



Student-Athlete Exit Interview

Date 4/15/15 Name (optional) _____ Sport Baseball Only / Track

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program		X	
3. The athletic program	X		
4. The head coach or coaching staff	X		
5. Financial aid	X		
6. Other athletes attending UCA	X		
7. Location of UCA		X	
8. Influence of parents			X
9. Southland Conference			X
10. Academic support services for student-athletes		X	
11. Other:			X

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

N.

STATE OF NEW YORK

IN SENATE

January 15, 1904

REPORT

OF THE

COMMISSIONERS OF THE LAND OFFICE

IN ANSWER TO A RESOLUTION

PASSED BY THE SENATE

APRIL 18, 1903

ALBANY:

WEDDERBURN, BROS. & CO. PRINTERS

1904

STATE OF NEW YORK

IN SENATE

January 15, 1904

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IN ANSWER TO A RESOLUTION

PASSED BY THE SENATE

APRIL 18, 1903

ALBANY:

WEDDERBURN, BROS. & CO. PRINTERS

1904

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:



Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

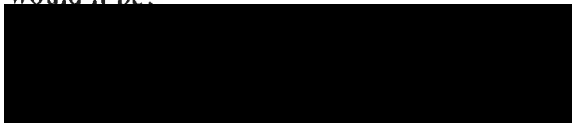
15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

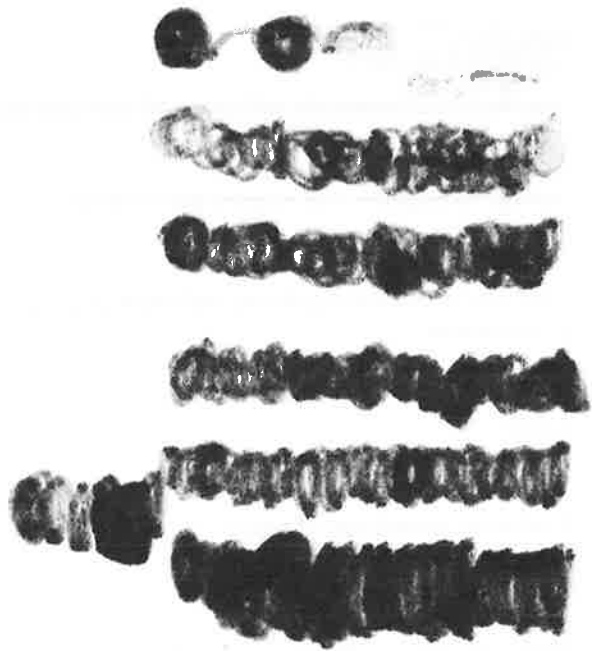
Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?



18. Who was your primary contact when you had questions about NCAA regulations?

Beau



19. How can the athletic department assist you in your career development?

provide contacts

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|--|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)

2

What are your suggestions to improve the CHAMPS/Life Skills Program?

Note hands on sessions

24. Rate the time demands for your sport.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?

Yes No

32. If you had a need to contact an administrator was one available to you?

Yes No

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY
5800 S. UNIVERSITY AVENUE
CHICAGO, ILLINOIS 60637
TEL: (773) 835-3100
FAX: (773) 835-3101
WWW: WWW.CHEM.UCHICAGO.EDU

MEMORANDUM
TO: [Name]
FROM: [Name]
SUBJECT: [Subject]

[Main body of text, mostly illegible]

DATE: [Date]

BY: [Signature]



33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). Michael (1) Emily (2)

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). (2)

36. How would you improve the Sports Medicine services?

Never made use of it

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach? Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) (5)

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives? Yes No

42. During your playing season, how many days per week do you typically have off? 1

43. During your playing season, how many hours per day does a typical practice last? 90 min.

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 11 hours
- Conditioning and/or weight lifting: 2 hours
- Watch game film: 0 hours

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

0-1

Faint, illegible text, possibly bleed-through from the reverse side of the page. The text is too light to transcribe accurately.

47. During your off-season, how many hours per day was a typically work out?
2
48. During your off-season, how many hours per week are you required to work out?
15
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? None
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

Its better to talk about it in person.

The following information is provided for your information:

1. The total number of units produced during the period was 10,000 units.

2. The total cost of production was \$100,000.

3. The cost per unit was \$10.00.

4. The cost of goods sold was \$90,000.

5. The ending inventory was \$10,000.

The following information is provided for your information:

1. The total number of units produced during the period was 10,000 units.

2. The total cost of production was \$100,000.

3. The cost per unit was \$10.00.

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5. The ending inventory was \$10,000.



Student-Athlete Exit Interview

Date 11-19-18 Name (optional) _____

Sport Football

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA	✓		
8. Influence of parents	✓		
9. Southland Conference	✓		
10. Academic support services for student-athletes	✓		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5

Academics 1 2 3 4 5

5
5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel _____ could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

The Fedhouse

18. Who was your primary contact when you had questions about NCAA regulations?

breezy

19. How can the athletic department assist you in your career development?

I don't know yet but, I'll let y'all know

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5
What are your suggestions to improve the Life Skills Program?

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

No need to!!

37. [Redacted]

38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.
(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
1

43. During your playing season, how many hours per day does a typical practice last?
2 hours

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 8 hours
- Conditioning and/or weight lifting: 1 hour + half
- Watch game film: 4 to 5 hours

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
1

47. During your off-season, how many hours per day was a typically work out?
1 + half

48. During your off-season, how many hours per week are you required to work out?

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 2 hours

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 4/26/19 Name (optional) [REDACTED] Sport Softball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: currently have 1 more year left of graduate school

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	X		
2. Specific academic program	X		
3. The athletic program	X		
4. The head coach or coaching staff	X		
5. Financial aid	X		
6. Other athletes attending UCA	X		
7. Location of UCA	X		
8. Influence of parents	X		
9. Southland Conference			X
10. Academic support services for student-athletes			X
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	<u>5</u>
Academics	1	2	3	4	<u>5</u>

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**
- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____
7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**
- Immediately One term Sophomore Junior Senior Never
- Comments:
8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**
- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
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- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics
10. **How important to you is graduating from college?**
- Very important Somewhat Not sure Not very Not at all
11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No
12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No
13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

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Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

→ Amazing this year!
For this year 5 other
years 3.

17. **If you could change one thing about your specific sports program at UCA what would it be?**

nothing

18. **Who was your primary contact when you had questions about NCAA regulations?**

@ coaches

19. **How can the athletic department assist you in your career development?**

by being a resource or a reference on resume

20. Have you sought assistance from the Career Services Staff? Yes No
21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
 Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 3
 What are your suggestions to improve the Life Skills Program?

Motivational speakers - Inky Johnson was my favorite!

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

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30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

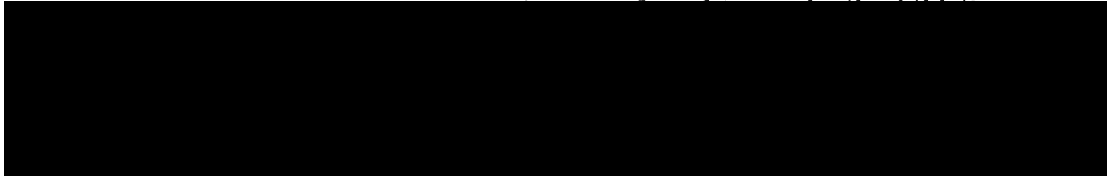
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

3

36. How would you improve the Sports Medicine services?

I know from my teammates it's difficult to receive treatment when we are in off season

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.

(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?

Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1-2 days

43. During your playing season, how many hours per day does a typical practice last?

2-3 hours

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 3-4 days a week for 2-3 hours
- Conditioning and/or weight lifting: 2 days for 1 hour each
- Watch game film: ON OUR OWN

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

1-2 days

47. During your off-season, how many hours per day was a typically work out?

3-4 hours

48. During your off-season, how many hours per week are you required to work out?

coaches
ways
we
are
to
stay
within
direct

the most would be the maximum hours which is 20.

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? twice a week for 30 minutes of hitting
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 11/27 Name (optional) [REDACTED] Sport Football

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: One more semester left.

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program			✓
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA		✓	
7. Location of UCA	✓		
8. Influence of parents	✓		
9. Southland Conference	✓		
10. Academic support services for student-athletes			✓
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes, I would choose to attend UCA again.

Yes No If no, for what reasons? _____

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

- Immediately One term Sophomore Junior Senior Never

Comments:

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. How important to you is graduating from college?

- Very important Somewhat Not sure Not very Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

13. Please rate the Coaching staff in your sport
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No

Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No

Comments:

16. **Rate the services you received from the following:
(1 represents no support and 5 represents total support)**

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

Practices in the Morning.

18. **Who was your primary contact when you had questions about NCAA regulations?**

Head Coach

19. **How can the athletic department assist you in your career development?**

Network

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5

What are your suggestions to improve the Life Skills Program?
Have athletes more engaged with the speakers.

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

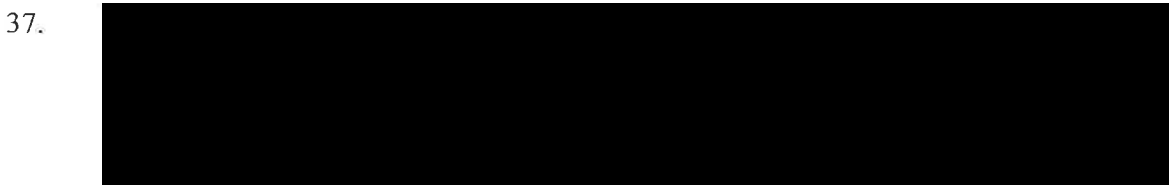
32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
5

36. How would you improve the Sports Medicine services?
Our sports medicine services are great.



38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.
(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
1

43. During your playing season, how many hours per day does a typical practice last?
2 hours max

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 6 hrs
- Conditioning and/or weight lifting: 1 hr 30 minutes
- Watch game film: 3 hrs

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
3 days

47. During your off-season, how many hours per day was a typically work out?
1 hr 30 minutes

48. During your off-season, how many hours per week are you required to work out?
4 hrs

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 45 mos
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain;



Student-Athlete Exit Interview

Date 4/25/19 Name (optional) [REDACTED]

Sport Softball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program		✓	
3. The athletic program		✓	
4. The head coach or coaching staff		✓	
5. Financial aid		✓	
6. Other athletes attending UCA		✓	
7. Location of UCA			✓
8. Influence of parents			✓
9. Southland Conference			✓
10. Academic support services for student-athletes		✓	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

- Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 ③ 4 5
Academics 1 2 3 ④ 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? I'm gonna be honest, it would be a game time decision

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
- It hurt because I did not have enough time to commit to academics.
- It did not affect my academic performance very much.
- Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

- Immediately
- One term
- Sophomore
- Junior
- Senior
- Never

Comments:

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
- Effective for athletic but not for academic
- Effective for academic but not for athletic
- Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
- Yes and no, in the sense they emphasized academics and athletics equally.
- No, from the start, they emphasized athletics over academics.
- No, but they emphasized an academic degree could always be earned after my athletic career was over.
- No, they hardly ever discussed academics

10. How important to you is graduating from college?

- Very important
- Somewhat
- Not sure
- Not very
- Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No Geoff is awesome :)

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

13. Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent) Enthusiasm and the ability to motivate you and your teammates:
3

Willingness to assist with academic concerns (not necessarily related to eligibility matters)
3

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**
preparedness for the game itself

18. **Who was your primary contact when you had questions about NCAA regulations?**
Natalie Shock

19. **How can the athletic department assist you in your career development?**
networking

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 4
What are your suggestions to improve the Life Skills Program?

24. Rate the time demands for your sport.
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

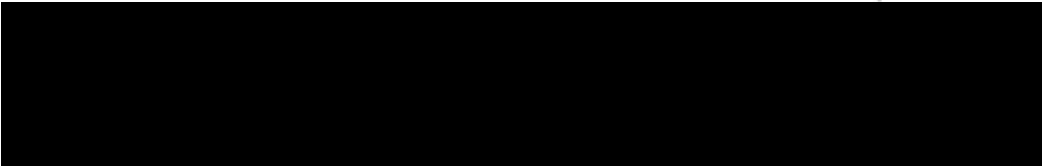
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
5

36. How would you improve the Sports Medicine services?

N/A

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.
(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
1-2

43. During your playing season, how many hours per day does a typical practice last?
2-3

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: ~~20~~ 20
- Conditioning and/or weight lifting: 2-3
- Watch game film: 0

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
2

47. During your off-season, how many hours per day was a typically work out?
3-4

48. During your off-season, how many hours per week are you required to work out?
3-4

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 4
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:
-



Student-Athlete Exit Interview

Date 11/27 Name (optional) [REDACTED] Sport Football

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid		✓	
6. Other athletes attending UCA		✓	
7. Location of UCA			✓
8. Influence of parents			✓
9. Southland Conference			
10. Academic support services for student-athletes			
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

- Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	5
Academics	1	2	3	4	5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

More money for off-campus living

18. Who was your primary contact when you had questions about NCAA regulations?

No questions about NCAA regulations

19. How can the athletic department assist you in your career development?

References; if they hear about any job openings they feel would be a good fit for me let me

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 1

What are your suggestions to improve the Life Skills Program?

No suggestions, honestly it's just something students not really paying attention to and getting something from it

24. Rate the time demands for your sport. 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time. 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling? 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel? 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport? Yes No

32. If you had a need to contact an administrator was one available to you? Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

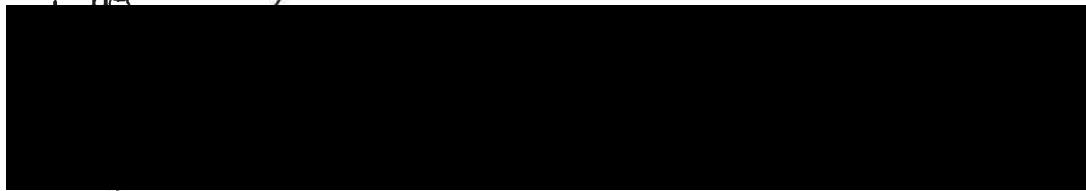
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

4

36. How would you improve the Sports Medicine services?

N/A

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No Didn't know who it was

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

2

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: About 5 1/2 - 6
- Conditioning and/or weight lifting: 3
- Watch game film: 4 1/2 - 5

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

1 or 2

47. During your off-season, how many hours per day was a typically work out?

1 - 1 1/2

48. During your off-season, how many hours per week are you required to work out?

About 4 or 5

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1 1/2 - 2

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 4-22 Name (optional) _____ Sport Softball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left. (semester)
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program			X
3. The athletic program		X	
4. The head coach or coaching staff		X	
5. Financial aid	X		
6. Other athletes attending UCA	X		
7. Location of UCA	X		
8. Influence of parents	X		
9. Southland Conference			X
10. Academic support services for student-athletes		X	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

NO

Yes No If no, for what reasons?

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

Immediately One term Sophomore Junior Senior Never

Comments: After 1st semester

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. How important to you is graduating from college?

- Very important Somewhat Not sure Not very Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

13. Please rate the Coaching staff in your sport
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

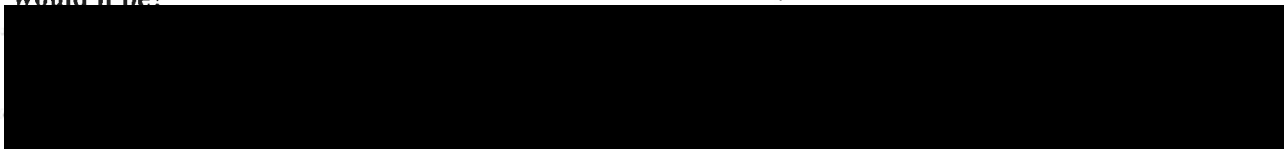
14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?



18. Who was your primary contact when you had questions about NCAA regulations?
Coach K/nn

19. How can the athletic department assist you in your career development?
N/A

20. Have you sought assistance from the Career Services Staff? Yes No
21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?
- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No
23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5
What are your suggestions to improve the Life Skills Program?
very good & educational.
24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
28. Were you ever required to miss class due to practice? Yes No
29. Were you required to miss a mid-term or final exam due to practice? Yes No
30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No
31. Do you think the Athletic Administration supported and valued your sport?
 Yes No
32. If you had a need to contact an administrator was one available to you?
 Yes No
33. Was your team assigned an Athletic Trainer? Yes No
-
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 4

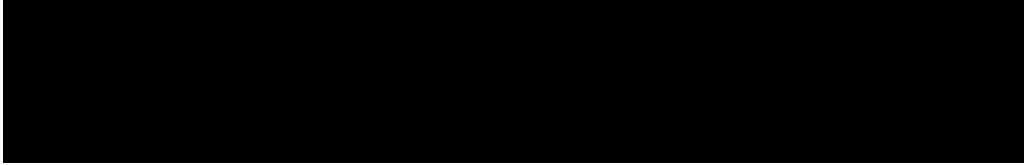
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

4

36. How would you improve the Sports Medicine services?

more available times to go in.

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.

(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1-2

43. During your playing season, how many hours per day does a typical practice last?

3-4

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 15-20 hrs
- Conditioning and/or weight lifting: 2-3 HRS
- Watch game film: 0

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

1-2 day

47. During your off-season, how many hours per day was a typically work out?

~~3-4~~ 1-1.5 HRS

48. During your off-season, how many hours per week are you required to work out?

3 HRS

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 3-4 hrs

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

[The following area contains faint, illegible handwritten notes and markings on a grid background.]



Student-Athlete Exit Interview

Date 11/27 Name (optional) _____ Sport Soccer

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: missionary stuff, idle

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University			✓
2. Specific academic program			✓
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA			✓
7. Location of UCA		✓	
8. Influence of parents			✓
9. Southland Conference			✓
10. Academic support services for student-athletes			✓
11. Other:	<u>got a full ride, so</u>		

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

*bus rides - no
wifi (not good
enough wifi
to do hw)*

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

Jaine is the best

17. If you could change one thing about your specific sports program at UCA what would it be?

also weights during season???
not healthy
6:30 am weights was annoying in the fall b/c we didn't actually do anything so you wake up for no reason

18. Who was your primary contact when you had questions about NCAA regulations?

Jeremy Bishop

19. How can the athletic department assist you in your career development?

idk

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|--|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
| Student-Athlete Host | <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

didn't read it

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5 - Inky Johnson was cool!
What are your suggestions to improve the Life Skills Program? So was Doug ISabhan

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

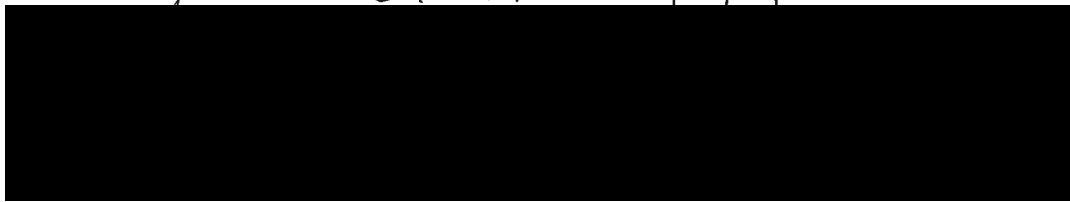
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

★ 1 - [redacted] sucks ★

36. How would you improve the Sports Medicine services?

get rid of him ↑↑↑

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5 - Claire is great

4 on others

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

1 and a half plus weights (1 hr)

44. During the playing season, how many hours per week is your team typically required to participate in the following:

• Practice: 6-8 hrs

• Conditioning and/or weight lifting: 3 hrs

• Watch game film: 1.5-3 hrs

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

2 - but volunteering on weekends doesn't count as a day off - no offense

47. During your off-season, how many hours per day was a typically work out?

1.5

48. During your off-season, how many hours per week are you required to work out?

none a lot

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? N/A - only fall

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 4/29/19 Name (optional) _____ Sport Tennis

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: Keep playing tennis professional for a few years.

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program			✓
3. The athletic program		✓	
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA			✓
8. Influence of parents	✓		
9. Southland Conference			✓
10. Academic support services for student-athletes		✓	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No

Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No

Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	③	4	5	N/A
Academic Advising	1	2	3	4	⑤	N/A
Housing	1	2	3	4	⑤	N/A
Career Services	1	2	3	④	5	N/A
Aramark	1	2	3	④	5	N/A
Financial Aid	1	2	3	④	5	N/A
Promotion/Marketing	1	2	3	4	5	<u>N/A</u>
Sports Information	1	2	3	4	5	<u>N/A</u>
NCAA Compliance	1	2	3	④	5	N/A
Counseling Center	1	2	3	4	5	<u>N/A</u>

This year better.

17. **If you could change one thing about your specific sports program at UCA what would it be?**

more support & budget

18. **Who was your primary contact when you had questions about NCAA regulations?**

Coach Casey

19. **How can the athletic department assist you in your career development?**

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.)
experience at UCA (1-5 with 5 being the highest) 4
What are your suggestions to improve the Life Skills Program?

24. Rate the time demands for your sport.
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5 - This year
2 - before

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

N/A

36. How would you improve the Sports Medicine services?

-

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

2-3 hours

44. During the playing season, how many hours per week is your team typically required to participate in the following:

• Practice: 18 hours

• Conditioning and/or weight lifting: 4 hours

• Watch game film: -

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

2 days

47. During your off-season, how many hours per day was a typically work out?

2 hours

48. During your off-season, how many hours per week are you required to work out?

4-5 hours

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? _____

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 11/27 Name (optional) _____ Sport W Soccer

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	<input checked="" type="checkbox"/>		
2. Specific academic program	<input checked="" type="checkbox"/>		
3. The athletic program	<input checked="" type="checkbox"/>		
4. The head coach or coaching staff	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
5. Financial aid		<input checked="" type="checkbox"/>	
6. Other athletes attending UCA	<input checked="" type="checkbox"/>		
7. Location of UCA	<input checked="" type="checkbox"/>		
8. Influence of parents			<input checked="" type="checkbox"/>
9. Southland Conference			<input checked="" type="checkbox"/>
10. Academic support services for student-athletes	<input checked="" type="checkbox"/>		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	(5)
Academics	1	2	3	4	(5)

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

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 Yes and no, in the sense they emphasized academics and athletics equally.
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 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No
Comments:

weight room, football team is more important than anyone else.

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

Nothing

18. **Who was your primary contact when you had questions about NCAA regulations?**

N/A

19. **How can the athletic department assist you in your career development?**

introduction to companies w/ former athletes

20. Have you sought assistance from the Career Services Staff? Yes No
21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5
What are your suggestions to improve the Life Skills Program?

W/A

24. Rate the time demands for your sport.
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 – Excellent 4 – Good 3 – Satisfactory 2 – Poor 1 – Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

2-3

36. How would you improve the Sports Medicine services?

[redacted] that give off a vibe that they care (misdiagnos)

37.

[redacted]

38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.

(Rate on a scale of 1-5 with 5 being the highest) 3

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

1.5 hours

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 6-8 hrs
- Conditioning and/or weight lifting: 3 hrs.
- Watch game film: 1.5 hrs - 3 hrs

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

2

47. During your off-season, how many hours per day was a typically work out?

1.5 hours

48. During your off-season, how many hours per week are you required to work out?

a lot, i'm not sure

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? N/A
50. I feel this exit interview process ~~is~~ beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 4/29 Name (optional) _____ Sport Tennis

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: I have one more semester left, and then try to get in to graduate school

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	⊗
2. Specific academic program			✓
3. The athletic program			✓
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA			✓
7. Location of UCA			✓
8. Influence of parents			✓
9. Southland Conference			✓
10. Academic support services for student-athletes			✓
11. Other:			✓

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted] 5

Ethics

[Redacted] 5

Technical knowledge of game

[Redacted] 5

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A	<i>This year is better</i>
Academic Advising	1	2	3	4	5	N/A	
Housing	1	2	3	4	5	N/A	
Career Services	1	2	3	4	5	N/A	
Aramark	1	2	3	4	5	N/A	
Financial Aid	1	2	3	4	5	N/A	
Promotion/Marketing	1	2	3	4	5	N/A	
Sports Information	1	2	3	4	5	N/A	
NCAA Compliance	1	2	3	4	5	N/A	
Counseling Center	1	2	3	4	5	N/A	

17. If you could change one thing about your specific sports program at UCA what would it be?

more support and more budget.

help help our coach please.

18. Who was your primary contact when you had questions about NCAA regulations?

coach Casey

19. How can the athletic department assist you in your career development?

20. Have you sought assistance from the Career Services Staff? Yes No
21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?
- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No
23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 4
What are your suggestions to improve the Life Skills Program?
24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory
28. Were you ever required to miss class due to practice? Yes No
29. Were you required to miss a mid-term or final exam due to practice? Yes No
30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No
31. Do you think the Athletic Administration supported and valued your sport?
 Yes No
32. If you had a need to contact an administrator was one available to you?
 Yes No
33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5 this year.
before 1.

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
4.5

36. How would you improve the Sports Medicine services?
good.

37. 

38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
1

43. During your playing season, how many hours per day does a typical practice last?
2-3

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 18
- Conditioning and/or weight lifting: 4
- Watch game film: _____

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
2

47. During your off-season, how many hours per day was a typically work out?
2

48. During your off-season, how many hours per week are you required to work out?
4-5



Student-Athlete Exit Interview

Date 4/30/19 Name (optional) _____

Port Beach vb

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓	✓	
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓	✓	
7. Location of UCA		✓	
8. Influence of parents		✓	
9. Southland Conference		✓	
10. Academic support services for student-athletes	✓		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent) Enthusiasm and the ability to motivate you and your teammates:**

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

Wouldn't change a thing

18. Who was your primary contact when you had questions about NCAA regulations?

Coaches or Natalie

19. How can the athletic department assist you in your career development?

Nothing - already have a few options I may take

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5

What are your suggestions to improve the Life Skills Program?
Make mandatory, because very helpful

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

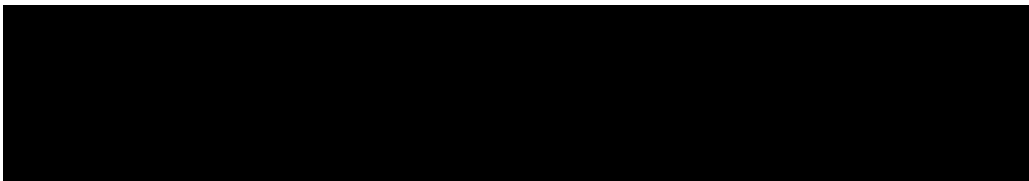
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

2

44. During the playing season, how many hours per week is your team typically required to participate in the following:

• Practice: 10

• Conditioning and/or weight lifting: 2

• Watch game film: 0

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

2

47. During your off-season, how many hours per day was a typically work out?

2 ish

48. During your off-season, how many hours per week are you required to work out?

12 ish

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1 or 2 hrs

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date _____ Name (optional) _____ Sport Women's Soccer

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program	X		
3. The athletic program	X		
4. The head coach or coaching staff	X		
5. Financial aid			X
6. Other athletes attending UCA	X		
7. Location of UCA		X	
8. Influence of parents		X	
9. Southland Conference			X
10. Academic support services for student-athletes			X
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	(4)	5
Academics	1	2	3	(4)	5

5. If you were being recruited today would you choose to attend UCA again?

Yes. Coming to UCA I have met so many

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

1 2 3 4 5

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

In the weight room I have noticed women's sports having to walk around football or baseball, but they can just walk through + disrupt our work out.

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

Better communication after games or practices Critiquing what to do better instead of just having 1 meeting, but have frequent ones to know everyone is on same page. But, overall so happy with this program + to represent UCA! And having coaches who open

18. Who was your primary contact when you had questions about NCAA regulations? ^{up their noses for us}
N/A, I never had questions about NCAA regulations. + become part of family, it is not just strictly business.

19. How can the athletic department assist you in your career development?

N/A, hoping to get into grad school
or this coming fall!

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|--|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 4
What are your suggestions to improve the Life Skills Program?
Try to bring in some well known people in the sports world, so people want to go + learn.

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

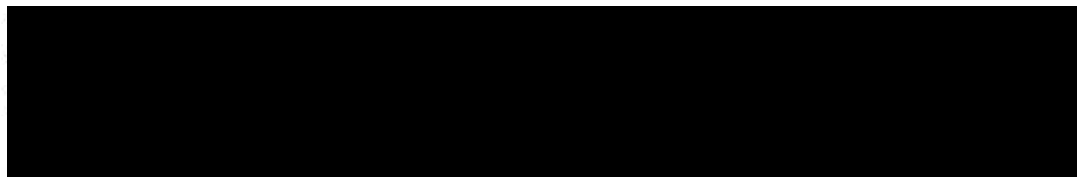
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

We are so lucky to have the athletic trainers we have because they are amazing. Nothing to improve on.

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.

(Rate on a scale of 1-5 with 5 being the highest) 4

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

1.5 hrs
no more than

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 5 x a week, 7hrs?
- Conditioning and/or weight lifting: 2x a week, so 2hrs
- Watch game film: 1 hr

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: NOT

really sure what the most hours you can practice,
but our coaches do a great job of balance!

46. During your off-season, how many days per week do you typically have off?

2

47. During your off-season, how many hours per day was a typically work out?

1.5 hrs

48. During your off-season, how many hours per week are you required to work out?

5 days a week with weekends off

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? not sure
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

- So thankful for the opportunity UCA has given me to excel not only on the field, but off the field. Thank you coaches for taking a chance on me because it is a chapter I will never forget. It has been amazing to ~~be~~ ^{play} a little part ~~in~~ ^{in making} history by winning the regular season conference twice in 2 years and this year by recording the most wins at 16 in a season. It has been a blast getting to compete everyday with my best friends at a very high level!



Student-Athlete Exit Interview

Date 11/27 Name (optional) _____

Sport WSoccer

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: I am looking to play professionally

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program		X	
3. The athletic program	X		
4. The head coach or coaching staff	X		
5. Financial aid	X		
6. Other athletes attending UCA	X		
7. Location of UCA			X
8. Influence of parents			X
9. Southland Conference			X
10. Academic support services for student-athletes		X	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	5
Academics	1	2	3	4	5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:**

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

The facilities provided

18. **Who was your primary contact when you had questions about NCAA regulations?**

Derek Nichols & Jeremy Bishop

19. **How can the athletic department assist you in your career development?**

Helping me contact people to be able to reach the next step for success

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Boosters	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Student-Athlete Host	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5

What are your suggestions to improve the Life Skills Program?

At the beginning, there used to be more speeches. I think we should require attendance of new speaker every year.

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No *KNOW*

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

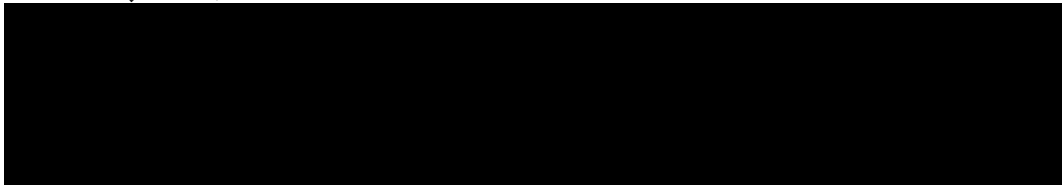
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

Better facility, ~~possible~~ possibly closer to soccer's location

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.

(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1

43. During your playing season, how many hours per day does a typical practice last?

1 1/2

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 5
- Conditioning and/or weight lifting: 2
- Watch game film: 1

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

2

47. During your off-season, how many hours per day was a typically work out?

1

48. During your off-season, how many hours per week are you required to work out?

7

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? N/A 0

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 4/24/19 Name (optional) [REDACTED]

Sport Beach

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: I have scheduled interviews.

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	X		
2. Specific academic program		X	
3. The athletic program	X		
4. The head coach or coaching staff		X	
5. Financial aid		X	
6. Other athletes attending UCA	X		
7. Location of UCA	X		
8. Influence of parents			X
9. Southland Conference		X	
10. Academic support services for student-athletes	X		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

18. Who was your primary contact when you had questions about NCAA regulations?

Walsh or shack

19. How can the athletic department assist you in your career development?

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 4

What are your suggestions to improve the Life Skills Program?

Maybe add some budgeting & financial speakers.

24. Rate the time demands for your sport.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?

Yes No

32. If you had a need to contact an administrator was one available to you?

Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

focusing more on the in-season athletes.

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.

(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

one

43. During your playing season, how many hours per day does a typical practice last?

2-2.5 hrs

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 1.5 hrs
- Conditioning and/or weight lifting: 2 hrs
- Watch game film: varies.

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

47. During your off-season, how many hours per day was a typically work out?

48. During your off-season, how many hours per week are you required to work out?

} was in indoor.

SAS
(in
indoor)

49.

During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? _____

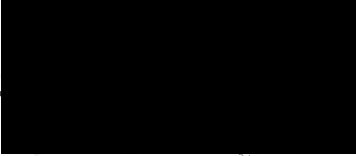
50.

I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

Date 12/11/18 Name (optional) _____



Sport Volleyball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.

Other. Please specify: applying for another year of beach.

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	X		
2. Specific academic program	X		
3. The athletic program	X		
4. The head coach or coaching staff	X		
5. Financial aid			X
6. Other athletes attending UCA			X
7. Location of UCA	X		
8. Influence of parents			X
9. Southland Conference		X	
10. Academic support services for student-athletes	X		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain sometimes it did and sometimes it didn't.

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments: that's when I got here.

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No

Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No

Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

nothing.

18. **Who was your primary contact when you had questions about NCAA regulations?**

Shock

19. **How can the athletic department assist you in your career development?**

They provide a group of people that can help us with that

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5

What are your suggestions to improve the Life Skills Program?
Have more speakers like Dr. DAN!

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No
depends on your schedule.

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
5

36. How would you improve the Sports Medicine services?

37. 

38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.
(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
one

43. During your playing season, how many hours per day does a typical practice last?
3 hrs

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 15 hr
- Conditioning and/or weight lifting: 2 hr
- Watch game film: 1 hr

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

47. During your off-season, how many hours per day was a typically work out?

48. During your off-season, how many hours per week are you required to work out?

BENCH!

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? _____
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

[Faint, illegible handwriting on lined paper]





Student-Athlete Exit Interview

Date 12-11-18 Name (optional) [REDACTED]

Sport Volleyball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff		✓	
5. Financial aid	✓		
6. Other athletes attending UCA		✓	
7. Location of UCA		✓	
8. Influence of parents		✓	
9. Southland Conference		✓	
10. Academic support services for student-athletes	✓		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	(5)
Academics	1	2	3	4	(5)

5. If you were being recruited today would you choose to attend UCA again?

Yes

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** Yes No

Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** Yes No

Comments:

16. **Rate the services you received from the following:
(1 represents no support and 5 represents total support)**

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

18. **Who was your primary contact when you had questions about NCAA regulations?**

Anyone of the coaching staff

19. **How can the athletic department assist you in your career development?**

I'll ~~contact~~ contact some people to see if I can shadow

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5
What are your suggestions to improve the Life Skills Program?

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

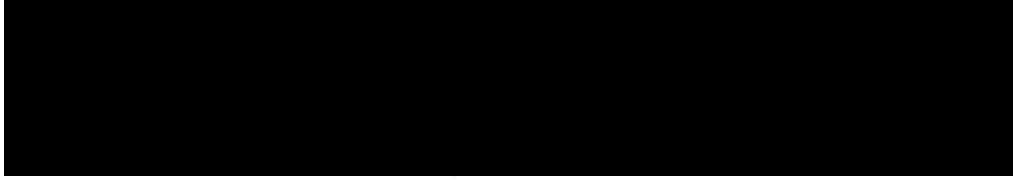
32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
5

36. How would you improve the Sports Medicine services?

37. 

38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.
(Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
1

43. During your playing season, how many hours per day does a typical practice last?
3

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 12
- Conditioning and/or weight lifting: 1
- Watch game film: the 1

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
2

47. During your off-season, how many hours per day was a typically work out?
1.5

48. During your off-season, how many hours per week are you required to work out?

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 3

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

Lined area for handwritten responses to question 50.



Student-Athlete Exit Interview

Date 5/9/19 Name (optional) _____ Sport Baseball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program		✓	
3. The athletic program		✓	
4. The head coach or coaching staff			✓
5. Financial aid			✓
6. Other athletes attending UCA			✓
7. Location of UCA			✓
8. Influence of parents			✓
9. Southland Conference			✓
10. Academic support services for student-athletes		✓	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

- Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?



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Yes No If no, for what reasons? Would be of had
more playing the else where.

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
- It hurt because I did not have enough time to commit to academics.
- It did not affect my academic performance very much.
- Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

- Immediately
- One term
- Sophomore
- Junior
- Senior
- Never

Comments:

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
- Effective for athletic but not for academic
- Effective for academic but not for athletic
- Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
- Yes and no, in the sense they emphasized academics and athletics equally.
- No, from the start, they emphasized athletics over academics.
- No, but they emphasized an academic degree could always be earned after my athletic career was over.
- No, they hardly ever discussed academics

10. How important to you is graduating from college?

- Very important
- Somewhat
- Not sure
- Not very
- Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

13. Please rate the Coaching staff in your sport

~~_____~~
Enthusiasm and the ability to motivate you and your teammates:



[Redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[Redacted]

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

~~More funding~~ More Funding
~~More equipment~~

18. Who was your primary contact when you had questions about NCAA regulations?

Coach gum + Harlan

1. The first part of the document is a list of names and addresses. The names are written in a cursive hand, and the addresses are in a more formal, printed style. The list is organized into columns, with names in the first column and addresses in the second.

2. The second part of the document is a list of names and addresses, similar to the first part. The names are written in a cursive hand, and the addresses are in a more formal, printed style. The list is organized into columns, with names in the first column and addresses in the second.

3. The third part of the document is a list of names and addresses, similar to the first two parts. The names are written in a cursive hand, and the addresses are in a more formal, printed style. The list is organized into columns, with names in the first column and addresses in the second.

4. The fourth part of the document is a list of names and addresses, similar to the first three parts. The names are written in a cursive hand, and the addresses are in a more formal, printed style. The list is organized into columns, with names in the first column and addresses in the second.

5. The fifth part of the document is a list of names and addresses, similar to the first four parts. The names are written in a cursive hand, and the addresses are in a more formal, printed style. The list is organized into columns, with names in the first column and addresses in the second.

This document is a list of names and addresses, organized into columns. The names are written in a cursive hand, and the addresses are in a more formal, printed style.

The list is organized into columns, with names in the first column and addresses in the second.

The names are written in a cursive hand, and the addresses are in a more formal, printed style.

The list is organized into columns, with names in the first column and addresses in the second.

The names are written in a cursive hand, and the addresses are in a more formal, printed style.

The list is organized into columns, with names in the first column and addresses in the second.

The names are written in a cursive hand, and the addresses are in a more formal, printed style.



19. How can the athletic department assist you in your career development?

N/A

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)

5

What are your suggestions to improve the CHAMPS/Life Skills Program?

24. Rate the time demands for your sport.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?

Yes No

32. If you had a need to contact an administrator was one available to you?

Yes No



33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). 5

36. How would you improve the Sports Medicine services?

N/A



38. Did you participate in training sessions with the Strength and Conditioning Coach? Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives? Yes No

42. During your playing season, how many days per week do you typically have off? 1

43. During your playing season, how many hours per day does a typical practice last? 2-3 hrs

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 2-3 hrs
- Conditioning and/or weight lifting: 1 hr
- Watch game film: 0

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off? 2



47. During your off-season, how many hours per day was a typically work out?
2 hrs
48. During your off-season, how many hours per week are you required to work out?
1 hr
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? ~~2 hrs~~ 5 hr
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

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Student-Athlete Exit Interview

Date 5/9/18 Name (optional) _____ Sport Baseball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program		X	
3. The athletic program	X		
4. The head coach or coaching staff		X	
5. Financial aid		X	
6. Other athletes attending UCA		X	
7. Location of UCA		X	
8. Influence of parents		X	
9. Southland Conference		X	
10. Academic support services for student-athletes		X	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	5
Academics	1	2	3	4	5

5. If you were being recruited today would you choose to attend UCA again?



THE UNIVERSITY OF CHICAGO

PHILOSOPHY DEPARTMENT

PHILOSOPHY 101

LECTURE NOTES

BY [Name]

1. Introduction to Philosophy

2. The Philosophy of Language

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:



[Redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[Redacted]

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?
Better communication between coaches and players

18. Who was your primary contact when you had questions about NCAA regulations?
Geoff Theirs

THE [illegible]

[illegible text]

[illegible text]

[illegible text]

[illegible text]

[illegible text]

[illegible text]

[illegible text]



19. How can the athletic department assist you in your career development?

By making sure I graduate & stay focused on school

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)

4
What are your suggestions to improve the CHAMPS/Life Skills Program?

24. Rate the time demands for your sport.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?

Yes No

32. If you had a need to contact an administrator was one available to you?

Yes No

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that this is essential for ensuring transparency and accountability in the organization's operations.

2. The second part of the document outlines the various methods and tools used to collect and analyze data. It highlights the need for consistent data collection procedures and the use of advanced analytical techniques to derive meaningful insights from the data.

3. The third part of the document focuses on the role of technology in data management and analysis. It discusses how modern software solutions can streamline data collection, storage, and analysis processes, thereby improving efficiency and accuracy.

4. The fourth part of the document addresses the challenges associated with data management, such as data quality, security, and privacy. It provides strategies to mitigate these risks and ensure that the data remains reliable and secure throughout its lifecycle.

5. The fifth part of the document concludes by summarizing the key findings and recommendations. It stresses the importance of ongoing monitoring and evaluation to ensure that the data management processes remain effective and aligned with the organization's goals.

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). 5

36. How would you improve the Sports Medicine services?



38. Did you participate in training sessions with the Strength and Conditioning Coach? Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives? Yes No

42. During your playing season, how many days per week do you typically have off? 7

43. During your playing season, how many hours per day does a typical practice last? 2-3

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 8
- Conditioning and/or weight lifting: 2
- Watch game film: 0

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off? 7



47. During your off-season, how many hours per day was a typically work out?
4
48. During your off-season, how many hours per week are you required to work out?
4
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

The following information is provided for your reference:

1. The total number of items is 100.

2. The number of items in each category is as follows:

Category	Number of Items
Category A	30
Category B	20
Category C	15
Category D	10
Category E	5
Category F	5

3. The total number of items in each category is 100.

The following information is provided for your reference:

1. The total number of items is 100.

2. The number of items in each category is as follows:

Category	Number of Items
Category A	30
Category B	20
Category C	15
Category D	10
Category E	5
Category F	5

3. The total number of items in each category is 100.

The following information is provided for your reference:

1. The total number of items is 100.

2. The number of items in each category is as follows:

Category	Number of Items
Category A	30
Category B	20
Category C	15
Category D	10
Category E	5
Category F	5

3. The total number of items in each category is 100.



Student-Athlete Exit Interview

Date 12/10/18 Name (optional) [REDACTED]

Sport volleyball

1. Which best describes your future plans? (check appropriate box)

*both -
trying to
decide which
one to do...*

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program		✓	
3. The athletic program		✓	
4. The head coach or coaching staff		✓	
5. Financial aid			✓
6. Other athletes attending UCA			✓
7. Location of UCA			✓
8. Influence of parents		✓	
9. Southland Conference			✓
10. Academic support services for student-athletes			✓
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

11/10/1916

PROVINCE OF ALABAMA

State

of a part
of a part
of a part
at 1916

11/10/1916

11/10/1916

11/10/1916

Yes No If no, for what reasons? _____

6.

How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

Immediately One term Sophomore Junior Senior Never

Comments: *I never struggled w/ academics & I found UCA to not be very challenging academically.*

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both ←
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No *I was just encouraged to get a minor to be able to play senior year*

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

12

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los puntos de fijación de la

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los puntos de fijación de la

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments: just preferential towards certain sports over others (men's bball & football) but it has been improving the past two years. other female sports need it more than we do.

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	<input type="checkbox"/> N/A	never injured
Academic Advising	1	2	3	4	<input checked="" type="checkbox"/> 5	<input type="checkbox"/> N/A	
Housing	1	2	3	4	<input checked="" type="checkbox"/> 5	<input type="checkbox"/> N/A	
Career Services	1	2	3	4	5	<input checked="" type="checkbox"/> N/A	
Aramark	1	2	3	4	5	<input checked="" type="checkbox"/> N/A	
Financial Aid	1	2	3	4	5	<input checked="" type="checkbox"/> N/A	
Promotion/Marketing	1	2	<input checked="" type="checkbox"/> 3	4	5	<input type="checkbox"/> N/A	
Sports Information	1	2	<input checked="" type="checkbox"/> 3	4	5	<input type="checkbox"/> N/A	
NCAA Compliance	1	2	3	4	<input checked="" type="checkbox"/> 5	<input type="checkbox"/> N/A	
Counseling Center	1	2	3	4	5	<input checked="" type="checkbox"/> N/A	

17. If you could change one thing about your specific sports program at UCA what would it be?

18. Who was your primary contact when you had questions about NCAA regulations?

Natalie shock

19. How can the athletic department assist you in your career development?

Nothing! Im good.

Handwritten notes at the top of the page, including the word "Lecture" and other illegible text.

Handwritten notes in the upper middle section, possibly starting with "The first..."

Handwritten notes in the middle section, possibly starting with "The second..."

Handwritten notes in the lower middle section, possibly starting with "The third..."

Large handwritten numbers or symbols, including "10000" and "100000", arranged vertically.

Handwritten notes at the bottom of the page, including the word "Conclusion" and other illegible text.

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 3
What are your suggestions to improve the Life Skills Program?

don't use the guy who spoke about safe sex again

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

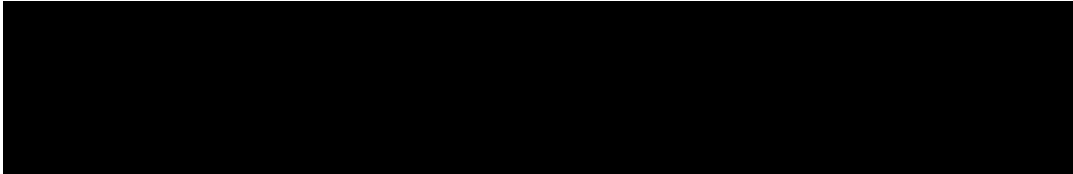
33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5 - Bre
2 - store

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
3 (I never used it)

36. How would you improve the Sports Medicine services?
I never used it.

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No

39. Please rate your overall experience with the Strength and Conditioning Program.
(Rate on a scale of 1-5 with 5 being the highest) 4

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No

42. During your playing season, how many days per week do you typically have off?
1

43. During your playing season, how many hours per day does a typical practice last?
2.5-3 hrs practice, 45 min of S/C 2x per week

44. During the playing season, how many hours per week is your team typically required to participate in the following:

- Practice: 10-15 hrs. (depending on the week)
- Conditioning and/or weight lifting: 2 hr.
- Watch game film: 1 hr

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
2

47. During your off-season, how many hours per day was a typically work out?
S/C = 1.5hr per day, practice = 2-2.5 hr. per day

48. During your off-season, how many hours per week are you required to work out?
45 for s/c 10-12 hrs. practice

depending on individuals

1.10.2016

1.10.2016



1.10.2016

1.10.2016

1.10.2016

1.10.2016

1.10.2016

1.10.2016



1.10.2016

1.10.2016

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1-2 hrs. per week for me,
2-3 hrs. for others
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:
↑

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Handwritten text, possibly a signature or date, located in the upper middle section.





Student-Athlete Exit Interview

Date _____ Name (optional) _____ Sport Baseball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA		✓	
8. Influence of parents	✓		
9. Southland Conference	✓		
10. Academic support services for student-athletes	✓		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

- Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes

17:00

Introduction

Chapter 1

Chapter 2

Chapter 3

Chapter 4

Chapter 5

Chapter 6

Chapter 7

Chapter 8

Chapter 9

Chapter 10

Chapter 11

Chapter 12

Chapter 13

Chapter 14

Chapter 15

Chapter 16

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data.

In the second section, the author outlines the various methods used to collect and analyze the data. This includes both primary and secondary data collection techniques. The primary data was gathered through direct observation and interviews with key stakeholders. Secondary data was obtained from existing reports and databases.

The third section details the statistical analysis performed on the collected data. It describes the use of descriptive statistics to summarize the data and inferential statistics to test hypotheses. The results indicate a significant correlation between the variables studied, suggesting that the findings are statistically robust.

Finally, the document concludes with a series of recommendations based on the research findings. These recommendations are aimed at improving the efficiency of the process and ensuring that the data remains accurate and reliable. It is suggested that regular audits be conducted and that the data collection process be standardized across all departments.



[Redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[Redacted]

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?
more funding for the baseball program

18. Who was your primary contact when you had questions about NCAA regulations?
Graff Thiers

1. *[Faint text]*

2. *[Faint text]*

3. *[Faint text]*

4. *[Faint text]*

5. *[Faint text]*

6. *[Faint text]*

7. *[Faint text]*

[Faint text]

[Faint text]

[Faint text]

[Faint text]

[Faint text]

[Faint text]

[Faint text]

[Faint text]

[Faint text]

[Faint text]

19. How can the athletic department assist you in your career development?

They helped

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)

5

What are your suggestions to improve the CHAMPS/Life Skills Program?

none

24. Rate the time demands for your sport.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?

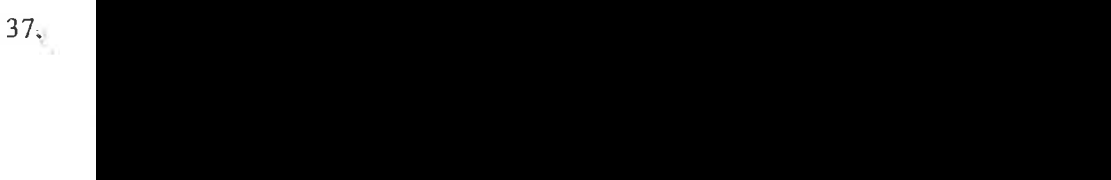
Yes No

32. If you had a need to contact an administrator was one available to you?

Yes No

Faint, illegible text, possibly bleed-through from the reverse side of the page. The text is too light to transcribe accurately.

33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). 5
36. How would you improve the Sports Medicine services?



38. Did you participate in training sessions with the Strength and Conditioning Coach? Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest). 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives? Yes No

42. During your playing season, how many days per week do you typically have off? 1

43. During your playing season, how many hours per day does a typical practice last? 2

44. During the playing season, how many hours per week is your team typically required to participate in the following:
- Practice: 6
 - Conditioning and/or weight lifting: 2
 - Watch game film: 0

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off? 1

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data. The second part of the document provides a detailed breakdown of the financial data, including a list of all accounts and their respective balances. It also includes a summary of the total assets and liabilities, which shows that the organization is in a financially sound position. The final part of the document concludes with a statement of the auditor's findings and a recommendation for further action. It suggests that the organization should continue to maintain high standards of financial reporting and to regularly review its internal controls to ensure ongoing compliance with all applicable laws and regulations.

The following table provides a detailed breakdown of the financial data for the period ending 31st December 2023. The table is organized into columns for each account type, including cash, receivables, payables, and equity. The total assets are shown to be equal to the total liabilities and equity, indicating that the accounting records are balanced. The data shows a steady increase in cash and receivables over the period, while payables have remained relatively stable. The equity section shows a significant increase in retained earnings, which is a positive sign for the organization's long-term financial health. The auditor has reviewed the data and found it to be accurate and reliable, and has provided a clean audit opinion.

The auditor's findings are based on a thorough review of the organization's financial records and a testing of a sample of transactions. The auditor has identified no material weaknesses in the organization's internal controls, and has concluded that the financial statements are presented fairly and accurately. The organization's management has provided a strong level of cooperation throughout the audit process, and this has helped to ensure that the audit was completed efficiently and effectively. The auditor's report is intended to provide confidence to the organization's stakeholders that the financial information is reliable and that the organization is in a strong financial position.

The organization's financial performance has been strong over the period, and this is reflected in the positive audit opinion. The organization's management has demonstrated a commitment to transparency and accountability, and this has been a key factor in the auditor's decision to issue a clean opinion. The organization's financial records are well-maintained and easy to understand, and this has helped to facilitate the audit process. The organization's internal controls are robust and effective, and this has helped to ensure that the financial data is accurate and reliable. The organization's financial position is strong, and it is well-positioned to continue to grow and succeed in the future.

The auditor's report is a key document for the organization's stakeholders, and it provides a clear and concise summary of the organization's financial performance and the auditor's findings. The organization's management should continue to maintain high standards of financial reporting and to regularly review its internal controls to ensure ongoing compliance with all applicable laws and regulations. The auditor's report is a testament to the organization's commitment to transparency and accountability, and it provides a strong level of confidence to the organization's stakeholders.



47. During your off-season, how many hours per day was a typically work out?
1
48. During your off-season, how many hours per week are you required to work out?
4
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 4
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This not only helps in tracking expenses but also ensures compliance with tax regulations. The second part of the document provides a detailed breakdown of the company's financial performance over the last quarter. It includes a comparison of actual results against the budget and identifies areas where the company has exceeded expectations. The final part of the document outlines the company's strategic goals for the upcoming year and the steps that will be taken to achieve them. It also mentions the need for continued communication and collaboration between all departments to ensure the success of these initiatives.



Student-Athlete Exit Interview

Date 5/9/16 Name (optional) _____ Sport Baseball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program		✓	
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA	✓		
8. Influence of parents			
9. Southland Conference	✓		
10. Academic support services for student-athletes		✓	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

- Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall)	1	2	3	4	5
Academics	1	2	3	4	5

5. If you were being recruited today would you choose to attend UCA again?

MEMORANDUM FOR THE RECORD

TO: SAC, [illegible]

FROM: [illegible]

SUBJECT: [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Yes No If no, for what reasons? _____

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

Immediately One term Sophomore Junior Senior Never

Comments:

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. How important to you is graduating from college?

Very important Somewhat Not sure Not very Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

13. Please rate the Coaching staff in your sport
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

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[Redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[Redacted]

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following: (1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

Be more organized / more funding

18. Who was your primary contact when you had questions about NCAA regulations?

Coach Cunn

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

19. How can the athletic department assist you in your career development?

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

Ethical Conduct	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Amateurism	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Academic Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Eligibility Standards	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Drugs	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Recruitment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Complimentary Admissions	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Extra Benefits	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Boosters	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Student-Athlete Host	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Employment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)

4
What are your suggestions to improve the CHAMPS/Life Skills Program?

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

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Fourth block of faint text.

Fifth block of faint text.

Sixth block of faint text.

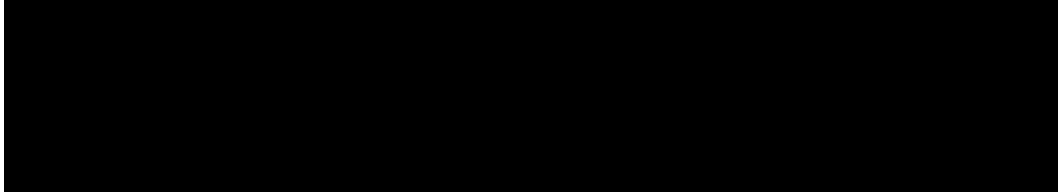
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33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). 5
36. How would you improve the Sports Medicine services?
NO

37.



38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No
39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest). 5
40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No
41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No
42. During your playing season, how many days per week do you typically have off?
1
43. During your playing season, how many hours per day does a typical practice last?
2
44. During the playing season, how many hours per week is your team typically required to participate in the following:
- Practice: all
 - Conditioning and/or weight lifting: all
 - Watch game film: none
45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
2



47. During your off-season, how many hours per day was a typically work out?
1
48. During your off-season, how many hours per week are you required to work out?
4
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

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Student-Athlete Exit Interview

Date _____ Name (optional) _____ Sport Baseball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: semester left of school

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA		✓	
8. Influence of parents	✓		
9. Southland Conference	✓		
10. Academic support services for student-athletes	✓		
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

- Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?



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Yes No If no, for what reasons? _____

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

- Immediately One term Sophomore Junior Senior Never

Comments:

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. How important to you is graduating from college?

- Very important Somewhat Not sure Not very Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

13. Please rate the Coaching staff in your sport
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:



[Redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[Redacted]

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No
Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No
Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

N/A

18. Who was your primary contact when you had questions about NCAA regulations?

Geoff Theirs



19. How can the athletic department assist you in your career development?

They helped

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)

5
What are your suggestions to improve the CHAMPS/Life Skills Program?

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

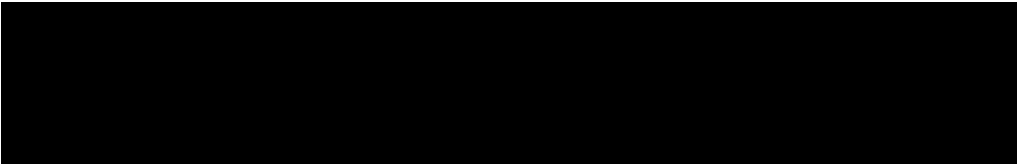
30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

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33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). 5
36. How would you improve the Sports Medicine services?
N/A
37. 
38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No
39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest). 5
40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No
41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No
42. During your playing season, how many days per week do you typically have off?
1
43. During your playing season, how many hours per day does a typical practice last?
2
44. During the playing season, how many hours per week is your team typically required to participate in the following:
- Practice: 2 6
 - Conditioning and/or weight lifting: 2
 - Watch game film: 0
45. During your playing season, is your team required to practice more than 20 hours per week? Yes No
If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?
1-2



47. During your off-season, how many hours per day was a typically work out?
1
48. During your off-season, how many hours per week are you required to work out?
4
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 4
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:

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Student-Athlete Exit Interview

Date 4-25-19 Name (optional)

Sport Beach Volleyball

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program	X		
3. The athletic program	X		
4. The head coach or coaching staff	X		
5. Financial aid	X		
6. Other athletes attending UCA	X		
7. Location of UCA		X	
8. Influence of parents			X
9. Southland Conference			X
10. Academic support services for student-athletes		X	
11. Other:			

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5

Academics 1 2 3 4 5

5. If you were being recruited today would you choose to attend UCA again?

Yes No If no, for what reasons? _____

6. **How did your participation in athletics affect your Academic Performance?**

- It helped because I had to manage my time more effectively.
- It hurt because I did not have enough time to commit to academics.
- It did not affect my academic performance very much.
- Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

- Immediately One term Sophomore Junior Senior Never

Comments: *Took one semester to get comfortable*

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

- Very effective and very complete for both
- Effective for athletic but not for academic
- Effective for academic but not for athletic
- Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

- Yes, from the start, they always emphasized academics over athletics.
- Yes and no, in the sense they emphasized academics and athletics equally.
- No, from the start, they emphasized athletics over academics.
- No, but they emphasized an academic degree could always be earned after my athletic career was over.
- No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

- Very important Somewhat Not sure Not very Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** Yes No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** Yes No

13. **Please rate the Coaching staff in your sport (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**
Enthusiasm and the ability to motivate you and your teammates:

[Redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[Redacted]

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following: (1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

Having a team poster like the other teams so people know we exist as a program

18. Who was your primary contact when you had questions about NCAA regulations?

Probably Coach Jones

19. How can the athletic department assist you in your career development?

N/A

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5

What are your suggestions to improve the Life Skills Program?

more on how what athletes put on social media effects their reputation & the programs reputation

24. Rate the time demands for your sport.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?

5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?

Yes No

32. If you had a need to contact an administrator was one available to you?

Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

N/A

- our trainers did an amazing job this year 😊

37. Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff? Yes No

If yes, what doctor?

Was the service/treatment adequate Yes No, If no please explain:

38. Did you participate in training sessions with the Strength and Conditioning Coach?

Yes No

39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5

40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No

41. I felt I was able to bring issues with my sport to my SAAC representatives?

Yes No

42. During your playing season, how many days per week do you typically have off?

1-2

43. During your playing season, how many hours per day does a typical practice last?

2-2.5 hrs

44. During the playing season, how many hours per week is your team typically required to participate in the following:

• Practice: ~10-12

• Conditioning and/or weight lifting: ~3

• Watch game film: ~1

45. During your playing season, is your team required to practice more than 20 hours per week? Yes No

If you answered yes, please give a detailed account of those hours: _____

46. During your off-season, how many days per week do you typically have off?

~3-4

47. During your off-season, how many hours per day was a typically work out?

~2

48. During your off-season, how many hours per week are you required to work out?

...?

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1

50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain



Student-Athlete Exit Interview

Date 5/3/19 Name (optional) _____ Sport Beach

1. Which best describes your future plans? (check appropriate box)

- I have been accepted to a graduate program.
- I have applied to Graduate schools but have not been accepted yet.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

2. Please indicate the relative importance each of the following factors had in your decision to attend UCA.

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff			✓
5. Financial aid		✓	
6. Other athletes attending UCA			✓
7. Location of UCA			✓
8. Influence of parents		✓	
9. Southland Conference			✓
10. Academic support services for student-athletes		✓	
11. Other:			✓

3. Would you encourage other student-athletes to attend this institution?

Yes No If no, please explain _____

4. Please rate your experience at UCA. (Circle one for each category)
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)

Athletics (overall) 1 2 3 4 5
 Academics 1 2 3 4 5

5. If you were being recruited today would you not attend UCA?
NO

Yes No If no, for what reasons? Closer to home
and better advising (has gotten better though)

6. How did your participation in athletics affect your Academic Performance?

- It helped because I had to manage my time more effectively.
 It hurt because I did not have enough time to commit to academics.
 It did not affect my academic performance very much.
 Other effects. Please explain _____

7. When did you begin to feel confident you could manage both the academic and athletic demands at UCA.

- Immediately One term Sophomore Junior Senior Never

Comments: We put in a lot of hours not only on the field
or in weights but w/ volunteering, team building, film, etc
it is a lot.

8. How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.

- Very effective and very complete for both
 Effective for athletic but not for academic
 Effective for academic but not for athletic
 Not effective for either

9. Did your coaches sincerely emphasize graduation from UCA as a top priority?

- Yes, from the start, they always emphasized academics over athletics.
 Yes and no, in the sense they emphasized academics and athletics equally.
 No, from the start, they emphasized athletics over academics.
 No, but they emphasized an academic degree could always be earned after my athletic career was over.
 No, they hardly ever discussed academics

10. How important to you is graduating from college?

- Very important Somewhat Not sure Not very Not at all

11. Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success? Yes No

12. Did the coaches ever steer you toward a less challenging major in order to keep you eligible? Yes No

adviser

13. Please rate the Coaching staff in your sport
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:



Willingness to assist with academic concerns (not necessarily related to eligibility matters)



Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA? Yes No

Comments:

15. Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA? Yes No

Comments:

16. Rate the services you received from the following:
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. If you could change one thing about your specific sports program at UCA what would it be?

more funding, ~~and~~ our nets^{and lines} are falling apart.

18. Who was your primary contact when you had questions about NCAA regulations?

Coach, trainer

19. How can the athletic department assist you in your career development?

help us find internships

20. Have you sought assistance from the Career Services Staff? Yes No

21. Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?

- | | | |
|--------------------------|---|-----------------------------|
| Ethical Conduct | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 2

What are your suggestions to improve the Life Skills Program?

a lot of them went long and wish they were optional

24. Rate the time demands for your sport.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

25. Rate team travel arrangements for minimizing missed class time.
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

26. How well did practice times accommodate class scheduling?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

27. What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?
 5 - Excellent 4 - Good 3 - Satisfactory 2 - Poor 1 - Unsatisfactory

28. Were you ever required to miss class due to practice? Yes No

29. Were you required to miss a mid-term or final exam due to practice? Yes No

30. Were practice times usually scheduled in a manner to allow you access to campus food services? Yes No

31. Do you think the Athletic Administration supported and valued your sport?
 Yes No

32. If you had a need to contact an administrator was one available to you?
 Yes No

33. Was your team assigned an Athletic Trainer? Yes No

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5