would be just one really broad term so I would interpret it in a different way than they following class took it
- I think there were some guest speakers that were interesting, but explained some things that students may already know a lot about. It would be interesting to hear from more individuals who have had experiences with mental health and how it has impacted them.
- I really enjoyed this course it was such a positive learning environment and helped me create new connections
- This course was great. Nothing impeded a positive learning environment.
- I don't think there will be much that I would improve in this class. I loved every part of it.
- I'd like to learn less material from Duke resources. I was much more interested and engaged with analyzing the videos and materials before class. I wish we did that in class as well.
- NA
- I think bringing in more science based guest lecturers would be helpful.
- Nothing.
- I understand that accountability is necessary in a course and that the surveys allow for interesting data collection. However, anything that can be done to minimize the amount of surveys we have to do would help. Particularly, I think if you could minimize amount of time that the lecture evaluation takes during class, I would be able to engage in the activities that I enjoyed like the lecture and sharing with my peers.
- I personally preferred all of the science analyses to the art ones. This may just be because I prefer science, but in this type of class where we are trying to figure out what works for each of us I found the science activities were more helpful.
- Some classmates were not very engaged and didn't make much of an effort in groupwork. I'm not sure how the teaching team would address this, though. I think that since this class is fun and doesn't require a TON of work compared to other courses, some people took it as an "easy" class and didn't engage very much. There were lots of students for whom this wasn't the case, though!
- One thing that could improve the course is a little less reflection based activities, and more action based activities. I think for me, it was hard to feel like I was achieving something when a lot of it was just reflecting on what I am doing currently.
- I had an issue with some of the scientific content discussed in the food and exercise lectures. I know we only really had two lectures to discuss these things but they are tremendously nuanced aspects of life (specifically my life) that I personally wish we had gone in more depth about. One comment I had specifically on the exercise lecture is that, while the benefits of lifting were outlined, there was no focus on lifting heavy, which is not only beneficial to your bone strength but also to your mental health in helping you become confident in the person you are.
- I think some of the topics were a little repetitive
- I think that I don't have anything I would change systematically about the course because I enjoyed how different it was from my other classes. Also, the main submission was fixed later on in the course.
- I think that changing the surveys based on the topic might improve this course. I understand this would be a lot of work to implement, but I felt as if some of the survey questions didn't apply very well depending on the art, science, or experience we were reflecting on.
- I think if the class split us up into groups more often, we would be able to listen to more perspectives on the topic. Even though we did switch groups, it felt like we were in the same group for a long time.
- One thing that might improve the course is a more in depth focus on the things we try. This could include doing something more than just a survey and really get across the impact of each activity.
- I don't think anything really needs to be change but if there was anything to change, I do think that some of the surveys can be cut down. In some instances it felt like the survey didn't really benefit me from reflecting the way that the survey was formatted.
- Nothing in particular impeded a positive learning environment, and the classwork was fairly easy to follow.
- I don't have anything I would change. I really enjoyed this class.
- I think the layout of the classroom (lecture-style room that's quite far away) made it a tad difficult to have cohesive conversations at times....so if that could be improved (either by finding a different venue or making the class smaller) that could be beneficial
- Some guest speakers weren't as "useful" as others.
- I think that the structure of the "did it work" surveys could be improved to clarify whether or not the students were actually impacted by the activity, as opposed to letting us define success as having just completed the activity.
- I think the course size/lecture space was not entirely optimal for the type of discourse in this class. Lots of the course focused on small group discussion, but this was really challenging in a large lecture hall with rows of seats. I understand wanting the course to be accessible to as many people as possible, but trying to share personal information was admittedly intimidating in such a large class. I wonder about potentially adding a discussion section so that there could be a separate small group discussion without majorly reducing the number of students able to take the course.
- The learning environment was extremely positive. I felt like all the groups I was apart of were safe environments where I could share openly. The professors were very open to all opinions and ideas and created an overall great class experience.
- I would recommend that the weekly survey prompts be slightly different or further specified. For example, there is a question that says "did it work" - and for some activities, it is unclear what the activity "working" would entail. Similarly, there was a question like "what seems wrong/might not work for everyone" which seems a bit like a leading question. Sometimes, I felt there was nothing that struck me as wrong but would provide an answer due to the probing.
- I don't think anything in this course impeded a positive learning environment and needed to be changed. I think more student input every semester as to what topics/kinds of lecturers students would like to see would be the only real improvement I'd suggest.
- Sometimes it felt like the surveys were a bit tedious, and I probably would have wished maybe there were more specific questions for some of them to guide my analysis.
- I honestly really liked it overall. I think it was very people centric instead of academically rigorous and I appreciated that and felt that it worked really well for what we were learning about
- The one thing I think that could change is altering the survey questions for some of the survey assignments. There were certain surveys where I felt like the questions that were asked did not necessarily fit as well with the material that I had just looked at. Changing these could ensure that we all have more thoughtful reflections.
- I think the classroom honestly might've been arranged too oddly, but not their fault they were given a theatre-like lecture hall - it was hard to have a discussion with a large group because we were all sitting next to each other. Also, I think a longer term project might've been really helpful - for instance, pick a topic like nutrition, purpose, etc, and find a way to make improvements in your life relevant to the topic. This I suggest because we go through a lot of topics and the impact of any single one is little; being able to prioritize and focus on one thing would be really great.

Duke University - Course Evaluations

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Instructor: Shaundra Daily, Gregory Samanez-Larkin *, Nikki Lane

Response Rate: 115/138 (83.33 %)

- I will say that throughout the course, you have to complete a lot of surveys that tend to get repetitive. I wonder if there is another way to collect information.
- Probably switching up the questions on the surveys so that it doesn't get repetitive.
- One thing I can think of are the group notes. I think that they are good in the sense that they facilitate conversation, but at times they felt like a chore. I think that we can still have questions to talk but either remove the concept of making it an assignment or reworking it in some way.
- What I said above. I think that allowing one topic to go over two classes instead of just one would be better.
- I think the current structure is good
- I didn't find the pieces of art or science really engaging. Since they were SO short, there was little to talk about when we were in groups. Or most of what we talked about in groups was repetitive. I did not learn anything incredibly insightful through conversations with my group members.
- I think there were too many surveys.
- I feel like opening the class with semi-sensitive topics can help the class with group sharing. I feel like at the beginning the conversations were very much surface level and it wasn't until we got into the last 2 portions where people start opening up and talking more freely.
- I think the space was a bit disruptive to me. It was difficult to hear everyone in the group due to the awkward seating arrangements, and often times, it was difficult to hear the speakers clearly as well. I think that I wished that there was a better collective effort to remain quiet and respectful during guest lectures, as the constant chattering of classmates (especially when sitting in the back of the lecture hall) was really disruptive.
- Nothing impeded on a positive learning environment. Personally, I think that this course in the beginning had a few kinks (which makes sense since it was new). However, I think it got so much better as the time went on. I do think there is possibly a way to keep better track of attendance and which surveys you've completed. However, I understand those problems because it's a new class!
- One thing I would change is the pacing of the course, because it felt like I got a lot of time to bond with my first group during the 'You' section, but not as much time with my second group during the 'Others' section.
- probably the format of the survey because some questions were irrelevant to the topic
- I really did like the class, I think that the overall layout was really productive.
- -
- I wish we dived more into some topics, but that is hard to do in one semester. Maybe, after learning about a topic, you can provide students with a class here at duke that dives deeper into it.
- - More interactive activities - Starting off with group of choice so we get comfortable class structure first - Altering the surveys a bit - having every survey be the same structure got boring and repetitive. It would be nice to have a little bit less structure and more freedom to express our thoughts.
- I can't think of anything - this was a great course and I think the way it was run was great
- The one thing that comes to mind in improving this course would be a little bit of diversification in the questions that were asked in the surveys that we completed. I think that this could make them just a bit more productive and engaging.
- Something that may improve this course may be making it a smaller class, which can encourage more intimate conversation in class discussions.
- Things that may improve the course are slight changes with the assignment tracking. Not having to upload the assignment instead it can just be done. That's really nitpick this course was amazing.
- I wish there was more art in this class. Most of the art we analyze and reflect on are podcast episodes and short YouTube/TikTok videos. Those are art, sure. But they don't leave a lot of room for different interpretations. I think the discussions held on more subjective works of art were more interesting and productive than the ones that were more straightforward and simple.
- I really like the survey idea and doing one before class about what we already know, one during class about what we just learned, and one about what we tried. One comment I had though was sometimes I just didn't even know what to write about for the pre-class survey. The topic that was listed on the survey was so broad and just said something like "race" or "relationships" and I feel like I would have thought more deeply about what I knew if there was some more direction to it. Like what are the most important qualities of a relationship- just a little more direction so I could be more specific and go deeper than surface-level knowledge.
- I would appreciate if there was a little more variety in how we do our assignments. I understand the consistency helps from a tracking/data perspective but as a student it can become very repetitive.
- A lecture hall with tables will improve engagement over the group. It's hard to face each other with the current environment.
- Taking out the submitted note taking since sometimes it led to one person in the group being less present in the conversation.
- I liked the class setup because a lot of my classes are high-stakes and this was a nice break from the flow of other things. I think it allowed us to explore different topics in a safe space. I think that the teachers also helped to make the classroom environment very welcoming. They made sure to make us feel like we could take time away if needed and that our stress was validated. They understood that school doesn't happen in a vacuum and that we go through things outside of our lectures.
- The course could be improved in a few ways. #1) The survey structure was excellent with a survey before class, a survey during, and a survey after. This made a lot of sense to me. But the survey questions certainly should have changed based on the topic of the class rather than using the same survey every time. Sometimes the verbiage and the questions on the surveys did not line up with each topic.

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Course: PSY-232-01: ART & SCIENCE OF WHAT “WORKS”.PSY-232-01.
Instructor: Shaundra Daily, Gregory Samanez-Larkin * , Nikki Lane
Response Rate: 115/138 (83.33 %)

5 - The course was intellectually stimulating. It made me think in new ways, encouraged me to adopt different points of view, or challenged me to develop new skills.

Response Option				Weight	Frequency	Percent	Percent Responses	Means			
Poor	(1)	0	0.00%					4.11	4.20	4.12	
Marginal	(2)	6	5.36%								
Average	(3)	13	11.61%								
Very Good	(4)	56	50.00%								
Excellent	(5)	37	33.04%								
							0	25	50	100	
							Question	Dept/Program (UGRD)	Undergrad Overall		
Response Rate	Mean	STD	Median	Dept/Program (UGRD)	Mean	STD	Median	Undergrad Overall	Mean	STD	Median
112/138 (81.16%)	4.11	0.81	4.00	628	4.20	0.88	4.00	16935	4.12	0.89	4.00

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

Course: PSY-232-01: ART & SCIENCE OF WHAT "WORKS".PSY-232-01.

Instructor: Shaundra Daily, Gregory Samanez-Larkin *, Nikki Lane

Response Rate: 115/138 (83.33 %)

6 - What made this class stimulating or how could it be more intellectually stimulating if it wasn't?

Response Rate	101/138 (73.19%)
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- I loved the in class surveys it made us really listen and think about the speakers but sometimes the surveys were not really applicable to the class topic.
- The instructor allowing us to interact with one another and pick each others brains
- I think this class could be more intellectually stimulating if we had more work... it was so easy to get by in this class doing basically nothing, which is nice in some sense but also I really don't feel like I got that much out of this class aside from what I learned from guest speakers. Also, the biggest thing I would suggest would be a NO COMPUTER POLICY during the guest speakers. I found it extremely frustrating that my peers would sit and do homework during class. It's 1. disrespectful to the guest speakers who have taken time out of their day to come talk to us, and 2. unfair to other students (everyone is busy and has work to do)
- I think the way in which we went about the material was very stimulating in that it forced us to be very self-reflexive. I was really happy with the fact that we were always with a different group in class every couple weeks so we got to meet new people and make new connections.
- I think the grading scale of the course lowered my motivation to meaningfully engage with the course as it wasn't necessary for me to get the grade I desired
- Each class was a new person with new information! It was lovely.
- The guest lectures and art pieces made class unique every day!
- conversation, different arts and different types of arts, coming up with a try something with groups and voting on one
- The class was extremely interesting and very stimulating in a way it became part of my social time with friends, family, etc.
- It was stimulating because I learned much about paying attention to my life and applying most of the knowledge to my daily life.
- I thought it was stimulating just because it was fun to express your thoughts about what we learned in a small group because sometimes you don't want to speak up in front of the whole class but you want to share it with someone.
- The courses interdisciplinary approach encouraged us to think beyond the confines of a single subject and understand how different fields intersect and inform each other. The use of discussions, mini-lectures, and real-life application exercises, made the class dynamic and engaging.
- The class was very stimulating because it pulled from multiple different lecturers who were specialized in different topics
- The class varied dramatically depending on who the speaker was, but overall, the topics of each class were intellectually stimulating.
- It was stimulating because of all the diverse perspectives I heard.
- The discussion was always stimulating, but I feel like for people who haven't thought in a discussion way before, more structure could be suggested/enforced.
- - The guest speakers made the course stimulating - The broad array of topics covered also made the course stimulating
- It makes you think about life that other classes don't do. Sometimes ruminating is constructive.
- It was exciting to have a new topic each class that truly related to our daily lives.
- We could control the things we tried each week and how we did it All feedback and comments were welcome Variety of different topics each week from different speakers that were important members of the Duke community -- got to see a different side to the school
- A lot of topics were things I had learned about already, especially in the first two segments of the course. The last segment of the course, where we started talking about some philosophical concepts, was more interesting.
- It was stimulating because it reminded me of things I learned in health class in elementary school about how to lead a healthy life, except more related to life in college.
- The fact that we were discussing sometimes difficult topics with people we'd never met before made the class interesting and intellectually stimulating.
- I think that in class we should have had some open discussions about the art or science that we analyzed, rather than such a structured discussion where each person needs to say one thing.
- I think what made the class stimulating was looking forward to what the presenter's big takeaways were going to be on the topics we got to observe art for. I never really knew what to expect and sometimes I felt like I learned stuff that felt beneficial and other times I felt rather challenged or disagreed. It was nice to have a class that made me stop and think about my actions or how I think about things mentally.
- This class was stimulating in the fact that I was able to learn a lot more about myself than I could have thought. engaging in various activities that forced me to go do something stimulating was actually intellectually stimulating in it of itself.
- it was good to talk to people with different ideas. maybe make it smaller. this is the kind of class that would be much better as a seminar with a dozen people than a giant lecture hall with a hundred.
- It was interested to hear from different stakeholders every week but there was never enough time for depth in a material because of this structure.
- The class was intellectually stimulating as it focused on topics we don't get to talk about in other classes that are extremely relevant to our lives as students and as people. The class structure (mini-lectures, breaks, and discussion) was intellectually stimulating and facilitated cohesive learning.
- while short videos were used (which was time efficient), some of the videos lacked depth (such as the 'where are you really from' video) -- perhaps more nuanced videos could be helpful
- This class was intellectually stimulating because it was outside of the realm of topics we normally cover in other classes.
- I think because the workload was relatively light some assignments held a stronger weight than others but I think some of the topics I already knew a lot about so I wasn't as engaged with them -- like race, gender, etc. but conversations about meaning and purpose were newer to me and more interesting.
- I think having guest lecturers was such a boss move. It kept things engaging and I also feel like I learned a lot from professionals qualified in their area of expertise.
- The guest speakers were really interesting and covered a very nice variety of topics.
- I had to really analyze both my relationship with myself and my relationship with others. It made me think about how I want to spend the rest of my time at Duke and how I can maximize it.
- The concepts needed to be a bit more hard hitting and less surface level. For example, the health and wellbeing one was about how to have a balanced diet, but I would have preferred maybe a unique perspective on nutrition. Some of the lectures felt like plugs for different offices on campus without actually teaching me things in the lectures.
- It was a very broad class but it often wasn't very deep. Of course this is partially by design but sometimes the topics could feel a little shallow.
- Just the multitude of topics covered that are very applicable to everyday life made it very stimulating and allowed me to take time to think of different topics. Time that I would usually spend doing something else.
- Having a new speaker each week made it intellectually stimulating because we had the ability to cover so many topics and be challenged in our perspectives each week.
- I think what made the class so stimulating was that we talked about real world problems. We made sure that we touched on how to fix the problems as well.
- - diverse information
- The different things we learned and talk about were not like any of my other classes. This made this enjoyable and made me look forward for coming.

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

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Instructor: Shaundra Daily, Gregory Samanez-Larkin *, Nikki Lane

Response Rate: 115/138 (83.33 %)

- each class was something new - it never got repetitive - it was always intriguing and exciting - this really motivated me to pay attention
- I really enjoyed having conversations with my different groups, especially hearing different perspectives from students that I had never spoken to before.
- All the different topics that we covered and speakers and how we were able to interact with new people
- The variety in the structure in the focus of the class. The separation between the type of materials we would engage with (art vs science) and those subtypes, the evaluations and critiques we would do, speaking openly about our interpretations and opinions in class, etc..
- This class made me think deeper about the meaning of life.
- Conversations in class with other students was stimulating.
- Excellent speakers with different backgrounds
- It felt some things we learned about were common knowledge, so stimulation lacked for the those lectures.
- It could be more stimulating if there was more work to do outside of class. All we had to do was fill out surveys on basic things we did in or outside of class and that was pretty easy.
- My favorite lecture was with Professor Antepil and really made me consider the role of religion in living a fulfilling life. I also enjoyed sharing with my peers.
- I liked how each activity was catered towards each individual and they could choose how wanted to implement the activity.
- I appreciated the variety and novelty of "art" and "science" sources. We'd listen to a podcast, then watch a short film, then look at an infographic... I never knew quite what to expect!
- This class was stimulating in that each week we would try something new and saw if it worked for us or not. I definitely think there are some things we tried in this class that I will be utilizing in the future.
- I loved the fact that we discussed different topics during every class. The diversity made it very exciting!
- It was unlike any class I have taken before in that it was inherently and predominantly introspective. It was a nice change of pace.
- There wasn't too many activities that made you think.
- I think that having different speakers come in and talk to us about different topics kept me on my toes. I think it also kept me engaged because it wasn't the same thing every time and I enjoyed learning things beyond typical classroom knowledge.
- I think more group conversations and less repetitive survey questions could have made the class more intellectually stimulating.
- It made me think in ways that I hadn't previously thought of before. Hearing the perspectives from people who were in my shoes at one time gives me hope that these challenging times are only temporary and that there are better days ahead.
- NA
- I think the questions and the What Should you Try portion was really good because it allowed us to apply what we learned to something outside of the classroom
- Looking and analyzing certain topics from a different perspective.
- We covered a broad range of topics, some sensitive, which required a delicate touch when discussing. This required individuals to be thoughtful with their comments but because this class felt like a safe space, we were still able to disagree and help each other grow.
- the subject matter we were assigned as well as the inherent group discussion aspect of the class made it intellectually stimulating
- I think being given a semi formal approach to analyzing scientific and artistic works while facilitating rigorous conversations made the class pretty stimulating. I also enjoyed picking an activity to try per module and found that experience to be stimulating. There were some guest lecturers that felt confusing or even contradicted the previous lecturers, especially the ones about meaning.
- This class was very very relevant (and of course designed to be) to my life now, and it was very easy to relate to the content from a personal lens. I really enjoyed the guest lecturers and how many different viewpoints I got to learn about from the guest lecturers, professors, and classmates.
- Provided many different types of learning material which made it interesting (videos, poems, etc.)
- I liked how we looked at a diverse array of art and science; every week, there was something new. It was nice having the rhythm of surveys and class flow but also having something new due to the class topic changing weekly.
- The guest speaker series, the selection of personal and impactful topics as the basis for material in the class, things like group notes based on peer discussion.
- It allowed me to learn more about variety aspects of my life that I wouldn't normally/make time to think about. Especially seeing each time how it relates to my life made it stimulating and interesting.
- I thought it was extremely stimulating
- We talked about a lot of things that are applicable and relevant to our everyday lives which made this class very stimulating in my opinion
- The group activities, the homework, the pre-class activities, and lectures everything was intellectually stimulating.
- We touched on a large variety of topics and engaged in activities to practice new behaviors, modes of thinking, or just to expl
- How there are different groups and topics constantly.
- It was intellectually stimulating because many of the topics were not completely new to me, but it was the first time I was having conversations about them so it was rewarding being able to consider how the topics affect my life.
- The topics themselves and the amount of people that they brought in as guest lecturers.
- Good re-class videos and activities
- Better content to watch or engage in with before class. It doesn't have to be extremely short.
- I feel like the group sharing and the guest lecturers made the class stimulating because many offered great insight and resources.
- The sheer load and variety of content introduced made the class really exciting and stimulating. I appreciated the breadth of topics covered.
- I think it was stimulating because it was something different everyday! Different perspectives, opinions, styles of teaching, etc. Yes, all the topics meshed well with one another, but I think having something new to focus on everyday was fun and stimulating.
- Certain guest speakers definitely made the class stimulating, and certain lectures stuck with me through the course. I think the class could be more intellectually stimulating by ensuring the guests welcome student participation, and honestly giving more time to interact with the guests and emphasizing this opportunity to discuss, rather than filling out the surveys.
- This class was stimulating because it had a new topic every meeting period, and encouraged us to try new activities outside of class
- I think that the variance in material made this class really interesting. I likes the guest lecturers, and I especially liked hearing from people who worked at Duke about Duke specific affairs.
- -
- The topics we talked about were personal and you were able to go into as much detail sharing as you wanted to. It was also stimulating because of the stories you hear from other students.

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

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Response Rate: 115/138 (83.33 %)

- Having a task to try after the lecture. Interacting with group members.
- This class was stimulating because I thought about a lot of facets of life and wellness that I don't often (or ever) think about, like religion and spirituality. It made me deeply engage with these topics and exposed me to tons of interesting speakers who I personally followed up with after.
- I think that the perspectives that we were introduced to through the guest lecturers along with the topics that they came in to speak about were the main things that made this class so intellectually stimulating.
- The different forms of media and hearing from a wide range of guest lecturers made this class stimulating.
- What made the class stimulating is we were always learning or discussing something new. It never felt like we were stuck on the same topics for weeks even days.
- It was a very light-hearted environment. A safe space for people to share their reflections and personal experiences.
- With every class having a new topic, I felt that this class was very stimulating. It kept you on your toes and kept you engaged because you never had the same conversation twice. You also met with other people to discuss these topics and that also helped enrich the learning because you could hear their opinions too.
- I loved that we got to vote for the weekly action, that made it super stimulating and valuable for me. I was able to experiment with things I've always wanted to try AND DO IT FOR SCHOOL!
- The materials we have to watch or read before class were short but interesting enough to spark discussions.
- It was good that sometimes what we evaluated was art or interesting videos so that was stimulating.
- I think that this class was already pretty stimulating. However, I feel like maybe taking suggestions for lectures at the beginning of the year for one lecture that the class would like to hear.
- The class was stimulating because each day was a new topic and we got to learn from different professors.

Duke University - Course Evaluations
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7 - Considering all components of the course (lectures, discussions, sections/labs, assessments, projects, course environment, etc), overall the course was

Response Option	Weight	Frequency	Percent	Percent Responses	Means						
Poor	(1)	1	0.88%		4.29	4.22	4.05				
Marginal	(2)	1	0.88%		Question	Dept/Program (UGRD)	Undergrad Overall				
Average	(3)	14	12.28%								
Very Good	(4)	46	40.35%								
Excellent	(5)	52	45.61%								
					0	25	50	100			
Response Rate	Mean	STD	Median	Dept/Program (UGRD)	Mean	STD	Median	Undergrad Overall	Mean	STD	Median
114/138 (82.61%)	4.29	0.78	4.00	630	4.22	0.84	4.00	16981	4.05	0.92	4.00

8 - Based on the effectiveness of instruction (clarity, expertise, enthusiasm, rigor, support, inspiration, etc), overall the instructor, Gregory Samanez-Larkin, was

Response Option	Weight	Frequency	Percent	Percent Responses	Means						
Poor	(1)	0	0.00%		4.69	4.33	4.22				
Marginal	(2)	0	0.00%		Question	Dept/Program (UGRD)	Undergrad Overall				
Average	(3)	5	4.42%								
Very Good	(4)	25	22.12%								
Excellent	(5)	83	73.45%								
					0	25	50	100			
Response Rate	Mean	STD	Median	Dept/Program (UGRD)	Mean	STD	Median	Undergrad Overall	Mean	STD	Median
113/138 (81.88%)	4.69	0.55	5.00	1021	4.33	0.87	5.00	19963	4.22	0.95	4.00

9 - Based on the effectiveness of instruction (clarity, expertise, enthusiasm, rigor, support, inspiration, etc), overall the teaching assistant, , was

Response Option	Weight	Frequency	Percent	Percent Responses	Means						
Poor	(1)	0	0.00%		4.84	4.89					
Marginal	(2)	0	0.00%		Question	Dept/Program (UGRD)	Undergrad Overall				
Average	(3)	0	0.00%								
Very good	(4)	0	0.00%								
Excellent	(5)	0	0.00%								
N/A	(6)	0	0.00%								
					0	25	50	100			
Response Rate	Mean	STD	Median	Dept/Program (UGRD)	Mean	STD	Median	Undergrad Overall	Mean	STD	Median
0/138 (0.00%)	0.00	0.00	0.00	646	4.84	1.08	5.00	6287	4.89	1.13	5.00

10 - In what ways did the teaching assistant(s) facilitate your learning and what might have helped even more? Include any constructive comments you'd like to share with here.

Response Rate	0/138 (0%)
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Duke University - Course Evaluations

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Instructor: Shaundra Daily, Gregory Samanez-Larkin * , Nikki Lane

Response Rate: 115/138 (83.33 %)

11 - What would you like to say about this course to a student who is considering taking it in the future?

Response Rate 102/138 (73.91%)

- TAKE THIS COURSE!!!! It is lovely, so chill, you will learn so much. You will actually feel like you are learning to learn, not just for a grade. 10/10 would recommend it made me not go insane with a very otherwise Pratt heavy schedule.
- I loved it take this class
- Really pay attention to the guest speakers. They have a lot of good advice.
- Take this class if you struggle with understanding yourself and your role in the Duke community because it was a very positive and uplifting experience that I needed at this point in my Duke career.
- You get as much out of it as you put into it.
- This course is really fun and interesting and you meet a lot of people through different groups
- ABSOLUTELY go for it, it's a great course to learn stuff that is really important to "you"
- Be open-minded! Try to really find meaning in everything in this class.
- awesome course! a good break from heavy or difficult course work. a chance to focus on your life and the people in it and find specific things to help improve areas of your life
- The class is not hard at all, you just need to do your work and make sure to come to lectures. Professors are very fun and very engaged.
- Be open-minded to the post-class activities. They are the ones that will really teach you.
- definitely take this class learned a lot, was fun, really enjoyed coming in on Monday's and Wednesday's. The teachers were so understandable and just great people.
- I would say that it's a unique and enriching experience. It's not just about acquiring knowledge; it's about learning how to apply that knowledge in real life. You'll develop critical thinking skills, learn to appreciate the interplay between art and science, and gain valuable insights into navigating both your personal and professional life. It's a course that challenges you to think differently and more deeply about the world around you.
- You get what you put in! Take it seriously because this is a very fulfilling course
- The course is great and really teaches you a lot, any major would enjoy it
- take it!
- This class is worth your time if you are going to engage in it.
- It is a very interesting course that will fulfill you if you are interested in the subject matter.
- - Stay on top of your assignments - Attend lecture because it's super fascinating - Get to know the professors
- Take it!
- Definitely take it!!! You will learn so much about different things happening at Duke and apply useful tools to your life
- Its a very interesting course that has a low amount of work to do but you can get a lot from.
- Excellent class, highly recommend
- This class is not going to force you to learn anything. If you want you can learn absolutely nothing and still do very well. But if you are willing to stop and reflect about all the topics discussed, this class will probably very interesting and helpful to you.
- It's really easy and pretty fun, but ultimately there are a lot of good lessons to be learned and you'll get out of this class what you put in. So if you're looking for an easy A, that's fine, but you can also put in a little bit of effort and self reflection to get a good grade and also grow as a person.
- I would recommend a future student to take this course. It is certainly not the most academically rigorous course but I enjoyed it.
- - Take it, you won't regret it. The professors are amazinggggg and the topics are so relevant to you as not only a student, but a person too.
- This course is super easy, and a very light workload, and u could also learn a lot about yourself.
- there are gems scattered throughout, but you'll need to be patient and open-minded to find them
- This is a cool class to take that won't be as taxing on your schedule but still pique your intellectual curiosity.
- This is one of the best classes I have taken at Duke. It is extremely relevant to our lives unlike many other classes while maintaining a feasible and extremely low workload. I have had such great conversations and gained valuable knowledge in this class. Highly recommend.
- it will definitely expand your understanding of yourself and the components of the world; globalizes your thought process
- This class is very light on the workload side but you will still learn a lot, especially if you come to class and pay attention to what all the guest speakers have to say.
- Take it! Its super easy and if you apply yourself just a little bit you can learn things about duke and yourself and others that you wouldn't have time to otherwise.
- Take it! You will learn a lot about yourself and others, It is also great if you want a more chill class.
- This course is very easy, but not boring and allows you to do a lot of personal reflection. Professors are also great.
- This class is all about putting in the effort. You can probably skate by just fine, but the only way you'll actually get anything out is if you really critically evaluate the topics presented throughout the class and try the things you are supposed to try.
- It's an easy course to do well in, but I don't feel like I learned particularly that much during it. It is engaging and nice to work in groups and the professors try really hard to keep the students engaged and on top of the work.
- Make sure to keep up with turning in the canvas assignments, it can be pretty hard if you've never used canvas before
- 100% would recommend. It is not a hard course at all and it is very stimulating. It is very enjoyable and opens up conversations with friends that you may not typically have. I would recommend taking the class with friends too because it enhances the learning environment and makes it more fun.
- The topics are very relevant and things that actually apply to life. In college, so many classes feel like they don't provide you with skills for begin a successful adult or person. This was the first class I've taken where I learned important life skills and lessons to succeed outside of the classroom.
- I think this is a perfect class to introduce you into college it gets you started with how to keep track of what you need to do and what you dont need to do. But it also keeps track of helping you cope with problems that come up in college in the first years or even in the last few years of college.
- - Definitely recommend! I think the course was intellectually stimulating in many different ways
- Take it, it's worth it
- honestly i believe a class like this would greatly benefit any duke student - it teaches you about things extremely relevant to daily experiences at duke and helps you navigate these four years

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

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Instructor: Shaundra Daily, Gregory Samanez-Larkin *, Nikki Lane

Response Rate: 115/138 (83.33 %)

- This is a much more simple course that is easier to do well in. It is nice to be able to reflect on yourself, but many of the discussions can be a little bit surface level.
- A must take course it is a good balance class but also makes you learn many new things.
- I would let them know to definitely taking it! We do a lot of reflection and application exercises which I enjoyed.
- This course is very fun and engaging.
- There are a lot of surveys and it can be hard to keep track of them so just make sure you check canvas frequently.
- You can learn and experience a lot through the course
- NA
- It is a course that fulfill a lot of trinity requirements and it is pretty easy and interesting. Definitely take this course if you can, you will not regret it.
- I would tell a student to give effort to the post class activities.
- Be honest in the surveys and use them as an opportunity to really reflect.
- You get what you put into this class. Be prepared to engage authentically in group discussions, try the class-generated activities, and keep the overarching course questions in mind. The class doesn't require a ton of work, but is very valuable if you invest some time and energy into it.
- I think that so far this class has been one of the most interesting classes that I have taken outside of Duke (outside of major related classes). It really allowed me to reflect on what I have done so far and how I can plan out my next few years at Duke and make the most out of everything.
- I would urge them to really assess how the discussed topics apply to their own lives and what changes they can make based on newly learned information to become their best selves.
- This is a fun and rewarding course that encourages you learn more about yourself and be introspective. Not a lot of work and refreshing to take with a heavy course load.
- If you want an easy A, go for it. Some interesting things were taught here and there, and I did learn a little bit too, but nothing life-altering
- I would say to take this course if you need a class where you want to learn a lot, people new people, try new things without academic pressures of tests and exams.
- I would definitely recommend taking this class, especially early in your time at Duke, because I think it allows you to learn a lot about yourself, provides good balance with your other course-load, and sets you up for success for the rest of your time at Duke.
- I would advise them to take this class because it teaches you about the fundamentals of life and what to expect from life. This class was one of the most useful classes I have ever taken.
- I would say that this is an incredible course that you should definitely take. This course taught me so much about life at Duke and how I can change habits and build new ones. This course had me try many new things which was very interesting and exciting to complete each week.
- This class really opened my mind about how to look at my life. It challenged me to think differently, and to take initiative, but also taught me that its OK.
- That it allows you to see many different concepts from different perspectives and helped me to develop my own opinions on things.
- If you are looking for a class to push you to have difficult conversation and really evaluate yourself and others, this is the class for you. This class pushed me outside my comfort zone in terms of talking about my thoughts and feelings but in the best way possible.
- This is a great course! It's straightforward and if you put in the effort your grade will reflect that. You learn a lot you wouldn't in a typical class and the professors are very wonderful and supportive.
- Try to keep an open mind while taking this course and don't be afraid to express your opinion truthfully during discussions.
- DEFINITELY take this class. It really positively impacted my overall Duke experience and I really enjoyed the professors and their insights.
- I would recommend a student take this during their first or second year of college. You get exposure to so many excellent resources at Duke, meet a plethora of new people, and learn how to more critically evaluate art and science. These are all skills I wish I had learned earlier on in my college career. This class will give you an amazing foundation for the rest of your Duke journey. Also super fun and interesting topic with great professors.
- I think you should take it - manageable workload and helps you think productively about your time at duke.
- I would highly recommend this class-- it definitely is different from most other classes here where it allows you explore different activities or methods to approach life, which can be hard to prioritize with school.
- I think it will really help sort out your priorities and get you mentally prepared for not just college but life as a whole
- This is a very good course for anyone who wants to work on self improvement. This class is very reflection heavy and requires you to do a lot of introspection. ALthough it is very different from most other classes at Duke I would strongly recommend it to any Psych major or people who want a psych elective.
- Take it! It's not hard at all, it's very easy and encourages you to reflect on yourself.
- Take this class. This course was an easy and insightful addition to my schedule. It counts for a lot credit wise and there's not a lot of work at all. You will be able to self-reflect a lot and talk with other Duke students.
- Possibly
- This class will make you question a lot but in a good way. I think that this class will make you realize a lot about yourself and how you interact with the world around you as well as others. You will agree and disagree with people within this class but that is a good thing.
- JUST TAKE IT
- If you are having an emotional semester I would not necessarily recommend this class to you. It's too deep and might send you spiraling.
- This was a really interesting and new experience. It's really deep and introspective so if that stuff freaks you out, maybe don't take it. It's really chill, though, and a supportive environment!
- Definitely take it!!! This class definitely helps in building your life. You will gain amazing insights on life.
- This is such a wonderful course to take, especially early on in your time at Duke. So many important reflections have been encouraged in this class and it is really helpful in helping to figure out what is truly important during your time at Duke and life beyond.
- I would say that this course is absolutely worth taking. You learn something new every day, and the course is fun and easy given the effort you put into it. The course is what you make of it, so I strongly encourage you to not just go through the motions and give it your all. It will be highly rewarding.
- This is a very chill class and I recommend taking it, especially if you need an ALP! Sometimes the class may have felt boring, but with the variety of speakers and topics you will likely learn something new and take away something you really enjoyed.
- It very easy course but to the benefit of the course you have to be engaged.
- This class if perfect if you are looking to learn about topics that are relevant to your life, but might be different than what you will learn in the majority of your other classes at Duke.
- Definitely take, very rewarding,

Duke University - Course Evaluations

Undergraduate Course Evaluations - Fall 2023

Course: PSY-232-01: ART & SCIENCE OF WHAT "WORKS".PSY-232-01.

Instructor: Shaundra Daily, Gregory Samanez-Larkin * , Nikki Lane

Response Rate: 115/138 (83.33 %)

- TAKE IT!!!! it is a great class to overload with or to take while taking hard classes. It is very interesting hearing about other students' perspectives on topics. All you have to do is show up and engage in fun conversations with your group and you will get an A!
- Take this class! The workload isn't very heavy and you get to learn new things that you would never learn about in other classes.
- PLEASE TAKE IT. This is an AMAZING class, probably best I've taken at Duke. I enjoyed it a lot as a senior, but I think no matter what year you are, this is a great course for figuring yourself out and mapping out the rest of your time after Duke.
- I would tell them that if they were looking for a course that strays away from the typical structure, it is the perfect class to take.
- I would recommend this course to anyone who is looking to make their Duke experience more captivating and broaden their perspectives on what wellness looks like.
- Please take this course. The course is extremely interesting and it allows you to be able to breathe within your schedule but also allows you to being an extrovert and interested with the class and its participants.
- While taking the course, it will feel a little useless. Because you don't learn many new theories or frameworks, it doesn't feel like you're learning. But you are. When you look back at the class at the end of the semester, you'll see how much your outlook on life will have changed.
- take it. trust. it's a great class.
- TAKE THIS COURSE!!!!!! It's so beneficial as just a human being regardless of major, career path, background or anything. You learn so much about how to do life and what that looks like FOR YOU.
- Take notes on a journal so you can take a look at it even after taking the class.
- To apply yourself! You will get more out of the class if you engage in it!
- I would recommend that students try to take something from the lectures. I think that the class could make a real difference in your life if you allow it to. I think the "Try It" segments are really helpful and a great excuse to do things to get out of your bubble. I think that it also forces you to organize your life and think thoughtfully about important topics.
- The course had a very interesting design and it was great to hear from multiple professors and points of view throughout. Before you take the course find out who the visitors/guest lecturers will be. Some of the guest speakers really had nothing to provide while some of them were excellent and engaging/ interesting. Professor Samanez-Larkin (SL) is the nicest , most down-to-earth, and cool professor at Duke. Taking a class with Professor SL is totally worth it!

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12 - The course was difficult.																	
Response Option					Weight	Frequency	Percent	Percent Responses	Means								
Strongly disagree					(1)	55	48.25%										
Disagree					(2)	45	39.47%										
Neither agree nor disagree					(3)	11	9.65%										
Agree					(4)	2	1.75%										
Strongly agree					(5)	1	0.88%										
								0	25	50	100	Question	Dept/Program (UGRD)	Undergrad Overall			
Response Rate	Mean	STD	Median	Dept/Program (UGRD)	Mean	STD	Median	Undergrad Overall	Mean	STD	Median						
114/138 (82.61%)	1.68	0.79	2.00	621	2.82	1.09	3.00	16966	3.25	1.10	3.00						

13 - How many hours in a typical week did you spend on this course (outside of class meetings)?																	
Response Option					Weight	Frequency	Percent	Percent Responses	Means								
1					(1)	69	60.00%										
2					(2)	28	24.35%										
3					(3)	11	9.57%										
4					(4)	5	4.35%										
5					(5)	1	0.87%										
6					(6)	1	0.87%										
7					(7)	0	0.00%										
8					(8)	0	0.00%										
9					(9)	0	0.00%										
10+					(10)	0	0.00%										
								0	25	50	100	Question	Dept/Program (UGRD)	Undergrad Overall			
Response Rate	Mean	STD	Median	Dept/Program (UGRD)	Mean	STD	Median	Undergrad Overall	Mean	STD	Median						
115/138 (83.33%)	1.64	0.98	1.00	628	3.44	2.00	3.00	17010	4.39	2.39	4.00						

14 - The course had clearly defined student learning objectives and overall goals.													
Response Option					Weight	Frequency	Percent	Percent Responses					
Strongly disagree					(1)	1	0.87%						
Disagree					(2)	2	1.74%						
Neither agree nor disagree					(3)	5	4.35%						
Agree					(4)	49	42.61%						
Strongly agree					(5)	59	51.30%						
Response Rate					115/138 (83.33%)								

15 - The course had clear expectations for assignments and other work.													
Response Option					Weight	Frequency	Percent	Percent Responses					
Strongly disagree					(1)	1	0.87%						
Disagree					(2)	1	0.87%						
Neither agree nor disagree					(3)	4	3.48%						
Agree					(4)	46	40.00%						
Strongly agree					(5)	66	57.39%						
Response Rate					115/138 (83.33%)								

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16 - The course had a welcoming and inclusive classroom environment					
Response Option	Weight	Frequency	Percent	Percent Responses	
Strongly disagree	(1)	1	0.87%		
Disagree	(2)	0	0.00%		
Neither agree nor disagree	(3)	1	0.87%		
Agree	(4)	27	23.48%	■	
Strongly agree	(5)	86	74.78%	■	
Response Rate		115/138 (83.33%)			