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?**
quicker evaluation, a lot of girls waited several weeks to get the scan they needed.

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training**
If yes, wh
Was the s
[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?**
2.5 - 3

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** not sure <40 hrs?
- **Conditioning and/or weight lifting:** not sure
- **Watch game film:** not sure

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?**
two

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?**
2x

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

Im not really sure how beneficial this is for you but for me its helped me express my little frustrations but all in all I enjoyed my time here.
Thank you!

Student-Athlete Exit Interview

Date 4/29 Name (**optional**) _____ Sport W. Tennis

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

5. **If you were being recruited today would yo[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:

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 marketing-promotion of womens tennis: new tennis courts + indoors / locker rooms.

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?**

Supporting 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)** 5 ☺
What are your suggestions to improve the Life Skills Program?
→ encourage student-athlete participation & involvement.

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
Before leaving for a match indoors attending we had practice

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).
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:** 16
- **Conditioning and/or weight lifting:** 4
- **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 OR 2

47. **During your off-season, how many hours per day was a typically work out?**
1-2

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

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** in conjunction with workouts total of 8 hours - it was split up between working out and skill instruction

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 softball

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

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

☐ Yes ☑ No If no, for what reasons? The school is great and so are my teammates. [redacted]

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?**

A positive environment in practice/games for my sport.

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

Coach Shock

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

I was able to achieve my career goals while playing. I have no complaints

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?
more hands-on activities.

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?**
2 during season; 2 off season

43. **During your playing season, how many hours per day does a typical practice last?**
3 - 4 hours

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 3 hr
- **Conditioning and/or weight lifting:** 1 hr
- **Watch game film:** not required as a team

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 hr

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

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

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 4/23/19 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)	[redacted]	
Academics	1	2	3	(4)	5

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

Yes 100%

☑ 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:
Freshman year was like a 'warm-up' year, but still managed it all confidently.

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?**
To get more recognition (All women's sports) to be treated as special as men's sports.

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

19. **How can the athletic department assist you in your career development?**
They can talk highly of me to companies because of my

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?
Be more interactive b/c most of the time it is mandatory for us & we are super tired at the time.

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?**
Be at conditioning tests.

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?**
1-2

43. **During your playing season, how many hours per day does a typical practice last?**
3.5

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 12-15 depends if we have games.
- **Conditioning and/or weight lifting:** 2 - 3
- **Watch game film:** 1 - 2.

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?**
2-3.

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?**
10 ish.

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 2 - 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 4/25 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.
   - [x] I have no idea.
   - [x] 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?**

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

5. **If you were being recruited today would** [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:

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 has been great!

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** – answered these based on head coach
(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
5 because of Geoff → 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 communication among the coaching staff.

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?
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 ☐ N/A

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:** 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?**
4

48. **During your off-season, how many hours per week are you required to work out?**
2

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 4/23/19 Name (optional) [redacted] Sport Softball

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.
   - [ ] 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: deciding between graduate programs

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 [redacted]**

Yes + no

☐ Yes ☐ No If no, for what reasons? Depends on other offers + what they bring to the table

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 Didn't hurt too badly, but if I had no athletic commitment I would have a 4.0

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. → in between
☑ 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 was great, wish we had him sooner

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?**
Communication between coaches + players + coaching staff in general; attitudes @ certain times

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

19. **How can the athletic department assist you in your career development?**
Networking, letters of recomendation.

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
(maybe a 5)

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?**
3

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 20
- **Conditioning and/or weight lifting:** 2-3
- **Watch game film:** 2-3 (suggested)

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?**
3-11

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 4/8/19 Name (**optional**)_____ Sport Men's Basketball

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

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

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

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

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

   ☑ Yes ☐ No If no, please explain_____

   _____

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

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

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

☑ Yes ☐ No If no, for what reasons?_____

_____

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

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

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

☑ Immediately ☐ One term ☐ Sophomore ☐ Junior ☐ Senior ☐ Never

Comments:

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

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

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

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

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

☑ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

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

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

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

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

Being more in unison with the other sport programs

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

Adam Donyes

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

Just continue to support and encourage

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?**

None, Everything was 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?** 2-3

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 15
    - **Conditioning and/or weight lifting:** 4
    - **Watch game film:** 2

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 hour 30 minutes

48. **During your off-season, how many hours per week are you required to work out?**
10-15

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

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 3-28-19 Name (**optional**) _____ Sport W. Basketball

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? love the support I was given but just was not a good fit for me.

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?**
Nathalie 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)** 3
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). 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?**
Be more avaliable to the sport that is in 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) 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?**
3 and a half hrs

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

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?**
10

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 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 03/28 Name (**optional**)_____ Sport WBB

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: take a year off & apply for med 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? this year was too much drama.

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 struggled. between ball & home, it was alot.

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 not a major, but classes.

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:
[redacted] was v. inappropriate.

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?**
Being more communicative & on top of things.

18. **Who was your primary contact when you had questions about NCAA regulations?**
Natalie or Jess / Jamie or Scott.

19. **How can the athletic department assist you in your career development?**
future letters of rec.

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 modern events

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). 3

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?**
take injuries more serious & listen to athletes first.

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?**
4

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** ± 20
- **Conditioning and/or weight lifting:** ± 2
- **Watch game film:** ± 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?**
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?**

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) [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			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: Academics were an adjustment

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:

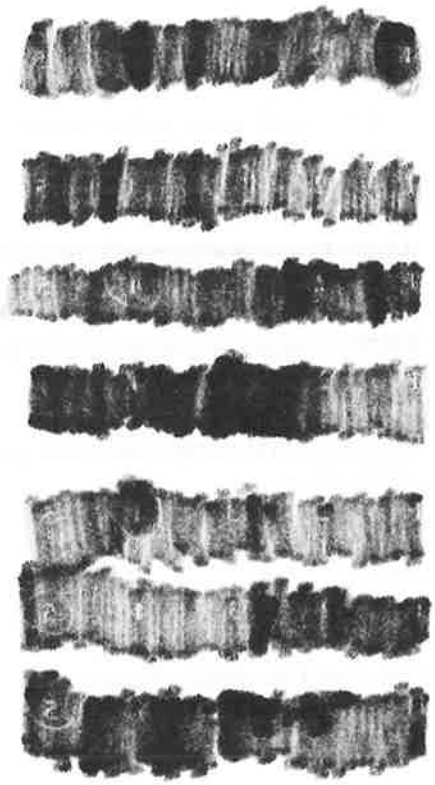
15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☒ No
Comments:

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?**
I feel like money raised by Baseball should stay only with Baseball.

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



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). 3

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:** 6-8
    - **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?**

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 04/24 Name (optional) [redacted] Sport Golf

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 _____

   Note: In general, golf specific not so

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? Coaching

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?**

[redacted]

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

Never had any

[redacted]

[redacted]

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

Not applicable

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)**

3

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

Shorten up the sessions a bit to keep people interested

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). 3

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

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

N/A, never had any issues

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?**
3-4

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 9
    - **Conditioning and/or weight lifting:** 3
    - **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?**
3

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?**

3

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 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 03/28/2013 Name (**optional**)_____ Sport WBB

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 don't think I would be able to deal with everything that comes with playing basketball here.

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?**
To value academics as much as athletics.

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

19. **How can the athletic department assist you in your career development?**
Everything was already helpful

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 hours

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:** 3

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?**
10

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 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 3.28.19 Name **(optional)**_____ Sport WBB

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

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

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

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

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

   ☑ Yes ☐ No If no, please explain_____

   _____

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

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

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

☐ Yes ☑ No If no, for what reasons?_____

_____

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

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

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

☐ Immediately ☐ One term ☑ Sophomore ☑ Junior ☐ Senior ☐ Never

Comments:

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

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

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

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

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

☑ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

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

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

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

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

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?**

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)** 3
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). 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?**

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?**
2-3

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 12-16
- **Conditioning and/or weight lifting:** 1-1.5
- **Watch game film:** 2-2.5

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

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

47. **During your off-season, how many hours per day was a typically work out?**
1-1.5

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

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** _____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 3/29/18 Name (**optional**)_____ Sport MBB

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? Depends on options

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 marketing / fanfare

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

Any of my coaches

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

Help with job search and 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)** \
What are your suggestions to improve the Life Skills Program?
Not Sure

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). 2

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?**

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?**
2

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:** 2

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?**
0

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 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 3/28 Name (**optional**) [redacted] Sport Basketball

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 to grad school / looking into playing

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?** Shorten Study Hall requirements in Season

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?**

List available options for post-college life

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). 4

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?**

Perhaps make the offices larger / widen the available times that treatment is available

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?**

2-3

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:** 3-5
- **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?**

N/A

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

Can't Recall

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

3-5

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

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 Golf

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 [redacted] Poor facilities.

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? [redacted]

Gold facilities not good.

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?** [redacted] The facilities.

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

Natalie Shock.

[redacted]

[redacted]

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

Bring finding jobs in other states not just in Arkansas.

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)**

L

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

Nothing

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?**
Don't assume things.

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?** 5

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 2
    - **Conditioning and/or weight lifting:** 1
    - **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?**

_____

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: