

**Sam Houston State University
Student-Athlete Exit Interview**

The information received from this interview will not be viewed by any of the coaches. It will be kept confidential. The only two people who will read this are the Director of Athletics and the Associate Athletic Associate Director for Student Services. Please answer all the questions as completely as possible. You are not required to answer all questions, however, this is your opportunity as a student-athlete to express your praise or concerns about the athletic department, your sport, and your experience here at Sam Houston State University. We plan to use this as a tool for improvement.

1. Personal History (check all that apply):

- a. Walk-on, not recruited.
- b. Received athletically related financial aid.
- c. Recruited student-athlete.
- d. Began college at Sam Houston. (High School 1A__ 2A__ 3A__ 4A__ 5A__ 6A__)
- e. Transferred to Sam Houston. (Junior College__ University__)
 - (1) When did you transfer (year)? _____
 - (2) From what institution did you transfer? _____

2. Indicate what years you participated in intercollegiate athletics at Sam Houston State University?

20__ 20__ 20__ 20__ 20__

3. When will you complete your attendance at Sam Houston State University (year and term)? Ex: term: 2020 Spring = X

Year ending term _____ Spring _____ Fall _____ Graduating _____ Still Attending _____

4. How would you rate your overall athletic experience at Sam Houston State University?

Excellent Very Positive Good Adequate Negative

5. Do you believe that participation in athletics helped promote your personal ...

- a. Academic growth? Often __ Sometimes __ Never __

Explain:

- b. Social growth? Often __ Sometimes __ Never __

Explain:

c. Physical growth? Often ___ Sometimes ___ Never ___

Explain:

d. Emotional growth? Often ___ Sometimes ___ Never ___

Explain:

e. Career growth? Often ___ Sometimes ___ Never ___

Explain:

6. Please indicate by placing an "X" by the appropriate description of the following athletically related activities:

	Need More Time	Need Less Time	OK As Is	N/A
a. Formal, organized practice.	___	___	___	___
b. Captain's or Voluntary practice	___	___	___	___
c. Competition	___	___	___	___
d. Review of game videotapes related to your sport	___	___	___	___
e. Required meetings initiated by coach(es)	___	___	___	___
f. Required weight training and conditioning activities	___	___	___	___
g. Voluntary individual conditioning or skill practice	___	___	___	___
h. Voluntary meeting with coach(es) initiated by you	___	___	___	___
i. Travel to and from practice and competition	___	___	___	___
j. Training room-preparatory and rehabilitation	___	___	___	___
k. Strength & Conditioning program	___	___	___	___
l. Your sports academics study hall or tutoring	___	___	___	___
m. Meals prior to or after competition	___	___	___	___
n. Meeting with Academic Advisors	___	___	___	___
o. Meetings with Director of Athletics	___	___	___	___

7. Were out-of-season workouts required or requested by coaches? If yes, please indicate whether the practices were Required, or Requested, or Pressured and how often.

a. If required, how often? _____

b. If requested, how often? _____

c. If pressured, how often? _____

8. Please rate the following areas as they relate to your support according to the scale below:

E = Excellent

A = Average

P = Poor

a. Availability of athletics facilities _____

b. Availability of academic support services _____

c. Availability of athletic trainers and physicians _____

d. Availability of injury-rehabilitation facilities _____

e. Availability of substance-abuse education and intervention process _____

f. Availability of counseling services _____

g. Practice and competition schedules _____

h. Availability of strength and conditioning staff _____

- i. Team travel _____
- j. Team budget _____
- k. Publicity _____
- l. Student-Athlete Welfare _____
- m. Comments: _____

9. Please circle the areas that are available through Student-Athlete Services or the Counseling Center to deal with the following needs specific to your participation in athletics that you utilized and were beneficial.

Stresses Related To:	<u>Utilized</u>		<u>Beneficial</u>	
a. Time demands	Yes	No	Yes	No
b. Mental Health	Yes	No	Yes	No
c. Competition	Yes	No	Yes	No
d. Playing time	Yes	No	Yes	No
e. Injury	Yes	No	Yes	No
f. Peer pressure	Yes	No	Yes	No
g. Adjustment to college life	Yes	No	Yes	No
h. Sexual Misconduct	Yes	No	Yes	No
i. Drug or alcohol problems	Yes	No	Yes	No
j. Body weight/eating disorders	Yes	No	Yes	No
k. Team problems/conflicts	Yes	No	Yes	No
l. Coaches	Yes	No	Yes	No
m. List additional areas needed to be included _____				

10. Place a circle the areas that you were informed of NCAA, Southland Conference, Athletic Department and Sam Houston State University regulations:

- a. Ethical conduct
- b. Discipline Policy
- c. Amateurism
- d. Financial aid/Non-permissible (extra) benefits
- e. Employment
- f. Academic standards (Sam Houston State University)
- g. Summer school
- h. Eligibility standards (Southland Conference, NCAA)
- i. Drug Testing
- j. NCAA Compliance general rules
- k. Recruitment/Serving as a student-athlete host
- l. Complimentary admissions
- m. Boosters
- n. Sexual Misconduct
- o. Student-Athlete Welfare
- p. Mental Health

11. If you were informed of NCAA, conference and institutional rules/regulations/policies, please indicate the methods by which you received information. Check the lines accordingly:

- Student-Athletes Affairs (Freshman Class)
- Face to face team meetings or discussions
- Student-Athlete Day Planner
- Internet/Athletic Home Page
- Text Messages
- Emails
- No information was received

12. During your recruitment by Sam Houston or while enrolled in this institution, did you receive any non-permissible offers, inducements or benefits from an employee of the athletics department or a booster? (check all that apply)

- a. I was not recruited
- b. No
- c. Yes (if yes check what benefits were provided)
 - (1) Cash or a cash-equivalent award (ex: Gift Cards, etc.).
 - (2) Free or reduced-cost services (ex: laundry), rentals (housing or purchases ex: airline tickets, clothing, automobile, food) of any type.
 - (3) Use of a credit card.
 - (4) Gifts of athletic equipment from a manufacturer (e.g., Nike, Adidas)
 - (5) Payment for complimentary tickets.
 - (6) A job or employment arranged by a staff member or representative of athletics interest before or after high school graduation or during current enrollment.
 - (7) Transportation to a job.
 - (8) A loan or consigning of a loan.
 - (9) A loan or payment of other expenses for a relative or friend.
 - (10) An employment arrangement for a relative or friend.

13. Were you subjected to coaching techniques that involved the following? If yes, please explain.

a. Physical abuse?
Explain:

b. Verbal Abuse?
Explain:

c. Mental Abuse?
Explain:

14. What do you believe were the strengths of the coaching staff in your sport?

15. In what areas, if any, do you feel the coaching staff in your sport needs to improve?

16. With the NCAA restrictions on athletic related activities, (the number of hours per week) do you feel your coaches follow the guidelines?

17. If No, what are the examples of requirements you had to do that may have conflicted with the NCAA rules?

18. Do you feel that discipline was administered in a just manner during your time at Sam Houston? If not, can you give examples or situations that dissatisfied you?

19. Did you experience any discrimination of any sort from within the athletic department?

YES or NO

Comments:

20. If you were being recruited from high school or as a transfer today, would you choose to attend Sam Houston State University and participate in intercollegiate athletics again?

YES or NO

Comments:

21. To the best of your knowledge, did your coaches comply with NCAA, conference, athletic department and Sam Houston State University rules (Ex: Miss meals, miss class or exams, or not treated equally)? YES or NO

Comments:

22. While enrolled at Sam Houston, were you ever declared ineligible to practice or compete? YES or NO. If Yes, for what reason

23. If you could give one area that Sam Houston could improve in to make the athletic experience for student-athletes better, what area would you suggest?

24. Please indicate on the scale below, the extent to which you, as a student-athlete, felt integrated into the student body? (considering campus activities) Why do you feel this way?

No Integration Very Little Adequate Substantial Total Integration

25. According to your answer above, what could be done to either have more or less integration?

26. Did you pursue assistance from the academic support service?

____ Campus Assistance _____ Athletic Department Assistance

27. Rate the amount of assistance you received from the campus and athletic academic support services at Sam Houston by placing a circle on the scale below:

Campus: No Assistance Very Little Some Plenty Great Deal of Assistance

Athletic: No Assistance Very Little Some Plenty Great Deal of Assistance

28. Indicate whether the academic support unit assistance was available to you when you needed it by placing a circle on the scale below:

Never Available Rarely Sometimes Often Always Available

29. Do you feel athletics encouraged you to take advantage or utilize resources in the following areas? (check which applies):

	Encouraged	Had No Effect	Not Utilized
a. Attending classes and labs.	_____	_____	_____
b. Preparing for classes and labs.	_____	_____	_____
c. Using campus resources.	_____	_____	_____
d. Meeting with tutors.	_____	_____	_____
e. Attending mandatory study halls.	_____	_____	_____
f. Provided academic advisement.	_____	_____	_____
g. Provided eligibility status.	_____	_____	_____

30. What academic goals did you set and reach during your time at Sam Houston?

31. What athletic goals did you set and reach during your time at Sam Houston?

32. Do you plan to support Bearkat athletics in the following area, Bearkat Champions Fund, Season Tickets, Alumni Events, Attend Athletic Events, Letterwinner's Association? YES or NO. If Yes, which one?

33. Did you or your team have required study hall?

If so, how many hours per day/per week was it too much or not enough?

Do you think study hall helped or hindered your academic progress?

If you did not have study hall, do you wish you did?

34. Is there anything you would like to share with the athletic department regarding your experiences as a student-athlete at Sam Houston State University?

