Student-Athlete Exit Interview

Date 11/29 Name (optional) [redacted] Sport Men's Soccer

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

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

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

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

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

   [x] Yes [ ] No If no, please explain _____

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

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

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

☐ Yes ☑ No If no, for what reasons? I did not recieve enough money for the value I add to the team on & off the field

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?**

I would not have hired [redacted]

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

Ross

[redacted]

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

Refrences, but I feel like ya'll don't like me [redacted]

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?

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 [redacted] administration supported and valued your sport?**
☐ Yes ☑ No

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

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

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

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest). 4

36. **How would you improve the Sports Medicine services?**
[redacted] could notify our trainer sooner for when he was going out of town

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** [redacted]
If yes, what doc
Was the service

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

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 hrs
- **Conditioning and/or weight lifting:** 1 hour
- **Watch game film:** 1.5 hours

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

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

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

48. **During your off-season, how many hours per week are you required to work out?**
4 hrs 30 min

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

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

Student-Athlete Exit Interview

Date 11/29/18 Name (**optional**) [redacted] Sport M Soccer

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

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

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

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

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

   ☒ Yes ☐ No If no, please explain _____

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

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

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

1 2 3 4 5

Ability to organize and prepare for practice

1 2 3 4 5

Fairness in evaluating players and providing useful feedback regarding athletic performance

1 2 3 4 5

Ethics

1 2 3 4 5

Technical knowledge of game

1 2 3 4 5

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

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

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

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

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

Nothing

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

Coach

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

References etc.

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?
keep it going

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?**
Hire more professional athletic trainers

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?**
If yes, what doc
Was the service
[redacted]

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

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

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

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

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

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

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 10 hours
- **Conditioning and/or weight lifting:** 1 hour
- **Watch game film:** 1.5 hours

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

46. **During your off-season, how many days per week do you typically have off?**
2/1

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?**
3 hours

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 29/11 Name (optional) [redacted] Sport M Soccer

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

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

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

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

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

   ☒ Yes ☐ No If no, please explain _____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

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

Facilities!!!

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

Coach Ross Dunham.

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

R.O.

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). 3

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

36. **How would you improve the Sports Medicine services?**
No Idea.

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** [redacted]
If yes, what doc [redacted]
Was the service [redacted]

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

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

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

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

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

43. **During your playing season, how many hours per day does a typical practice last?**
1.5

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:** 1
- **Watch game film:** 1.5

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

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

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?**

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 11/29/18 Name (optional) [redacted] Sport M Soccer

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

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

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

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

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

   [x] Yes [ ] No If no, please explain _____

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

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

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

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

_____

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

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

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

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

Comments: Didn't really know how I'd do it, but after the first semester I felt confident.

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 Lockerroom with showers

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

[redacted]

19. **How can the athletic department assist you in your career development?**
Help with references and connections to employers

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?
More interactive with students

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

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

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

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

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

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

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

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

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

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

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 4

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest). 4

36. **How would you improve the Sports Medicine services?**
More staff for amount of athletes from different teams in the training room

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** [redacted]
If yes, what doc [redacted]
Was the service [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 hrs

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 10 hrs
- **Conditioning and/or weight lifting:** 1-2 hrs
- **Watch game film:** 1-2 hrs

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

46. **During your off-season, how many days per week do you typically have off?** 1 or 2

47. **During your off-season, how many hours per day was a typically work out?**
2-3hrs

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

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

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

Student-Athlete Exit Interview

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

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

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

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

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

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

   [x] Yes [ ] No If no, please explain_____

   _____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[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 understanding between players & Coach.

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

Coach

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

Keep up with 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?

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?**

Nothing

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?**
If yes, what doc
Was the service

[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 1/2

43. **During your playing season, how many hours per day does a typical practice last?**
3 1/2

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:** 2 1/2
- **Watch game film:** 1

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

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

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

48. **During your off-season, how many hours per week are you required to work out?**
3 1/2

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

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

Student-Athlete Exit Interview

Date 11/19/17 Name (optional) [redacted] Sport Football

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

   - ☐ I have been accepted to a graduate program.
   - ☐ I have applied to Graduate schools but have not been accepted yet.
   - ☐ I have secured a job.
   - ☐ I am still looking for a job.
   - ☐ I have no idea.
   - ☐ I have one more year of school left.
   - ☑ Other. Please specify: ~~[illegible]~~ train for pro day - also want to be a coach

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 Yes I would, We have ~~[illegible]~~ great coaches, great Fans

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: It was not as hard to manage academic and athletic demands early when I was not playing as much.

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?**

Lockeroom.

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

Never contacted anyone.

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

I have question about how to get into coaching.

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

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

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

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

23. **Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest)** 2
What are your suggestions to improve the Life Skills Program?

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

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

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

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

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

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

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

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

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

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

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

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest).
4

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

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** [redacted]
If yes, what doc [redacted]
Was the service [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?**
none

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:** 2 hr. 30 min
- **Conditioning and/or weight lifting:** 1 hour
- **Watch game film:** 1 hour

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: I didn't have a problem with practice times

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

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

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

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 8 Otra.

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** [1] Yes [ ] No If no, please explain:

Student-Athlete Exit Interview

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

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

   - [ ] 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: _____

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

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

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

   [x] Yes [ ] No If no, please explain _____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

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

N/A

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

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)** _____
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). 3

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?**

N/A

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?**
If yes, what doc
Was the service

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

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:** 12
- **Conditioning and/or weight lifting:** 2 1/2
- **Watch game film:** 1

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

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

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

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

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

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

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

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

   [x] Yes [ ] No If no, please explain_____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[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?**

Nothing

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

No one

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

I do not know yet

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?
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). 5

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest).
4

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

37. **Were you ever t**
Training Staff?
If yes, what doc
Was the service/

[redacted]

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

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

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

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

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

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

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

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

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

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

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

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 6

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 04/24/19 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. Turning proffessional in Golf.
- ☐ 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: Housing	X		

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

☒ Yes ☐ No If no, please explain _____

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

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

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

Yes anytime!

☒ 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:
It took me about one semester to get used to the time management.

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?**

Nothing.

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

First Coach Vincent, but always felt I could talk with Natalie Shock

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

By supporting me, answering any questions I have. Basically be

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?
Make them little shorter

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?**

Athletic trainers sometimes don't know that much about golf specifically. So that could be a thing to improve ⇓.

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?**
If yes, what doc
Was the service

[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?**

4

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

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

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

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

2

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

3

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?** 2

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

Student-Athlete Exit Interview

Date 4/24 Name (**optional**) [redacted] Sport Golf

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

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

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

_____

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

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

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

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

Comments: Took time to adjust

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

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

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

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

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

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

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

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

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

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

N/A my experience has been great.

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

Coach Vincent
Natalie Shock

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

N/A I was assisted greatly in my development

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

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

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

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

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

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?**

N/A

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** ☐ Yes ☒ No
If yes, what doctor?
Was the service/treatment adequate ☐ Yes ☐ No, **If no please explain:**

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

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

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

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

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

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

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 17
- **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?**

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

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

Student-Athlete Exit Interview

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

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

   - [x] I have been accepted to a graduate program.
   - [ ] 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	(5)
Academics	1	2	3	4	(5)

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

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

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

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

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). _____

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

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

37. [redacted]

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

39. **Please rate your overall experience with the Strength and Conditioning Program.**
(Rate on a scale of 1-5 with 5 being the highest) 4

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

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

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

43. **During your playing season, how many hours per day does a typical practice last?**
2:30

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 8
- **Conditioning and/or weight lifting:** 2 to 4
- **Watch game film:** 10-12

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?**
5

47. **During your off-season, how many hours per day was a typically work out?**
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?** 4 to 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 4/25/19 Name (optional) [redacted] Sport XC

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.
   - [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	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA	✓		
8. Influence of parents	✓		
9. Southland Conference	✓		
10. Academic support services for student-athletes	✓		
11. Other:			

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

   [x] Yes [ ] No If no, please explain _____

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

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

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

☐ Yes ☑ No If no, for what reasons? I would attend a school i would want a job

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]

[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]

[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?**

Beauraguard Therriot

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

giving a good recommendation

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)**

N/A

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). the ones that actually cared 5

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

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

37. [redacted]

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

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

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

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

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

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

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

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?**
2

48. **During your off-season, how many hours per week are you required to work out?**
6

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

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

Student-Athlete Exit Interview

Date 11/19/16 Name (optional) [redacted] Sport Football

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

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

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

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

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

   [x] Yes [ ] No If no, please explain _____

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

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

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

   yes

☐ 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?** None

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

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

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?**

Good

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** ☑ Yes ☐ No
If yes, what doctor?
Was the service/treatment adequate ☑ Yes ☐ No, **If no please explain:**

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

39. **Please rate your overall experience with the Strength and Conditioning Program.**
(Rate on a scale of 1-5 with 5 being the highest) 10 +

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

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

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

1

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

2

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 6
- **Conditioning and/or weight lifting:** 3
- **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?**

4

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

optional

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

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 25/4 Name (optional) [redacted] Sport Cross Country

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 [redacted]

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? They do not listen to the athletes or respect athlete's opinion

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 ☐ 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?**

Make training more individualized. Listen more to athletes

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

[redacted]

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

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

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

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

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

23. **Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)** 4

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

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

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

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

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

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

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

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

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

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

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

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

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?**
2hrs

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 24
    - **Conditioning and/or weight lifting:** 3hrs
    - **Watch game film:** 3hrs

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

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

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

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

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** none

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

Student-Athlete Exit Interview

Date 4/25/19 Name (optional) [redacted] Sport XCTF

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:

1 2 3 4 5 [redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)
1 2 3 4 5 [redacted]

Ability to communicate with you and your teammates
1 2 3 4 5 [redacted]

Ability to organize and prepare for practice
1 2 3 4 5 [redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance
1 2 3 4 5 [redacted]

Ethics
1 2 3 4 5 [redacted]

Technical knowledge of game
1 2 3 4 5 [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?** Build a better relationship with my coach early.

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

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

I've learned discipline, intrinsic motivation, faithfulness, endurance, & hard-work.

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

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

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

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

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

2

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

Ones that have no vulgar language or jokes. More faith centered.

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

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

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

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

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

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

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

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

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

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

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

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest). 4

36. **How would you improve the Sports Medicine services?**
More trainers & equipment geared toward endurance athletes.

37. [redacted]

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

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

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

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

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

43. **During your playing season, how many hours per day does a typical practice last?**
2.5

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:** 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?**
as much as we want (all summer, Christmas break).

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?**
how much I want!

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 11/19/18 Name (option [redacted] Sport Football

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

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

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

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

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

   [x] Yes [ ] No If no, please explain_____

   _____

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

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

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

☐ Yes ☑ No If no, for what reasons? Wanted to play more.

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 yo ' 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?**

Year round stipend.

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?**

Becoming clients

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 1/2

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 13
- **Conditioning and/or weight lifting:** 3
- **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?**
10

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 4/25/19 Name (optional) [redacted] Sport Track & Field

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.
   - [x] I have secured a job.
   - [ ] I am still looking for a job.
   - [ ] I have no idea.
   - [ ] I have one more year of school left.
   - [ ] Other. Please specify: _____

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

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

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

   - [ ] Yes - [x] No If no, please explain [redacted]

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? Unfortunately I went through somethings here I never thought would happen.

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

17. **If you could change one thing about your specific sports program at UCA what would it be?** Be a unified team Track + cross we could've made more change together than seperate

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

N/A

[redacted]

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

Connections w/ other jobs

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?

Give tips that students are more likely to use

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

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

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

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

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

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

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

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

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

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

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

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest). 4

36. **How would you improve the Sports Medicine services?**
Have more full-time instead of grad students

37. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** ☐ Yes ☑ No
If yes, what doctor?
Was the service/treatment adequate ☐ Yes ☐ No, **If no please explain:**

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

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

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

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

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

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

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

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?**
only weekends

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?** N/A

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

Mixed feelings previous athletes have shared their thoughts + nothing changed. this program has sor much potential to be one of the best + I hate to see these new T + F athletes track careers end like this.

Student-Athlete Exit Interview

Date 04/25 Name (optional)_____ Sport Mens Cross

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? The training didn't help me to develop further

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

[redacted]

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

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

[redacted] = better travel schedule

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

Beau

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

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)**

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 Michael

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?**
Clearer communication with Student Health and AT's

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?**
7 hrs

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 14
- **Conditioning and/or weight lifting:** 2
- **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?**
No off-season

47. **During your off-season, how many hours per day was a typically work out?**
No off-season

48. **During your off-season, how many hours per week are you required to work out?**
No off-season

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 11/19/18 Name (**option** [redacted] Sport Football

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

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

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

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

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

   ☑ Yes ☐ No If no, please explain_____

   _____

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

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

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

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

_____

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

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

7. **When did you begin to feel confi[illegible] nage 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?**

N/A

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?**

N/A

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

37. [redacted]

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

39. **Please rate your overall experience with the Strength and Conditioning Program.**
(Rate on a scale of 1-5 with 5 being the highest) 4

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

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

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

43. **During your playing season, how many hours per day does a typical practice last?**
2.5

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 7
- **Conditioning and/or weight lifting:** 2.5
- **Watch game film:** 1.5

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?**
1.5

48. **During your off-season, how many hours per week are you required to work out?**
7.5

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 11/19 Name (optic [redacted] Sport Football

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

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

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

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

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

   [x] Yes [ ] No If no, please explain_____

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

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

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

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

_____

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

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

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

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

Comments:
Math major takes a bit more time than I thought it would and finding time to do homework and study was tough

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 food availability in weight room - it was empty more often than not because its started with other sports
Football only parking

18. **Who was your primary contact when you had questions about NCAA regulations?**
no idea

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). 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. **Were you ever treated by an orthopedic doctor referred to you by the Athletic Training Staff?** ☑ Yes ☐ No
If yes, what doctor? Tom Roberts
Was the service/treatment adequate ☑ Yes ☐ No, **If no please explain:**

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

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

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

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

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

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

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

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?**
3-4

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

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

Student-Athlete Exit Interview

Date 11/14/18 Name (optional) [redacted] Sport FB

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.
   - [x] I have secured a job.
   - [ ] I am still looking for a job.
   - [ ] I have no idea.
   - [ ] I have one more year of school left.
   - [ ] Other. Please specify: _____

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

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

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

   [x] Yes [ ] No If no, please explain _____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

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

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

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

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

Nothing

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

No one

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

Nothing

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?

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). 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?**

Nothing

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?**

N/A

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

N/A

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

- **Practice:** N/A
- **Conditioning and/or weight lifting:** N/A
- **Watch game film:** N/A

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?**

N/A

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

N/A

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

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

Student-Athlete Exit Interview

Date 4/25/19 Name (optional) [redacted] Sport Track & Field

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 next year

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

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

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

   ☐ Yes ☑ No If no, please explain program may not get them faster to where they want to be. Team dynamic

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? training is not up to standard. not a very motivating coaching staff overall. Still struggling to run times I easily ran in High School.

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 [redacted] 50/50

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: Its always a challange depending on if your on the traveling team or not.

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]

No Hurdler coach, no 800 coach, no sprinter coach

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?**

Reaching out maybe to places looking for PT techs. or observing teams.

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?

N/A

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

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

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

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

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

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

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

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

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

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

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 3

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

36. **How would you improve the Sports Medicine services?**
Providing us w/ essential tools and providing things we need for meets such as icy-Hot.

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?**
0-1 day

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

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 10-12
    - **Conditioning and/or weight lifting:** 3
    - **Watch game film:** 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?**
N/A. none.

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?**
10-12

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

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

I've spoken in person on how I've felt, & what needs to change.

Student-Athlete Exit Interview

Date 1-2018 Name (**optional**)_____ Sport Football

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

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

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

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

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

   - [x] Yes - [ ] No If no, please explain_____

   _____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

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

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

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

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

Nothing

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

N/A

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)** _____
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?**
I wouldn't

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:** 15
- **Conditioning and/or weight lifting:** 2
- **Watch game film:** 10

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?**
4

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?**

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 04/25/19 Name (optional) [redacted] Sport Track + Field

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

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

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

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

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

   ☒ Yes ☐ No If no, please explain_____

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

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

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

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

_____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

[redacted]

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

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

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

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

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

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

17. **If you could change one thing about your specific sports program at UCA what would it be?**
I would change the communication on the team and support.

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?**
I would like to be able to have references for future applications given if needed.

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?
I think it would be useful to take a few people from each team and have them tell you what their team is needing to learn.

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

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

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

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

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

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

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

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

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

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

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 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?**
I think they just need more people. They do the best they can, but because there's not that many you can tell how tired + busy they get.

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?**
two

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

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 14 hours
- **Conditioning and/or weight lifting:** 3 hours
- **Watch game film:** 0 hours

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

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

47. **During your off-season, how many hours per day was a typically work out?**
1 ½ hour

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

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 0 hours

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

Student-Athlete Exit Interview

Date_____ Name (**optional**)_____ Sport Football

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

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

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

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

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

   ☑ Yes ☐ No If no, please explain Great Place

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?**

Nothing

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

Coach Brown

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

help me with everything

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?**
_____

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

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:** _____
- **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?**
_____

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?**