RENEW
Reflectively Embracing Nonviolence
through Education for Women

Sankofa: Looking Back in Order to Move Forward

Sankofa is the name of a mythical Ghanian bird. Stories about the bird tell how the bird flew forward by looking backward. Now that you have just about completed your time at RENEW, we are asking you to do the same by exploring where you have been in order to look forward to where you are going. Please take time to reflect upon each question below. After doing so, please fill this form out completely and legibly. At your final RENEW session you will be asked to speak about each response given below. You will then be asked to leave the completed form with the RENEW Program facilitator.
We thank you in advance for taking this time for yourself and your future.

Please contact the RENEW Program Coordinator if you have any questions.

Name: _____

The date I completed my final RENEW Program session: _____/_____/_____

1. What brought me to the RENEW Program: _____

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2. When I first came to RENEW, I described what brought me to RENEW by saying: _____

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3. I describe that event today is as follows: _____

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4. I wish I had known about RENEW when I: _____

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5. Some things I thought about the RENEW Program when I first came here: _____

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6. Things I learned about myself during my participation in the RENEW Program support and intervention group:

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7. How I feel accountable in my life now (give specific examples): _____

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8. Resources that contribute to my accountability, which I did not have before RENEW, include: _____

9. What I learned from other RENEW members? _____

10. If I could change some things about RENEW, they would be: _____

11. May RENEW Program staff contact you in the future to learn about your life after RENEW? Yes No

12. Additional Comments:

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Thank you for your time. It has been our privilege to serve you.
The RENEW Program Staff