



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.
- 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?

- 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 receive 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

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

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

References, but I feel like ya'll don't like 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?

- Yes No 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

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 think the 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 does [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?
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 _____

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

5

Ability to organize and prepare for practice

5

Fairness in evaluating players and providing useful feedback regarding athletic performance

5

Ethics

5

Technical knowledge of game

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

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

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

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 doctor?
Was the service satisfactory?



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?
2 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:**

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?

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

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

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

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

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 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?
If yes, what doctor?
Was the service satisfactory?

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?
1

49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:
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Student-Athlete Exit Interview

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

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- I have applied to Graduate schools but have not been accepted yet.
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- Other. Please specify: _____

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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
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Yes No If no, for what reasons? _____

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 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?

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 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?

Ross Duncan

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

Amateurism

Academic Standards

Eligibility Standards

Drugs

Recruitment

Complimentary Admissions

Extra Benefits

Boosters

Student-Athlete Host

Employment

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?
If yes, what does [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 of 2

47. During your off-season, how many hours per day was a typically work out?
2-3 hrs
48. During your off-season, how many hours per week are you required to work out?
3 hrs
49. During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions? 1-2 hrs
50. I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general. Yes No If no, please explain:



Student-Athlete Exit Interview

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

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

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

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

Yes No If no, please explain _____

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

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

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

Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments:

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

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

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

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

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

- Very important Somewhat Not sure Not very Not at all

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

Comments:

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

Comments:

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

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

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

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

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

23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 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 doctor?
Was the service good?
[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: 1 1/2
- 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 11/14/17 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: ~~anything~~ 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 ~~no~~ 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:

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

Ability to communicate with you and your teammates
[REDACTED]

Ability to organize and prepare for practice
[REDACTED]

Fairness in evaluating players and providing useful feedback regarding athletic performance
[REDACTED]

Ethics
[REDACTED]

Technical knowledge of game
[REDACTED]

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

Comments:

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

Comments:

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

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

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

Lockerroom,

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 | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No
23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 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?
If yes, what doctor?
Was the service satisfactory?
[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? 4 0 hrs.

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



Student-Athlete Exit Interview

Date 11/19 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.
- 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? [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:

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

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

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)

	1	2	3	4	5	
Athletic Training						N/A
Academic Advising						N/A
Housing						N/A
Career Services						N/A
Aramark						N/A
Financial Aid						N/A
Promotion/Marketing						N/A
Sports Information						N/A
NCAA Compliance						N/A
Counseling Center						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 | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Amateurism | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Academic Standards | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Eligibility Standards | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Drugs | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Recruitment | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Complimentary Admissions | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Extra Benefits | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Boosters | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Student-Athlete Host | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| Employment | <input checked="" type="checkbox"/> | Yes | <input type="checkbox"/> | No |

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

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



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: 1 1/2
- 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.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

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

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

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

- Yes No If no, please explain _____

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

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

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

Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments:

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

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

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

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

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

- Very important Somewhat Not sure Not very Not at all

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

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

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

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

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?

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?

24. Rate the time demands for your sport. *Nothing*
 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 a member of the Training Staff?
If yes, what does your role consist of?
Was the service provided satisfactory?

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 professional 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	X
10. Academic support services for student-athletes		X	X
11. Other: <u>Housing</u>	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 any time!

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:

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

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

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

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

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

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

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

Nothing.

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

First Coach Vincent, but always felt I could talk with

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

By supporting me, ~~and~~ answering my questions I have. Basically by

Natalie Shock

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

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

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

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

What are your suggestions to improve the Life Skills Program?

Make them little shorter and less repetitive

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 \downarrow .

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



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)

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

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

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

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

- Yes No If no, please explain _____
- _____

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

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

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

Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments: *TOOK 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:

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

Ability to communicate with you and your teammates

[Redacted]

Ability to organize and prepare for practice

[Redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[Redacted]

Ethics

[Redacted]

Technical knowledge of game

[Redacted]

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

Comments:

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

Comments:

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

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

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

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

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

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

What are your suggestions to improve the Life Skills Program?

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)

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

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

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

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

Yes No If no, please explain _____

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

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

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

Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments:

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

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

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

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

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

- Very important Somewhat Not sure Not very Not at all

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

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

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

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

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

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

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



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.
- 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?

10/10/20

10/10/20

UNITED STATES OF AMERICA

DEPARTMENT OF JUSTICE

SECURITY AND INVESTIGATION DIVISION

MEMORANDUM FOR THE DIRECTOR, FBI

FROM: SAC, NEW YORK (100-123456)

SUBJECT: [REDACTED]

Reference is made to the report of SA [REDACTED] dated 10/10/20.

It is noted that [REDACTED]

Very truly yours,

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

Yes No If no, for what reasons? I would attend
a school ; 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?

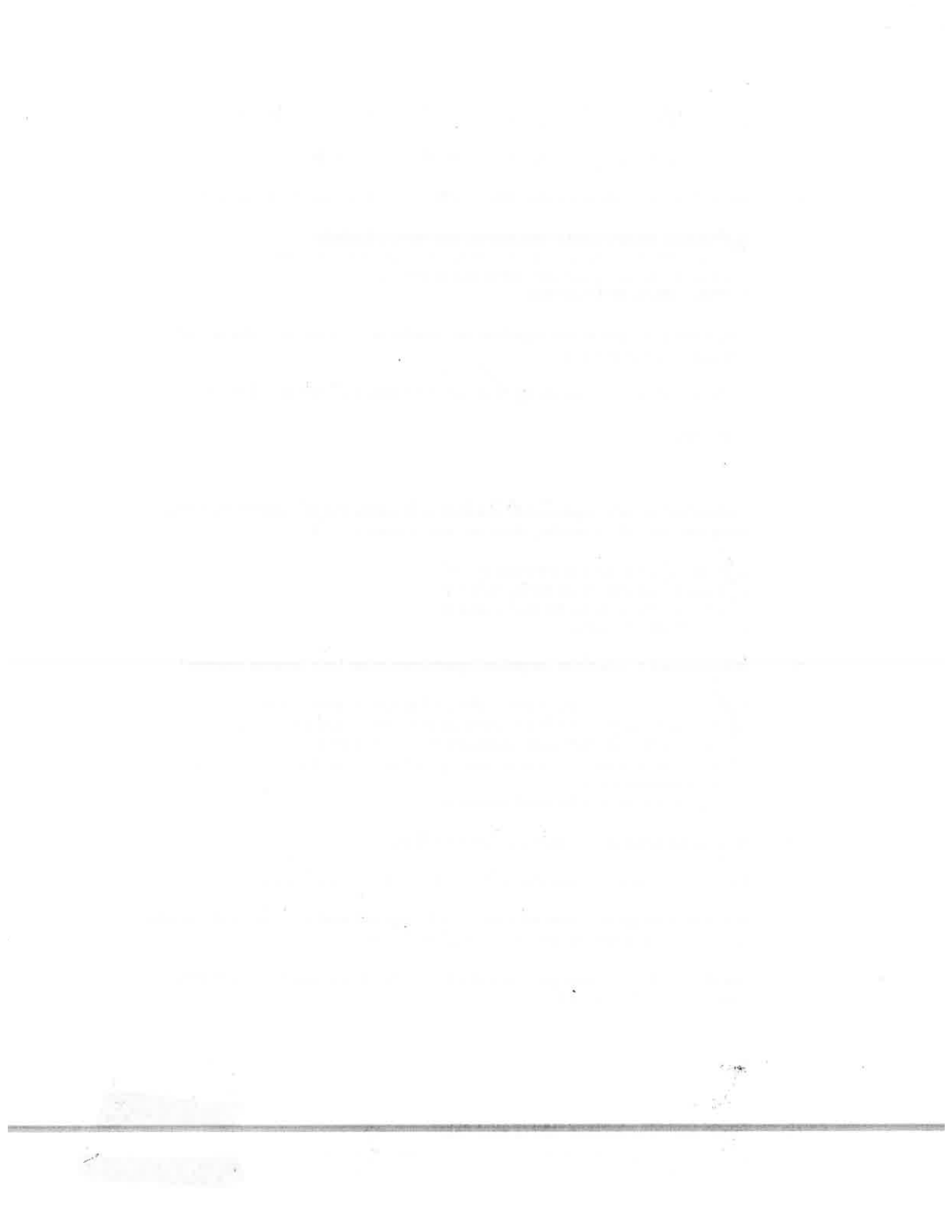
- Very important Somewhat Not sure Not very Not at all

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]

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]

[Redacted]

Ethics

[Redacted]

[Redacted]

Technical knowledge of game

[Redacted]

[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?

Beuragard Theriot

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[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]



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

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

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

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

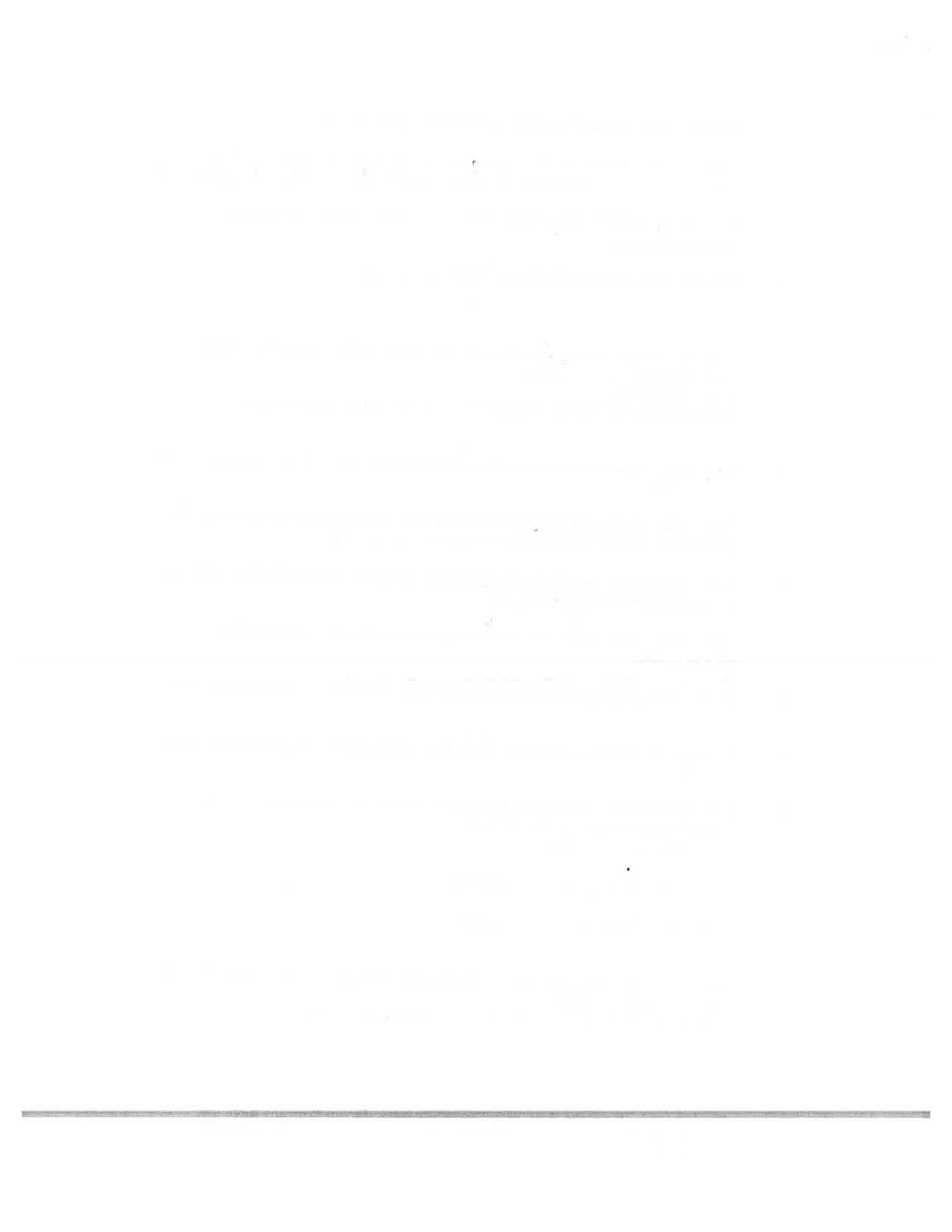
43. During your playing season, how many hours per day does a typical practice last?
3

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:

The following information is provided for your reference. It is intended to be a general overview of the project and is not intended to be a substitute for the detailed information provided in the attached documents.

The project is a multi-phase initiative designed to improve the efficiency and effectiveness of our operations. It involves the implementation of new technology, the restructuring of our organizational chart, and the development of new processes and procedures.

The project is being managed by a dedicated team of professionals who have extensive experience in project management and organizational development. We are confident that the project will be completed on time and within budget, and that it will result in significant improvements to our operations.

Sincerely,
 [Name]





Student-Athlete Exit Interview

Date 11/19/16 Name (optional) [REDACTED]

Sport Football

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

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

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

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

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

Yes No If no, please explain _____

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

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

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

yes

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

35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
5
36. How would you improve the Sports Medicine services?
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?



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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

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?



1. Introduction

2. Background

3. Methodology

4. Results

5. Discussion

6. Conclusion

7. References

The following table shows the results of the experiment. The data indicates a significant increase in the rate of reaction when the concentration of the reactants is increased. This is consistent with the theory of collision theory, which states that the rate of reaction is proportional to the number of effective collisions between the reactant molecules.

The results of the experiment are summarized in the table below. The data shows that the rate of reaction increases as the concentration of the reactants increases. This is expected, as a higher concentration of reactants leads to a higher frequency of collisions between the molecules.

The following table shows the results of the experiment. The data indicates a significant increase in the rate of reaction when the concentration of the reactants is increased. This is consistent with the theory of collision theory, which states that the rate of reaction is proportional to the number of effective collisions between the reactant molecules.

The following table shows the results of the experiment. The data indicates a significant increase in the rate of reaction when the concentration of the reactants is increased. This is consistent with the theory of collision theory, which states that the rate of reaction is proportional to the number of effective collisions between the reactant molecules.

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

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

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

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

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

23. Rate your Life Skills Program 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

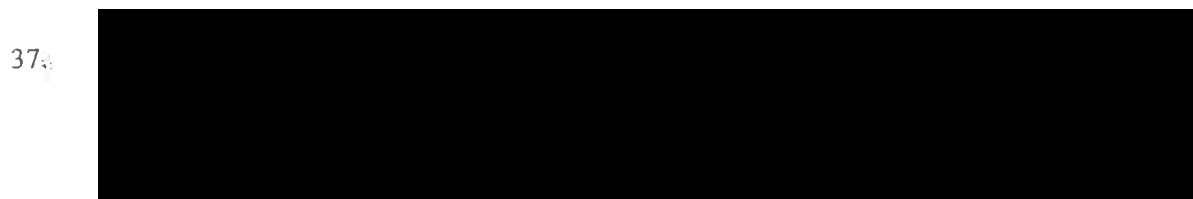


33. Was your team assigned an Athletic Trainer? Yes No

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?



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: 2
- Conditioning and/or weight lifting: 3 hrs
- Watch game film: 3 hrs

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

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



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:

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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?



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Faint text line, possibly a date or location.

Faint text line, possibly a subject or description.

34

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Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments:

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

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

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

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

10. How important to you is graduating from college?

- Very important Somewhat Not sure Not very Not at all

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

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

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



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?



Page 1 of 1

Section 1

Section 1.1

Section 1.2

Section 1.3

Section 1.4

Section 1.5

Section 1.6

Section 1.7

Section 1.8

Section 1.9

Section 1.10

Section 1.11

Section 1.12

Section 1.13

Section 1.14

Section 1.15

Section 1.16

Section 1.17

Section 1.18

Section 1.19

Section 1.20

Section 1.21

Section 1.22

Section 1.23

Section 1.24

Section 1.25

Section 1.26

Section 1.27

Section 1.28

Section 1.29

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

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

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

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

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33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).
4
36. How would you improve the Sports Medicine services?
More trainers & equipment geared toward endurance athletes.
37. 
38. Did you participate in training sessions with the Strength and Conditioning Coach?
 Yes No
39. Please rate your overall experience with the Strength and Conditioning Program. (Rate on a scale of 1-5 with 5 being the highest) 5
40. I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)? Yes No
41. I felt I was able to bring issues with my sport to my SAAC representatives?
 Yes No
42. During your playing season, how many days per week do you typically have off?
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).

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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?
however 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:

The first part of the document discusses the importance of maintaining accurate records of all transactions. This includes not only sales and purchases but also any other financial activities that may occur during the course of the business. It is essential to ensure that all entries are properly documented and supported by appropriate evidence.

In addition, it is important to regularly review and reconcile the accounts to ensure that they are up-to-date and accurate. This will help to identify any discrepancies or errors early on, allowing them to be corrected before they become a problem.

Finally, it is important to keep all records for a sufficient period of time to allow for any future audits or investigations. This will ensure that all necessary information is available and that the business can defend itself against any claims or allegations.

2/1/20

Accounting and Finance Department

1





Student-Athlete Exit Interview

Date 11/19/18 Name (option

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? 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 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?**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

37. 

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

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

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

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

42. During your playing season, how many days per week do you typically have off?
7

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?



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: _____

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

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

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

Yes No If no, please explain [REDACTED]

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? 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:

Dear Sir,

I am writing to you regarding the matter of the...

The information provided to me indicates that...

I have reviewed the documents and find that...

It is my understanding that the situation is...

I would appreciate it if you could provide...

Thank you for your attention to this matter.

Yours faithfully,

[Signature]

[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 separate

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?

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

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

23. Rate your Life Skills Program 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

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33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest). 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 so much potential to be one of the best + I hate to see these new T&F athletes track careers end like this.

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Student-Athlete Exit Interview

Date 04/15 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?

Official Statement

The following information is provided for your information and is not intended to constitute an offer of any securities or other financial products. The information is based on the best available information as of the date of this statement.

The information is provided for your information and is not intended to constitute an offer of any securities or other financial products. The information is based on the best available information as of the date of this statement.

The information is provided for your information and is not intended to constitute an offer of any securities or other financial products. The information is based on the best available information as of the date of this statement.



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?

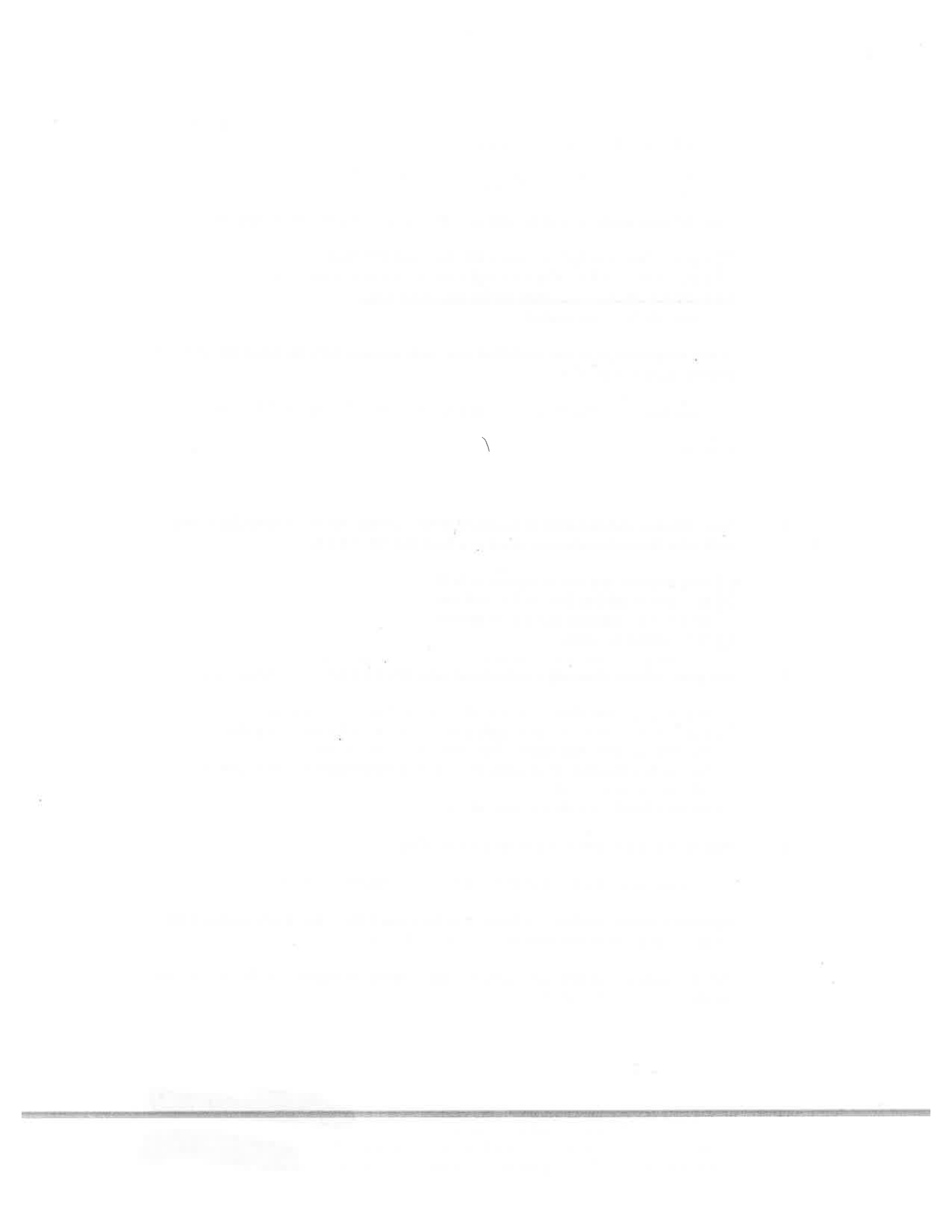
- Very important Somewhat Not sure Not very Not at all

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

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]

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

Page 1 of 1

1. Introduction

2. Methodology

3. Results

4. Discussion

5. Conclusion

6. References

7. Appendix

8. Acknowledgements

9. Contact Information

10. Disclaimer

11. Copyright

12. Privacy Policy

13. Terms of Service

14. About Us

15. FAQ

16. Glossary

17. Index

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

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

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

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

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

23. Rate your Life Skills Program 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?

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

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

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

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

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

Yes No

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

Yes No

THE HISTORY OF THE UNITED STATES

FROM THE FIRST SETTLEMENTS TO THE PRESENT TIME

BY JOHN W. FOSTER, LL.D.

NEW YORK: PUBLISHED BY G. P. PUTNAM'S SONS, 245 NASSAU ST. N.Y.

1880

Copyright, 1880, by G. P. Putnam's Sons.

Printed by the American Book Concern, New York.

Entered as second-class matter, July 16, 1879, under No. 100,000, post office at New York, N.Y., under special authority of Post Office Department.

Acceptance for mailing at special rate of postage provided for in Act of October 3, 1917, authorized on July 16, 1918.

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1880

Copyright, 1880, by G. P. Putnam's Sons.

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

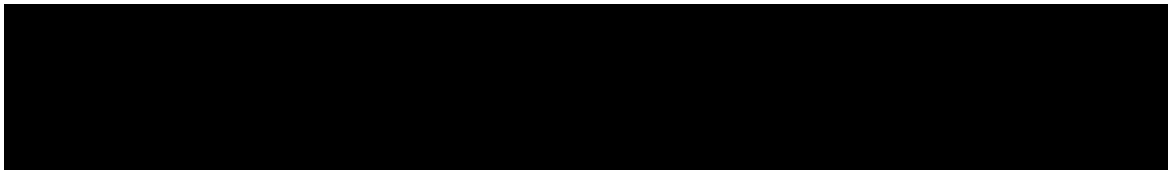
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

3

36. How would you improve the Sports Medicine services?

clearer communication with student health and AT's

37.



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: 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

[The page contains extremely faint and illegible text, likely bleed-through from the reverse side of the document. The text is too light to transcribe accurately.]

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:

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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 confident in your ability to 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?**

N/A

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

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

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

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

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

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

26. How well did practice times accommodate class scheduling?
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28. Were you ever required to miss class due to practice? Yes No

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

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

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

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

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

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

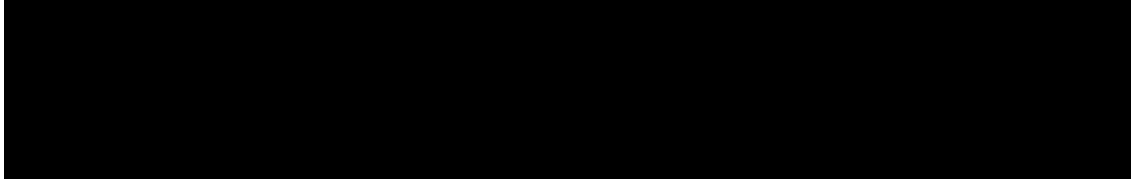
35. Rate the Sports Medicine services. (Rate on a scale of 1-5 with 5 being the highest).

5

36. How would you improve the Sports Medicine services?

N/A

37.



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

Yes No

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

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	(3)
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 shared 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 | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
22. Did you receive a copy of the Student-Athlete handbook? Yes No
 Was it helpful? Yes No
23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 3
 What are your suggestions to improve the Life Skills Program?
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.
- I have secured a job.
- I am still looking for a job.
- I have no idea.
- I have one more year of school left.
- Other. Please specify: _____

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

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

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

Yes No If no, please explain _____

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

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

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

Yes No If no, for what reasons? _____

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

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

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

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

Comments:

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

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

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

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

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

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

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

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

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

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

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

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 | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Amateurism | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Academic Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Eligibility Standards | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Drugs | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Recruitment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Complimentary Admissions | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Extra Benefits | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Boosters | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Student-Athlete Host | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| Employment | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
22. Did you receive a copy of the Student-Athlete handbook? Yes No
Was it helpful? Yes No
23. Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest) 5
What are your suggestions to improve the Life Skills Program?
24. Rate the time demands for your sport. *Nothing*
 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.



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?

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY
5800 S. UNIVERSITY AVENUE
CHICAGO, ILLINOIS 60637
TEL: (773) 707-5339
FAX: (773) 707-5339
WWW: WWW.CHEM.UCHICAGO.EDU
E-MAIL: CHEM@UCHICAGO.EDU



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 challenge depending on if you're 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

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]

[REDACTED]

No Harder coach, no 800 coach, no sprinter coach

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

Natalie Shock

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

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

23. Rate your Life Skills Program 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

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33. Was your team assigned an Athletic Trainer? Yes No
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 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. 
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.

1. The first part of the document discusses the importance of maintaining accurate records.

2. It then goes on to describe the various methods used to collect and analyze data.

3. The next section details the results of the study and the conclusions drawn from them.

4. Finally, the document provides a list of references and a summary of the findings.

5. The overall goal of this research is to improve our understanding of the subject matter.

6. This study is a significant contribution to the field and will be of great value to others.

7. The data presented here clearly shows the need for further research in this area.

8. We hope that this work will inspire others to explore new avenues of inquiry.

9. The authors would like to thank the funding agencies for their support.

10. This research was conducted over a period of several months.

11. The results are consistent with previous studies in the field.

12. The study was designed to test the hypothesis that...

13. The data shows a strong correlation between the variables studied.

14. These findings have important implications for the field.

15. The study was limited by the sample size and the methods used.

16. Further research is needed to confirm these results.

17. The authors are grateful to the reviewers for their helpful comments.

18. This work was supported by the National Science Foundation.



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

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

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

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

- Yes No If no, please explain _____

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

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

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

Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments:

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

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

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

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

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

- Very important Somewhat Not sure Not very Not at all

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

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

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

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

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

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

Comments:

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

Comments:

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

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

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

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?

None

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

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

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

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

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

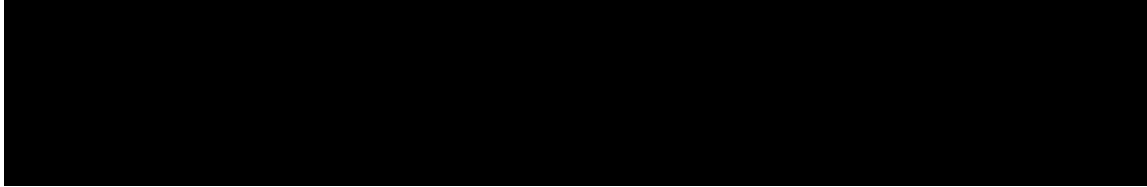
34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 5

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 would not

37.



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

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

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

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

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

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

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

- Practice: 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?
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 04/25/19 Name (optional), _____

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?



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Yes No If no, for what reasons? _____

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

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

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

- Immediately One term Sophomore Junior Senior Never

Comments:

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

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

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

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

10. How important to you is graduating from college?

- Very important Somewhat Not sure Not very Not at all

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

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

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

THE HISTORY OF THE UNITED STATES

The history of the United States is a story of growth, struggle, and achievement. From the first European settlers to the present day, the nation has evolved through various stages of development, facing numerous challenges and overcoming them through the resilience and ingenuity of its people.

The early years of the United States were marked by the struggle for independence from British rule. The American Revolution (1775-1783) was a pivotal moment in the nation's history, leading to the signing of the Declaration of Independence and the establishment of the United States as a sovereign nation.

The 19th century was a period of rapid expansion and growth. The westward movement of settlers, the discovery of gold in California, and the construction of the transcontinental railroad all contributed to the nation's expansion. However, this period was also marked by the struggle for slavery and the eventual Civil War (1861-1865).

The 20th century saw the United States emerge as a global superpower. The country played a leading role in World War II, and its economic and political influence grew significantly. The Cold War era (1947-1991) was a period of tension and competition between the United States and the Soviet Union.

The late 20th and early 21st centuries have been characterized by rapid technological advancement, globalization, and the challenges of a changing world. The United States has continued to play a central role in international affairs, facing new challenges and opportunities in the 21st century.

The history of the United States is a testament to the power of the human spirit and the ability of a nation to overcome adversity. It is a story of hope, courage, and the pursuit of the American dream.

As we look to the future, it is clear that the United States will continue to play a significant role in the world. The challenges ahead are great, but the resilience and ingenuity of the American people are our greatest strengths.

[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

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

[Faint, illegible text]

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[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]

[Faint, illegible text]



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

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

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

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

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

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

34. In general, how do you feel the Athletic Trainers treated your injuries. (Rate on a scale of 1-5 with 5 being the highest). 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't call now tired + busy they get.



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 1/2 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:

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY
5800 S. UNIVERSITY AVENUE
CHICAGO, ILLINOIS 60637
TEL: 773-936-3700
WWW.CHEM.UCHICAGO.EDU

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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 (5)

Academics 1 2 3 4 5 (5)

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

Yes No If no, for what reasons? _____

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

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

7. **When did you begin to feel 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 my studies

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

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

36. How would you improve the Sports Medicine services?

37.



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

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

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

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

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

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?