

Spirit Programs Assessment

Description:

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Total Respondents: 67

Q1. Including the current year, how many years have you been on the team?

Count	Percent		
39	58.21%		One Year
16	23.88%		Two Years
7	10.45%		Three Years
4	5.97%		Four Years
1	1.49%		Five or More Years
67	Respondents		

Q2. What is your current academic standing?

Count	Percent		
7	10.45%		Freshman
13	19.40%		Sophomore
29	43.28%		Junior
18	26.87%		Senior
0	0.00%		Graduate Student
67	Respondents		

Q3. Which team do you typically serve on? (Check all that apply)

Count	Respondent %	Response %	
24	35.82%	34.29%	All-Girl Cheer
25	37.31%	35.71%	Co-Ed Cheer
16	23.88%	22.86%	Orange Pride
5	7.46%	7.14%	Mascot
67	Respondents		
70	Responses		

Q4. Which Nationals Team were you on? (Check all that apply)

Count	Respondent %	Response %	
25	37.31%	35.71%	All-Girl Cheer
24	35.82%	34.29%	Co-Ed Cheer
16	23.88%	22.86%	Orange Pride
5	7.46%	7.14%	Mascot
67	Respondents		
70	Responses		

Q5. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Apply previously understood information and concepts to a new situation or setting.

Count	Percent		
54	80.60%		Strongly agree
13	19.40%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q6. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Analyze contexts in a given situation and develop creative and/or innovative ways to solve problems.

Count	Percent		
52	77.61%		Strongly agree
15	22.39%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q7. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Employ critical thinking to solve problems.

Count	Percent		
47	70.15%		Strongly agree
20	29.85%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q8. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Articulate my personal communication style.

Count	Percent		
44	65.67%		Strongly agree
22	32.84%		Agree
1	1.49%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q9. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Effectively communicate and express my ideas to my teammates through written communication.

Count	Percent		
38	56.72%		Strongly agree
26	38.81%		Agree
3	4.48%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q10. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Effectively communicate and express my ideas to my teammates through verbal communication.

Count	Percent		
50	74.63%		Strongly agree
16	23.88%		Agree
1	1.49%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q11. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Effectively communicate and express my ideas to my teammates through visual communication.

Count	Percent		
43	64.18%		Strongly agree
21	31.34%		Agree
3	4.48%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q12. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Listen and consider other points of view.

Count	Percent		
48	71.64%		Strongly agree
19	28.36%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q13. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Work with people different from myself.

Count	Percent		
56	83.58%		Strongly agree
11	16.42%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q14. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Use my skills and abilities to effectively contribute to the goals of my team.

Count	Percent		
56	83.58%		Strongly agree
11	16.42%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q15. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Identify the importance of diversity on campus.

Count	Percent		
48	71.64%		Strongly agree
19	28.36%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q16. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Recognize the needs of my community, the nation, and the world.

Count	Percent		
32	47.76%		Strongly agree
32	47.76%		Agree
3	4.48%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q17. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Utilize personal skills and abilities to contribute to community efforts.

Count	Percent		
40	59.70%		Strongly agree
26	38.81%		Agree
0	0.00%		Disagree
1	1.49%		Strongly disagree
67	Respondents		

Q18. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Recognize and challenge unfair and intolerant behavior.

Count	Percent		
41	61.19%		Strongly agree
24	35.82%		Agree
2	2.99%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q19. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Show greater respect for others who have different beliefs for backgrounds than myself.

Count	Percent		
50	74.63%		Strongly agree
17	25.37%		Agree
0	0.00%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q20. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Better understand my own ethical beliefs and principals.

Count	Percent		
41	61.19%		Strongly agree
25	37.31%		Agree
1	1.49%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q21. Please indicate your level of agreement with the following statements: As a result of my participation in the National Cheerleaders Association (NCA) Collegiate Cheer and Dance Championship, I have developed my ability to... - Explain how my actions and/or decisions are consistent with my personal ethics and belief.

Count	Percent		
42	62.69%		Strongly agree
23	34.33%		Agree
2	2.99%		Disagree
0	0.00%		Strongly disagree
67	Respondents		

Q22. How do you think your training for, and participation in, the NCA National Championship has changed your outlook as a student at SHSU?

Count	Percent		
66	100.00%		
Count	Percent		
1	1.52%		as a student it has taught me respect for others and time management
1	1.52%		As a student, training has allowed me to stay on the right track in and out of school, has given me more opportunities, taught me how to better work with all groups of people.
1	1.52%		Being a "role model" Keeping good grades Being active with sports / community
1	1.52%		Being a better student (keep grades up) Working with others (teamwork) Positive role model Active in the community
1	1.52%		Being a positive role model Keeping above average grades Working with others Being active with others Being active in the community
1	1.52%		Develop time management Remain committed Importance of hardwork
1	1.52%		Found different ways to communicate. Made many friends who are different from me. Gave me more appreciation and pride for my university.
1	1.52%		Giving it your all during every practice definitely helped as a student as SHSU.
1	1.52%		I am able to be more involved with my school and meet all types of different people. How to manage my time.
1	1.52%		I believe training for nationals changed my outlook on making sure to start out strong and continue to have determination and drive throughout the whole year. Inside and out of class and schoolwork in order to get the success you want.
1	1.52%		I feel much more involved and connected to the campus. As a representative of my school as a mascot, I learned how to exemplify the attitudes and philosophies of our campus.
1	1.52%		I feel that going to NCA Nationals gives the school a positive view of the cheerleaders and gives us encouragement as student athletes.
1	1.52%		I have developed social skills needed to be a productive member at the university.
1	1.52%		I have learned to put the hard work I do for cheer into my school work as well.
1	1.52%		I know that along with training and participating in cheer while going to school, we do a lot more than people think. As I become just a student, I will have a strong respect for student athletes.
1	1.52%		I think training for NDA has changed my outlook as a student at SHSU by, really understanding time management. Also being a student athlete makes you grow up a lot. and really appreciate everyday with a team who has the same goals.

1	1.52%		I wouldn't be at this school and enjoy my time if It wasn't for NCA.
1	1.52%		I've learned to get out of my comfort zone and try new things.
1	1.52%		It changed my outlook as a SHSU student because everywhere I went on campus and off, I not only represented the SHSU spirit program, I represented the school as well.
1	1.52%		It gave me a much larger perspective of how important SHSU is and how great an impact we have.
1	1.52%		It gives me a greater respect for the management.
1	1.52%		It has allowed me to make my mark as a college student and an SHSU student. Everyone wants a reason to look back on their college career and participating in this has given me that reason.
1	1.52%		It has challenged me to view and listen to others opinions and situations. It taught me to manage my time responsibly.
1	1.52%		It has change my outlook on being a student because now I see how important studies are to do what you like.
1	1.52%		It has changed my outlook as a student by helping me be more prepared, organized and has helped with time management.
1	1.52%		It has changed my outlook by helping me be the best student I can be because I know I represent SHSU.
1	1.52%		It has definitely brought me to a whole new level of balancing. Like with my classes, cheer, school work, and fun as well.
1	1.52%		It has definitely challenged me as a student by having a demanding practice schedule and still finding the ability to focus on my studies and maintain an academic GPA over a 3.0. It is definitely changed my outlook as a student by knowing when to complete the work necessary for my success.
1	1.52%		It has definitely helped me to see other's views and take them into consideration when making my own choices. Everyone has their own way of living and this experience has taught me to be cautious of that.
1	1.52%		It has given me a better understanding of how to manage time and communicate with others.
1	1.52%		It has helped me develop the skills of teamwork and the ability to take criticism.
1	1.52%		It has helped train me in time management, budgeting and balancing school, personal, and cheer time. Preparing for Nationals requires time, to win you must put in extra time. You learn to manage time to work on school work, enjoy your time, and practice on routines. I say budgeting also, because I stopped working due to job not being flexible.
1	1.52%		It has impacted me in a way to be proud that I am a SHSU student. I was honored to train with this program and represent Sam Houston State University.
1	1.52%		It has made me more driven and focused. I take the determination I have for dance and apply that to my schoolwork. It has also improved my time management. I know that I have an amount of hours a week that I will be busy with dance so I make sure to plan out time for my studies more accordingly. Which basically means less Netflix and more studying, but it is worth it.
1	1.52%		It has made me more involved and aware of my surroundings and how much we matter to the school.
1	1.52%		It has made me realize that anything I do reflects the school as well. Also how to handle multiple responsibilities at one time.
1	1.52%		It has taught me dedication, perseverance and my overall outlook as a student has become enhanced.
1	1.52%		It made me appreciate the opportunity as I have through SHSU and NCA.
1	1.52%		It made me become comfortable with pushing myself past my normal limits and gave me the drive to continue working hard in school.
1	1.52%		It opened my eyes to understanding things from different points of view. It made me a stronger person.
1	1.52%		It taught me I need to work hard to get the outcome I want. In the classroom and in the real world.
1	1.52%		Learning not to be late!
1	1.52%		Made me a part of more than a dance team but a family. I felt involved with the school and had a purpose and responsibilities.
1	1.52%		Makes me want to come back and try harder and make my teammates try harder as well.

			Also has made the program feel close and more like a family.
1	1.52%		Mental / physical toughness can be enforces in the real world as well as dealing with diversity and problem solving situations.
1	1.52%		Mental toughness in overcoming various situations can be taken from the gym, into the classroom.
1	1.52%		My experience changed my outlook on people's diversity and how everyone is not the same.
1	1.52%		My outlook has changed to a more realistic view on school, life, my future. Our coach helps feed the adult lifestyle throughout the year. He treats you like you're an adult. (cause we are)
1	1.52%		My outlook has expanded because each ear the school shows tremendous support towards this sport that brings my cheer family together, regardless of outcomes.
1	1.52%		My participation in NCA has made me more proud to be a student at SHSU. I have more school pride because it's a direct representation of myself as well as other student were.I
1	1.52%		My training working towards nationals was very hard but in a good way. It got me very prepared for what was ahead of us.
1	1.52%		Not only has my training made me an extremely better dancer for NDA, but also it has made me fall in love with SHSU and OPTD even more. The school does so much for us as a student already and it is a blessing to be able to compete through SHSU. My traing and participation has solidifeid by decision to come to Sam and stay here for 4 years.
1	1.52%		participating in the NDA championship has changed my outlook as a SHSU student, by allowing me to appreciate others for their time and commitment.
1	1.52%		Perserverance as an athlete has developed a wide variety of skills.
1	1.52%		Preparing for Nationals taught me how to manage my time wisely and made being a student her a lot more fun.
1	1.52%		Representing the school at a national competition makes me feel like I am a part of something special, and I feel like an important part of the pride and tradition at Sam Houston.
1	1.52%		There is a appreciation that I have going for the school. Working so hard at something to represent the school is amazing. I am blessed to attend SHSU and to train with such amazing students and faculty.
1	1.52%		Time management Representing my school Being more aware of actions
1	1.52%		Training and participating in nationals has made my work ethic improve which will help being a student.
1	1.52%		Training for NDA championships has changed m outlook for the better, whether that be to overcome obstacles, or with academics, or even in our own dance practice space. It has taught many of my most valuable characteristics that I will carry with me for the rest of my life.
1	1.52%		Training for, and participation in, the NDA national championship has changed my outlook as a student athlete as SHSU. I understand now the hours and dedication it takes to be on a sports team or even a student activities team. I now appreciate student athletes and their dedication to the school.
1	1.52%		Work ethic Prioritize Time management
1	1.52%		Work ethic. Drive. Persistence. Perseverance. Team work. Tolerance.
1	1.52%		Yes, being a cheerleader at SHSU has led me to meet a lot of people and helped push me to make better grades so I can participate in the events.
1	1.52%		Yes, cheering at Sam has led me to new people and help keep me involved.
1	1.52%		You have to want everything you go after and if you choose to go for it then you cannot quit. you must always push yourself and strive for your goals.
66 Respondents			

Q23. How do you think your training for, and participation in, the NCA National Championship has changed your outlook on your life beyond SHSU?			
Count	Percent		
67	100.00%		
Count	Percent		
1	1.49%		Being on nationals has shown me what I am capable of and treat that with hard work and determination, I really can do anything I set my mind to.

1	1.49%		Beyond SHSU, it has changed my outlook. Just by the simple fact winning isn't everything. You get everything out of everyday hard work.
1	1.49%		Changed my outlook on life by showing me that there will always be challenges beyond dance. Responsibility on a whole other level, and time management.
1	1.49%		Communicating with others Learning to work as a team and not individually all the time
1	1.49%		Communication skills Problem solving Time management Team player / member Respect for others
1	1.49%		Communication skills Respect for other Problem solving Time management
1	1.49%		Competing at NCA Nationals has taught me that I have the strength to overcome any obstacle that crosses my path in athletics and life outside of school at SHSU.
1	1.49%		Has changed my outlook on life by showing me how a team should become your family and it has helped me want to strive to better myself in everything I do.
1	1.49%		Has shown me many different views and looks on many different things throughout life.
1	1.49%		Helped being able to work and communicate with a large group. Helped develop leadership skills.
1	1.49%		Helping me work with others and keeping teamwork alive?
1	1.49%		How to handle different type of people and understand the different backgrounds!
1	1.49%		I feel like it is extremely beneficial to go through this experience. It has taught me life lessons and opened a lot of doors for my future.
1	1.49%		I formed a family that I never thought would be so important to me.
1	1.49%		I had to learn to get back up and not let the bad moments affect you. I was constantly having to tell myself to keep my head up and believe in myself. And that's in life, not just dance.
1	1.49%		I have learned how to work more on a team, assess my abilities as a prop maker, mascot and teammate and use them effectively to help out the team.
1	1.49%		I have learned teamwork and leadership skills that only come from the process of training for a national championship.
1	1.49%		I have learned through cheerleading how to work with people that have conflicting personalities with mine. Now in any setting I will know how to act. Also I've learned to take everything with a grain of salt.
1	1.49%		I learned more communication skills and working with a team.
1	1.49%		I learned to perform under pressure built situations.
1	1.49%		I made really close relationships. I will have for a long time.
1	1.49%		I realize that cheerleading and school is just temporary/. If I'm feeling overwhelmed by classes or practice, I have to remember that there's more to life than this.
1	1.49%		I realized I am capable of projecting inspiration to athletes that know me from back home and I overcame a lot this year and proved a lot of people wrong.
1	1.49%		I think training for nationals changed my outlook on life because moments like competing came so quickly and gone before you realize it and you need to really soak up the good times and move on from the bad.
1	1.49%		I'll have best friends for life
1	1.49%		It definitely allowed me to get out of my comfort zone and see the challenges ahead of me in a better light.
1	1.49%		It has allowed me to take a step back and appreciate hard-work and dedication. this will translate into real life in business, family and personal life.
1	1.49%		It has better prepared me for life after SHSU.
1	1.49%		It has brought me my bestfriends and a very good work ethic.
1	1.49%		It has change me by wanting to win, wanting to continue my career.
1	1.49%		It has changed my life for the better and I've been able to develop life along friends and family.
1	1.49%		It has changed my outlook on life be the relationships and connections I have made. Even when I am no longer a cheerleader I'll be able to talk to Brian if I ever need help on school.
1	1.49%		It has changed my outlook on life beyond SHSU by being a complete honor and privilege to compete in a collegiate competition. It has taught me how to push towards my determination and drive towards my goals as well as the teams goals. I will forever cherish the memories

			and friendships I have made throughout my years on orange pride.
1	1.49%		It has given it a greater reason to have a connection to the school. Being an alumni and help growing a bigger better team.
1	1.49%		It has given me a new family to always have there if I need them.
1	1.49%		It has given me more confidence, I had a lot of set goals that I wanted to accomplish leading up to nationals and I must say I succeed them. It made me more aware of the many different unique people on the team.
1	1.49%		It has given me opportunities more than I would receive as a regular student. As a student athlete I have been able to be more effective.
1	1.49%		It has made become more self dependent, as well as, learn to work on a team.
1	1.49%		It has made me a hard worker who sets goals.
1	1.49%		It made me become more willing to work harder in life and drive me to succeed in my daily life.
1	1.49%		It showed me to always try my hardest.
1	1.49%		Meeting new people from all over. People I can always count on. Time management.
1	1.49%		My outlook beyond SHSU has also grown and I am glad to help present this fighting sport, especially in such a positive light.
1	1.49%		My training and participation at NDA has changed my outlook on life beyond SHSU by pushing me to be a better person. Because of training I now am mentally and physically stronger and have learned a lot about communication. By competing I have learned how to do better when i am nervous! I am very thankful for the opportunities given!
1	1.49%		Participating in nationals has given me a feeling of honor and respect for the university for allowing the spirit programs to compete at NCA/NDA college nationals.
1	1.49%		Problem - solving Communication Involvement Time - management Priorities Team skills
1	1.49%		Same as last page. Work hard for what I want.
1	1.49%		Taught me how to be an effective team player and to work with a variety of different people.
1	1.49%		Taught me how to focus on something important to me
1	1.49%		Taught not to be a sore loser (kinda)
1	1.49%		Teamwork can get you further than individual efforts.
1	1.49%		That there are more important things than cheerleading and that it helps relieve some of the stress from the outside (adult) world, at the same time drive you to want to go further than just this life (cheerlife)
1	1.49%		The obstacles I've learned inside the gym can be enforced in the real world.
1	1.49%		The qualities that you walk away with are remarkable. Competing with a group of diverse people really teaches you how to communicate with many different personalities, and be able to reach a common goal as a unit. It teaches you responsibility, time management, assertive, a leader, and a listner. These are qualities that will forever positively impact my life.
1	1.49%		This has really made me want to work hard for all things I want to achieve in life. Working as a team instead of as an individual is a huge thing I got out of this year. I hope to carry that with me in the future.
1	1.49%		this team has taught me so many things and really changed my life. I've learned to take in other peoples opinions better and have more respect for me peers. All these lessons and many more will follow my everywhere!
1	1.49%		To a more realistic view with a positive side.
1	1.49%		To be SFCF
1	1.49%		To love the present.
1	1.49%		Training and participating in the NDA national championship has changed my outlook on my life outside of SHSU. I will be more efficient with my time, and I will take the communication skills I have learned over the year with me into life after graduation. I also learned how diverse the team is and how to effectively address different types of people.
1	1.49%		Training for and participating in nationals has changed my outlook on life by preparing me to challenge my self in real life situations outside of college. In the future, I will fill more confident with my career after having such great experiences on this team.
1	1.49%		Training for nationals has changed my outlook on life because it has made me aware of what hard work, dedication and teamwork is all about.

	1	1.49%		Training for nationals has taught me character traits I will take with me for the rest of my life. These include knowing how to work with others, learning to never give up, and understanding that things are not always fair.
	1	1.49%		Training for NDA national championship has allowed me to understand what it means to work hard to achieve goals. It's allowed me to appreciate the work behind all the madness and embrace every experience good and bad.
	1	1.49%		Working hard and never giving up is a few things that I have gained. I know that going out in the real world I have gained a new sense of quality for instructions between others.
	1	1.49%		Working with others Communication Perseverance Problem solving
	1	1.49%		Yes, taught me to be okay and understand you can't always have your way, and you have to pick yourself up and move on, to be better next year. Haven't done that yet cause we lost!
67 Respondents				