



Foundational Workshop: Student Feedback Report

Conducted By: Aspire Highs'
Conducted at: Synod College, Shillong
Date: 14 Aug'25



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PART 01

Executive Summary



Workshop Overview

Purpose of the Workshop

To build foundational skills for academic, personal, and career success; workshop content includes communication skills, job interview tips, time management, and critical thinking.

Positive Feedback Highlights

Engaging sessions, relevant topics, and effective facilitators; students reported improved skills and increased confidence; most would recommend the workshop to others.



Areas for Improvement

Practical Application

Increasing practical activities and role-play exercises is needed, especially for job interviews and communication skills.

Session Duration

Fine-tuning session durations is suggested; potentially allocating more time for interactive sessions.

Note : Due to there was time constraints in conducting workshop, these feedback is being observed.



PART 02

Overall Satisfaction Assessment



Satisfaction Ratings

High Satisfaction Levels

Majority of participants rated their overall workshop experience as very satisfactory (4–5 on a 5-point scale).

Appreciation of Teaching Style

Students appreciated interactive teaching style, clarity of sessions, and coverage of essential life and career skills.



Factors Contributing to Satisfaction

01 Interactive Sessions

Mix of lectures, discussions, and activities were appreciated for maintaining engagement.

02 Relevance of Content

Almost all students agreed that the workshop topics were directly relevant to their personal growth and professional readiness.



PART 03

Key Session Highlights

Highlights from Student Feedback

Area	Feedback
Most Valuable Sessions	Communication Skills, Job Interview Tips, Time Management Strategies, Critical Thinking & Difficult Discussions
Relevance of Topics	Almost all students agreed topics were relevant to personal & professional development.
Facilitator Effectiveness	Facilitators rated highly for knowledge, clarity, and presentation skills.
Workshop Structure	Mix of lectures, activities, and discussions helped maintain engagement.

Communication Skills

01

Impact on Personality Development

Recognized as the most impactful session, helping students gain confidence and improve self-expression; focus on effective communication contributes significantly to personal development.

Student Feedback

Students noted improved clarity in their communication; increased ability to express ideas effectively.

02

Job Interview Tips

Practical Guidance

Seen as highly practical, though a few students indicated a need for more practice-based exercises; real-world application significantly improved performance.



Areas for Improvement

More mock interview exercises and personalized feedback sessions are needed to prepare for job interviews.



Time Management



Structuring Tasks

Helped students structure their academic and personal tasks better through to-do list strategies.

Productivity Gains

Students reported improved productivity and prioritization skills by implementing time management techniques.





Critical Thinking

Real-Life Applicability

Students valued the real-life applicability of these sessions during difficult discussions; developed problem-solving and decision-making skills.

Confidence Boost

Improved confidence in critical thinking and navigating challenging conversations.



PART 04

Skill & Confidence Development



Enhanced Skills

Communication Skills

Students reported improved communication skills, decision-making, and productivity techniques after participation; sessions boosted interpersonal abilities.

Decision-Making

Improvement in the ability to make informed and effective decisions through structured techniques; leads to better outcomes in personal and professional life.

Increased Confidence



Job Interview Confidence

Significantly improved for many participants, although a few still felt the need for more mock-interview practice to handle pressure.



Mental Well-being

Sessions on mental well-being (sleep mastery, productivity strategies) were well received and acknowledged as useful for maintaining balance.

Note : Due to there was time constraints in conducting workshop, these feedback is being observed.



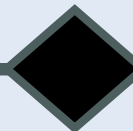
PART 05

Suggestions for Enhancement

Practical Exercises

Include Role-Play Activities

Enhance engagement with more practical exercises and role-play activities (especially for job interviews and communication) to apply learning.



Opportunities for Practice

Creating more hands-on activities to improve skills; implementing real-world scenarios help students gain confidence.

Note : Due to there was time constraints in conducting workshop, these feedback is being observed.



Extended Q&A

Module-End Sessions

Provide extended Q&A sessions at the end of each module for better understanding; clarifying doubts is essential for effective learning.

Facilitator Interaction

Allowing students to engage directly to reinforce concepts and address individual concerns.

Note : Due to there was time constraints in conducting workshop, these feedback is being observed.



Follow-Up Workshops

01

Advanced Practice

Consider follow-up or advanced workshops for deeper practice and application; providing tiered learning further builds upon basic knowledge and enables expertise.

Continuous Improvement

Building continuous professional development activities assists skills reinforcement and supports long-term development.

02



PART 06

Overall Recommendations & Final Impact

Workshop Recommendation

01

Peer Referrals

A strong majority of students indicated they would recommend this workshop to peers to improve themselves.

02

Key Reasons

Citing the clarity, usefulness, and interactive approach as key reasons for student increased interest in professional development.

Achievement of Goals

01 Foundational Skills

The workshop effectively met its goal of building foundational skills for academic, personal, and career success.

02 Future Programs

Students expressed a strong interest in similar future programs indicating the workshops effectiveness.





Thank You

Thank You Note

We extend our heartfelt gratitude to **Synod College, Shillong** for giving Aspire Highs the opportunity to conduct the *Foundational Workshop* with the students. The support and cooperation extended by the college played a crucial role in making the workshop a meaningful and impactful learning experience.

We would also like to sincerely thank **Dr. Mankhrawbor Dunai** for his constant coordination and guidance, which ensured the smooth execution of the program from start to finish. His efforts in bridging communication and providing logistical support were invaluable in making this initiative successful.

We look forward to continued collaboration with Synod College in creating more learning opportunities that empower students for their academic and professional journeys.

Warm regards,
Team Aspire Highs



Various Other Workshops We Offer

Workshop for Job Aspirants

This workshop covers everything from **communication skills** and **resume writing** to mastering **interview techniques** and building your **personal brand**. Learn how to navigate the job search effectively, develop **emotional intelligence**, and make the most of **digital productivity tools**. Our expert-led sessions also include insights into the **current job market** and guidance on **career transitions and upskilling** to help you stay ahead.

Workshop on Personality Development for Career Growth and Planning

This **Personality Development Workshop** is designed for students and professionals looking to unlock their true potential and accelerate career growth.

This interactive and engaging workshop combines expert guidance, practical exercises, and actionable strategies to help attendees **enhance their confidence, build impactful connections**, and align their goals with their passions.

Whether a student stepping into the professional world or a seasoned professional looking to level up, this workshop is a pathway to **empowerment, growth, and lasting success**.

Mastering Corporate Etiquette - Professionalism, Communication, and Workplace Ethics

Participants will learn the nuances of **email and digital etiquette, dress code standards**, and **how to navigate meetings and business interactions with confidence**. The workshop also focuses on building strong professional relationships, fostering inclusivity, and developing cross-cultural awareness.

The Power of Words: A Workshop on Effective Speaking

Over the course of this interactive workshop, participants will explore key modules, including **voice modulation, body language**, and structuring a compelling message. We'll dive into **powerful techniques for engaging your audience, handling feedback**, and **delivering persuasive speeches** with confidence. From storytelling to using visual aids effectively, you'll learn how to captivate, inspire, and leave a lasting impression.