



**Impact Evaluation of the Peace Education Program
on Students of the Unihorizonte University Foundation of Bogotá, Colombia**

Full Study

Key Results

The impact evaluation of the Peace Education Program found that practically all participants affirmed that the program helped them to recognize and be more aware of their internal resources as valuable tools for their lives. It found very significant improvements in the understanding of the different program topics including peace, appreciation, choice, and hope.

- Attitudinal changes included enhanced appreciation for life; understanding the possibility and importance of feeling peace; understanding that peace is the responsibility of each one, regardless of what happens outside; recognizing internal resources and strength.
- Behavioral changes included facing problems in a different way, empowerment to make changes in one's own life, and in relating to others.

1. Background

From August through October 2020, one group of 96 and another of 80 people from the Unihorizonte University Foundation of Bogotá, Colombia, participated in the 10 workshops that make up the Peace Education Program. The program was included as part of their school training; therefore, the participants received valid credits, corresponding to the social hours as a requirement that each of them must meet.

When the participants completed the 10 workshops, they expressed their opinions by filling out anonymous evaluations. The university required the students to participate in 100% of the workshops, in order to receive the corresponding certification of attendance, as well as a final paper that reflected the impact of the workshops and the learning acquired.

2. Population studied

This first report includes the responses of all 96 students, representing 100% of the participants in the first group who completed the Peace Education Program. Therefore, the results are solid, reliable, and safe with a maximum error margin of $\pm 2.0\%$ at a 99% credibility level.

The respondents are students from the basic, administrative and human sciences programs; there are also some members of the administrative staff of the University Foundation. By age range, the participants are distributed as follows: 44.2% of those surveyed were between 26 and 35 years old, 40% were between 19 and 25 years old, and 15.8% were between 45 and 64 years old.

3. Scale of qualification

A scale of 1 to 5 was established for the rating of the program, as follows:

1. Strongly disagree
2. Disagree
3. Don't know
4. Agree
5. Strongly agree

The scale was applied on two levels: before and after participating in the workshops. The aim was to establish whether the participants felt that their perspectives and understandings had changed due to the Peace Education Program. Thus, participants indicated their level of agreement with one of the ten statements described to express their level of understanding before and after participating in the program.

The importance of this survey is that it allows each of the students to be aware of the changes that took place in their learning process and share them. As can be seen throughout this report, very significant improvements in the understanding of the different topics were found after the end of the program. At the same time, the presentation and analysis of the general results represent a reference point for further evaluating the impact of the Peace Education Program.

4. Results

The results obtained are presented below in graphs, with the respective comments corresponding to the evaluation of each question in the survey.

4.1 I am aware that I have the possibility of feeling peace in my life:

Before the workshop, 14.5% (1% + 13.5%) of the participants affirmed not being conscious of the possibility of feeling peace in their lives; 39.6% affirmed not knowing about it; and 45% (32.3% + 13.5%), answered they were conscious of feeling peace in their lives. After completing the program, 98% (24% + 74%) stated that they were aware of the possibility of feeling peace in their lives. None of the participants responded negatively; and 39.6% of people who said they did not know about it fell to 2.1%, represented by two people. After completing the program, 98% of those surveyed said they were aware of this possibility, an increase of 53%.

4.2 I understand that one of my resources is the capacity to appreciate and enjoy:

Before participating in the Program, 55.2% (42.7% + 12.5%) of the students agreed that the capacity to enjoy and appreciate was a resource in their lives, while 32.3% did not know it was, and 12.5% (2.1% + 10.4%) disagreed with that premise. After their participation in the workshops, 97.9% (22.9% + 75%) considered this capacity to be a resource in their lives, which represents an increase of 42.7% over the responses from

the pre-workshop situation. It should be noted that only 1% did not consider this to be the case, and 1% were not clear about it even after the workshops.

4.3 I am aware that I have an inner strength that can help me throughout my life:

Before participating in the Peace Education Program, 15.6% (1% + 14.6%) of the students stated that they were not aware of possessing inner strength as a resource that could help them throughout their lives; 31.3% did not know this; while 53.1% (38.5 + 14.6%) answered affirmatively. The latter percentage increased to 96.9% after the workshops, with a significant increase in the range by 43.8% (77.1% strongly agree + 19.8% agree).

4.4 I understand that knowing my strengths and inner resources makes me more aware of myself and my life:

Before the program, on the premise of understanding that strengths and inner resources make them more aware of themselves, 56.3% of the students answered in the affirmative (11.5% strongly agree and 44.8% agree); while 32.3% did not know, and 11.5% stated that they did not agree (4.2% strongly disagree and 7.3% disagree). After the workshops, 97.9% said they agreed with the premise formulated (26% agreed + 71.9% strongly agreed), which represents an increase of 41.6% in the understanding of this premise. It should be noted that none of the participants responded negatively, and only 2.1% continued to disagree.

4.5 I am aware that clarity is one of my resources and that being in touch with it will help me in life:

In relation to the premise about what clarity as an inner resource represents in each person's life, the answers of the respondents before the workshop were grouped as follows: 14.6% did not consider it as such, (4.2 strongly disagree + 10.4% disagree); 39.6% neither agreed nor disagreed; and 45.8% answered in the affirmative (37.5% agree and 8.3% strongly agree). After attending the Peace Education Program, 96.9% of the attendees were grouped in the ranges of agree (25%) and strongly agree (71.9%). Only 1% expressed disagreement, while 2.1% continued without being aware of it. Thus, it can be seen that the affirmative responses increased by 51.1%.

4.6 I understand the difference between believing in something and knowing something from my own experience:

Regarding the understanding of the difference between believing and knowing from one's own experience, before the program 13.5% of the students did not establish a difference between the categories (3.1% strongly disagree and 10.4% disagree); 38.5% neither agree nor disagree; and 47.9% established a difference between both (32.3% agree and 15.6% strongly agree). After the workshops, 96.9% expressed their understanding of this difference (25% + 71.9%); while 1% disagreed and 2.1% neither

agreed nor disagreed. This shows that the understanding of this difference increases by 49%.

4.7 I recognize that in being alive there is dignity, beyond any other circumstance:

6.3% of the participants in the program stated that prior to the program they did not agree with the premise raised, 24% neither agreed nor disagreed; while 69.8% responded in the affirmative (44.8% agree and 25% strongly agree). Once the program was over, only 1% were in the range of neither agree nor disagree, and for 99% of the attendees, this recognition was clear (13.5% agree + 85.4% strongly agree), with an increase of 29%.

4.8 I recognize that choice is a resource in my life:

When respondents were asked if they recognized that choice was a resource in their lives, before participating in the program 11.5% disagreed, 66.7% agreed (44.8% agreed and 21.9% strongly agreed), while 21.9% neither agreed nor disagreed. At the end of the program only 1.0% did not agree, 2.1% neither agreed nor disagreed, and 96.9% of the group agreed (24% agreed and 72.9% strongly agreed). Thus, the increase in affirmative responses was 30.2%.

4.9 I understand that hope is one of my resources and that it can help me through the difficult times in life:

Regarding the consideration of hope as a personal resource, before the workshops 9.4% disagreed, 22.9% neither agreed nor disagreed, and 67.7% agreed (46.9% agreed and 20.8% strongly agreed). After participation in the workshops, 96.9% agreed, while the percentage of those who disagreed was reduced to 1% and those who neither agreed nor disagreed to 2.1%. It can be seen how the workshops helped considerably to reach this understanding with an increase of 29.2%.

4.10 I recognize that I can feel fulfillment regardless of what is happening in my life:

Before participating in the workshops, 13.6% disagreed with this statement (11.5% disagreed and 2.1% strongly disagreed); 36.5% were neutral with regard to this premise; while 50% agreed, that is, half of the students (37.5% agreed and 12.5% strongly agreed). Once the program was concluded, 98% agreed (24% agreed and 74% strongly agreed), which represents a 48% increase in affirmative responses. Thus, only 1% disagreed and 1% were neutral.

5. Total data analysis

5.1 Evaluation by topic before and after the workshops

5.2 The following table shows how awareness of internal resources increased significantly after the workshops

I AM AWARE THAT INSIDE ME THERE IS	BEFORE	AFTER
	AGREED AND TOTALLY AGREED	AGREED AND TOTALLY AGREED
PEACE	45.8	98
APPRECIATION	55.2	98
INNER FORCE	53.1	96.9
KNOWING OF MYSELF	56.3	97.9
CLARITY	45.8	96.9
UNDERSTANDING	48	96.9
DIGNITY	69.8	98.9
CHOICE	66.7	96.9
HOPE	67.7	96.9
FULLNESS	50	98
AVERAGE PERCENTAGE	55.84	97.53

5.3 This chart shows that before the Program, a large percentage of the students disagreed and totally disagreed about being aware of their internal resources. After completing the workshops, their disagreement decreased to 2%.

	BEFORE	AFTER
I AM AWARE THAT INSIDE ME THERE IS	DISAGREED AND TOTALLY DISAGREED	DISAGREED AND TOTALLY DISAGREED
PEACE	54.1	2.1
APPRECIATION	44.8	2
INNER FORCE	46.9	3.1
KNOWING OF MYSELF	43.8	2.1
CLARITY	54.2	3.1
UNDERSTANDING	52	3.1
DIGNITY	30.3	1%
CHOICE	33.4	3.1
HOPE	32.3	3.1
FULLNESS	50.1	2
AVERAGE PERCENTAGE	44%	2%

6. Qualitative results

The main findings and changes that arose from the participants of the program were:

6.1 Attitude changes

Attitudinal changes included enhanced appreciation for life; understanding the possibility and importance of feeling peace; understanding that peace is the responsibility of each one, regardless of what happens outside; recognizing internal resources and strength.

6.2 Behavioral Changes

Behavioral changes included facing problems in a different way, empowerment to make changes in one's own life and in relating to others.

6.3 Answers to open questions

What did you like best about the Peace Education Program? (90 answers)

- Appreciation for life
- Knowing how to make choices in our lives
- That many issues of such great importance in life were addressed and that I didn't see it that way before.
- That we all have the same opportunities and resources in the society where we live.
- The ability to learn.
- The motivation that I felt when listening to each chapter to continue with my life, and that my happiness is within me.
- Everything; the contentment is really enriching at both a personal and a work level.
- That each person can free themselves from every burden they have.
- The reflections.
- To make it clear to me that peace is not only what we perceive or live as a result of wars. He taught me that peace is inner peace; it's what we can feel and transmit with values and principles. This changed my perspective of seeing and understanding the meaning of the word peace. As a result of this teaching my attitudes and behavior towards myself and others have changed in a positive way, thanks to this program.
- Understanding that my happiness and my inner peace depend on me, that I am a strong person who is able to learn to make choices and feel peace.
- What I liked most about the workshop is the clarity with which you get to see things and that we can all increase our inner peace.
- How it made me reflect on many aspects of life.
- The methodology used.
- Recognizing that we have valuable qualities.

- To include peace as an added value in the processes of academic formation.
- The reflections of the videos.
- It allowed us to understand more fully the importance of having peace in oneself.
- I was able to understand and comprehend that I can make clear choices by seeing the good and the bad, and that all values must be taken into account.
- The interaction between my peers and the teachers; I learned a lot from the experiences of others.
- The positivism that comes from the first meeting to the last.
- The workshops and the way to achieve inner peace.
- Listening to the different points of view of my colleagues.
- The attitude that the instructors have.
- Interacting with my colleagues and knowing their points of view.
- Everything, but the way you can see life differently.
- The freedom to express our opinion.
- The reflections we expressed after each story.
- Everything was very important and meant a lot in our daily lives, as students and business people.
- The feeling of not being alone.
- The videos and the socialization.
- The peace we felt. The commitment and values that were shown during the course. The videos that imparted a great teaching and knowing that peace is something fundamental for us. Also that it is something that really impacts our lives.
- The focus that it gave me and the ways I see things.
- Learning to value and love myself as I am.
- That we can feel peace and offer it to other people.
- His methods of learning make us understand very well.
- The information provided.
- That the program is interactive.
- The methodology of interaction with the participants; the content of the workshops; the way in which the impact generated in people of different cultures, economic conditions and ages is evident; and, above all, the learning about all the important things that we carry inside and that we did not know.
- The dynamics of the workshops and the way we get to see life.
- The videos, the way the teachings are explained and felt.
- The topics and the way were are made to realize specific things, to which we do not pay attention daily, the way to change our life and the lives of others.
- The reflections and the satisfaction of knowing that to have a life of happiness and peace is in our own hands.
- The reflections that I was able to take into many situations in my life and that make me a better person.

- The reflections of the course.
- The different topics put forth since there were a variety, and the knowledge that was acquired was a lot.
- The unexpected learning that I obtained.
- The way of expressing the themes and being able to clarify things.
- The way the topics were handled.
- To be able to understand that if I want something I can achieve it with persistence and discipline.
- The way the themes were put forth.
- The reflections helped me to be more open.
- I liked that I was able to discuss unfamiliar ideas with colleagues and understand concepts that in reality I wasn't very clear about. I liked the videos that were shown in each module.
- The perspective to see life in a different way.
- That we are taught how to take what comes into our lives and keep the feeling of peace.
- To be able to experience peace in my body.
- How they teach people to look at things.
- To understand that peace is found within, that you decide for yourself if you want to be calm and not allow the things that happen around you to affect that peace.
- It helped me to understand how I could be fulfilled in different situations in my life.
- What I liked most was how through the talks and activities they help us to be at peace with ourselves and with society.
- The way you got us to understand things, you know how to reach the public in a very pleasant and striking way. I learned a lot from all of you, thank you.
- Having a moment of peace, the connection with myself, knowing the importance and the fulfilling nature of reflection, which gives meaning to my life.
- The teaching you left with us.
- I liked very much the way the theme is developed during the seminar; it is very applicable to our lives.
- The integration with my abilities in search of peace and fulfillment.
- It made me understand that in my life I must make choices with complete clarity about what is going to help me find my own happiness and serenity with myself.
- I liked that we can have a say in what we believe and think, and we can listen to our peers.
- That it's all about inner peace.
- The different facilitators.
- To know qualities I possess, to put them into practice in my life and to have a balance.
- What I liked the most was his way of positively influencing the inner being of people to find their own peace.

- The capacity to make me reflect, and this made me remember who I am and what I can achieve.
- To understand that life is short and you have to enjoy it because there is only one.
- His way of teaching.
- Its themes, the development of the activity, the facilitators.
- The way to generate in people an awareness of the things we do and how they affect the people around us; the importance of respect, happiness, friendship, among others are values that day by day we must cultivate; and the most important thing to sow in people are peace, kindness and solidarity.
- Teamwork.
- Knowing oneself and being aware of one's defects and abilities
- The facilitators.
- The way in which I am captivated by every facet of each of the themes.
- The awareness they create through videos.
- The way in which the reflections are presented.
- The subject matter used.
- The subject matter and the teaching method.
- The power to express what we felt and understood.
- The way in which the program made me understand and capture situations and feelings that I had not identified with.
- The topic of being able to know the variety of emotions that we handle.
- That we can express our way of thinking without having to be judged and in this way achieve our inner peace.
- The reflections show us what each person gets out of it.

Is there anything in the Peace Education Program that should be improved? (88 answers)

- No: 4 answers.
- Yes, I sent the link to the workshops because it is difficult to get in due to lack of it, thanks a lot.
- No, I like very much the method that was used to make us understand; and the best is that they treated us with a lot of respect.
- No, because everything was very pleasant, didactic and constructive.
- None, everything was perfect.
- There is nothing to improve; everything is perfect
- No, all the logistics and development were very good.
- No. I would only recommend that you continue to offer us the opportunity to continue to participate in these types of programs as they add a lot to our behavior with ourselves and with others.
- I have no suggestions.

- Increase the time of the subgroups to finish the activities.
- Maybe be a little more extensive.
- Include more experiences, promote peace projects, add peace to the educational curriculum.
- More student interaction.
- No, everything is excellent and very well explained.
- No, it's perfect.
- There should be more time to address the issues in more depth.
- More time.
- No, the truth is, it is well structured.
- It's my first peace education program, and from my point of view, it was perfect.
- Suddenly there was very little time for this very enriching activity.
- Maybe something more creative, like playful workshops.
- More playful activities.
- No, I think everything was handled properly.
- No, I think the approach is fine.
- Attendance should be sent to fill in.
- I thought everything was fine. You learn so much and start to value those things that sometimes you didn't.
- That it wasn't so much based on analyzing videos.
- Everything seemed fine to me.
- The program should be more didactic to involve the participants.
- More flexible class schedules.
- Develop more playful activities.
- I have no suggestions. I liked everything in general.
- None.
- I don't think so.
- More time for interaction in the workshops.
- I thought everything was excellent.
- None.
- The spiritual life should be addressed more thoroughly.
- Everything is fine.
- The schedules could be improved.
- Participation methodology.
- None.
- That the workshops last longer; the topics are really good.
- It is a very complete program.
- Not everything is very good.
- That it was more didactic.
- In my opinion, not everything was very good.

- No.
- Perhaps more dynamic activities.
- Interaction in the future would be good to socialize with each person.
- No, nothing.
- Well, I don't see any improvement to be made at the moment.
- The schedules, since some of them were not adjusted for when I left work since they started at 5:30 pm and my work schedule is until 05:00 pm and it was difficult for me to get in on time.
- No, I agree with the dynamic.
- For my part, I liked everything, but the attendance at the beginning was done by chat and then by a survey so I must repeat it; it would be to improve that.
- Perhaps because of the pandemic, the time was very short in each module.
- Yes, that you can take all the people who suffered in this armed conflict and have not yet received any help.
- No, personally I liked the dynamic and the videos are short and clear, I liked it.
- Yes, that the course is for all audiences, not just university students.
- More didactic courses.
- It should be considered as an optional course.
- I consider that it would be fantastic to extend the course a little more; these topics are so forgotten that when we cover them, they cause many sensations in us.
- Improve the induction for the entry of the platform I could not attend three modules because it was not possible to access the platform; I sent mail to the course tutor and there was no response. I managed to talk to the tutor on one occasion; he told me that there was no problem; they sent me the information to my email, but it never arrived.
- None of the facilitators were very clear about the topics.
- What is included as a subject in the university.
- No, everything is fine.
- Yes, to move forward on the topics discussed.
- Interacting a little more with the students.
- That's great.
- A little bit of the link part and answering emails with less time delay.

Do you have any other comments you would like to make? (78 answers)

- No.
- None.
- No.
- No.
- None.
- No.
- No.

- Yes, to give infinite thanks for this wonderful knowledge imparted and for changing my perspective on life.
- I think these kinds of workshops are very good. I hope they are done when we are on vacation to continue attending...very good.
- Thank you for allowing us to participate in this experience.
- Thank you.
- Yes, thanks to this program for having reached me in such a difficult moment as the one I was going through because of everything we are living in in the country; it helped me to become strong, to identify thousands of difficulties I was going through. Thanks to this program I was able to apply the teaching I received to my life.
- I consider that these programs are excellent to promote inner peace and personal growth, in a world where the illnesses of the soul do not have the same importance.
- Thanks for the workshop I liked it very much.
- Inclusion of values in educational programs such as those of peace.
- Yes, I liked very much the topics that were treated; the truth put me to think, to evaluate and to reflect, on how I have been managing my life during all these years of existence, to make changes and improvements. Thank you very much.
- Thank you for making us understand things better.
- Very interesting all the topics that were seen in this (??) ... I am very grateful.
- None of them.
- I congratulate you for such great management.
- Thank you for the opportunity to get to know this program and its contents.
- Thank you very much.
- Thank you very much
- I think the program is super good. It helps people in no so good circumstances.
- No. The program has the necessary topics!
- Thank you very much for the teachings with which you leave me.
- Thank you very much for offering this type of workshop to the university community. They are really necessary and not topics that you normally see in a university career.
- This program was a great help since I found myself again and I realize that I can change many things in my life.
- If there is harmony with the supernatural, I can have peace; the supernatural is God himself; a connection with the creator gives me the contentment I desire.
- No.
- No. Thank you.
- Yes, that surveys could be done at the end of each workshop to know the thoughts of all the participants and not only those who do not suffer from stage fright.
- There should be more meetings in the morning
- None.

- Thank you very much for giving us this space and successes to continue guiding more people.
- I didn't think it was all very clear.
- I would have loved to take it face to face.
- It is an excellent program and I think many people should see it as something very important and that it will help their personal life.
- Thank you for the good material and for each of the reflections provided.
- I would like to go to a conference as soon as the pandemic allows.
- That you can really reach out to other people who need it.
- Excellent workshop. I was comfortable with the teaching; the topics presented help to generate reflection in people and positive changes; this workshop should also be done by the teachers of the UniHorizon institution.
- Improve the schedules since they intersect with the university classes.
- I loved participating in this program.
- I thought the course was very excellent; day by day we should have peace, values, and a sense of belonging to life; take care of it and take care of the people around us.
- Not any.
- They should give these courses more often.
- Excellent program, I wish many people could take it.
- Thanks for all the knowledge given; it has been of great help to my personal and professional growth.
- No, thank you.
- Congratulations on this beautiful program that is the Peace Education Program. It is very nice to be able to know things that perhaps in our daily life we show, but we do not take it for granted. And in my own experience I have known things in myself and in others.
- No, the facilitators were super.