Student-Athlete Exit Interview

Date 4/15/13 Name (optional) _____ Sport Cross Country / 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

☐ 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)

[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?**

[redacted]

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

Beau

[redacted]

[redacted]

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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☐ Yes	☒ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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?

More 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

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). Ideal (5) Grily (2)

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?**
Never made use of it

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?**
90 min.

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 12 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

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?**
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.

Student-Athlete Exit Interview

Date 11-19-18 Name (optional) [redacted] Sport Football

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

   - [x] I have been accepted to a graduate program.
   - [x] I have applied to Graduate schools but have not been accepted yet.
   - [x] 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?**

   [x] 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 fee' [illegible] uld 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 fieldhouse

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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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	(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

→ 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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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

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).
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. [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?**
1-2 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?**
the most would be the maximum hours which is 20.

coaches ways made sure to stay within next years.

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)**

   - [x] 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.
   - [x] I am still looking for a job.
   - [ ] I have no idea.
   - [ ] I have one more year of school left.
   - [x] 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?**

   - [x] 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?**

   I would do it 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?**
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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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.

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 max

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 6hrs
- **Conditioning and/or weight lifting:** 1hr 30 minutes
- **Watch game film:** 3hrs

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?**
1hr 30minutes

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 mins

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:
[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?** 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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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. [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?**
1-2

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:** ~~[illegible]~~ 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)**

   - [x] 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.
   - [x] 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?**

   [x] 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 opening 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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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 its 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. [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 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 5½-6
- **Conditioning and/or weight lifting:** 3
- **Watch game film:** 4½-5

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?**
1-1½

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?** 1½-2

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? [redacted]

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

☒ 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:
[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?**

[redacted]

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

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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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 avalidble times to go in.

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?**
1-2

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?**
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:

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, idk

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:	got a full	ride, so	

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. – bus rides – no wifi (not good enough wifi to do HW)
☐ 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 — Jaime is the best
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?**
6:30 am weights was annoying in the Fall b/c we didn't actually do anything so you wake up for no reason
also weights during season??? not healthy

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	☑ Yes	☐ No
Amateurism	☐ Yes	☑ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☐ Yes	☑ No
Student-Athlete Host	☐ Yes	☑ No
Employment	☑ Yes	☐ 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! So was Doug Isenhart
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).

1 - [redacted] sucks

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

get rid of him

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 - 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?**
when 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 year.

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:

[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	This year better.
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 & 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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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 6
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. [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?**
2-3 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	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: 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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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?
N/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
(misdiagnosis)

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 hours - 3 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?**
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 smester 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:
[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	This year is better
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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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).
5

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

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?**
2~3

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

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 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:
[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?** 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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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. [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

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?**
2ish

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 up their homes for us + become apart of family, it is not just strictly business.

18. **Who was your primary contact when you had questions about NCAA regulations?**
N/A, I never had questions about NCAA regulations.

19. **How can the athletic department assist you in your career development?**
N/A, hoping to get into grad school for PT 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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☒ 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. [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) 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?**
no more than 1.5 hrs

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 play a little part 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**) [redacted] 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 soccer

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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☐ Yes	☒ No
Boosters	☐ Yes	☒ No
Student-Athlete Host	☐ Yes	☒ No
Employment	☒ Yes	☐ 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 N/A

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. [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?**
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:

[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?**

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

Walsh or Shock

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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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 & financi 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). 6

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. [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?**
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:** 15hrs
- **Conditioning and/or weight lifting:** 2hrs
- **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.

as 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**) [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: 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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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. [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?**
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:

Beach!

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?**

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) [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 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	☑ Yes	☐ No
Amateurism	☐ Yes	☑ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☐ Yes	☑ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☐ Yes	☑ No
Employment	☑ Yes	☐ 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. [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?**
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:** 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?**
6

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:

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?**

☐ Yes ☒ No If no, for what reasons? Would of had more playing time 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**

[redacted]

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

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

Coach Gum + Harlan

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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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

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?** 2-3 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?**
2hrs

48. **During your off-season, how many hours per week are you required to work out?**
1hr

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 5hr

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 5/9/18 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?**

☒ 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

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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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

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. [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?** 2-3

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?** 1

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:

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...

- [x] I have been accepted to a graduate program.
- [ ] I have applied to Graduate schools but have not been accepted yet.
- [x] 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?**

[x] 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: 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 encourged 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)

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	N/A never injured
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?**
Natalie Shock

19. **How can the athletic department assist you in your career development?**
Nothing! Im good.

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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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?
dont 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- Steve

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. [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) 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?** depending on individuals
S/C = 1.5 hr 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?**
4-5 for S/C, 10-12 hrs. practice

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:

Student-Athlete Exit Interview

Date_____ Name (optional)[redacted] 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

☐ 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?** more funding for the baseball program

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

Geoff Thiers

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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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

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. [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

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

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:

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		✓	
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:

[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 Gum

[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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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

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. [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

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:

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?**

☑ 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

[redacted]

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	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ 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

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

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?** 1-2

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:

Student-Athlete Exit Interview

Date 4-25-19 Name (**optional**) [redacted] 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	[redacted]	
Academics	1	2	3	4	(5)

5. **If you were being recruited today would you** [redacted]

☒ 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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☒ Yes	☐ 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 * probably could've been advertised more

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?**
~6-7

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)	[redacted]	
Academics	1	2	(3)	4	5

5. **If you were being recruited today would you** [redacted]
   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

advisor

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?**

more funding, ~~our~~ 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	☒ Yes	☐ No
Amateurism	☒ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☒ Yes	☐ No
Complimentary Admissions	☒ Yes	☐ No
Extra Benefits	☒ Yes	☐ No
Boosters	☒ Yes	☐ No
Student-Athlete Host	☒ Yes	☐ No
Employment	☐ Yes	☒ 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