

CHAMPS/Life Skills Program Needs Assessment Survey

This survey is designed to help your *CHAMPS (CHallenging Athletes' Minds for Personal Success)/Life Skills Program* Coordinator identify workshops and experiences that would be most helpful to supplement the academic and athletic experiences of student-athletes at JSU. Your responses will be kept strictly confidential, and under no circumstances will the members of your team or your coaches see the individual responses you indicate here.

1) My gender is

- Male
- Female

2) I describe myself as: (Please select one that best describes you)

- American Indian or Alaska Native
- Asian or Asian American
- Black, African American
- Hispanic or Latino
- Native Hawaiian or Pacific Islander
- White
- Multi-racial

3) I am classified as:

- Freshman
- Sophomore
- Junior
- Senior
- Fifth-year student
- Graduate student

4) I transferred to this institution from another college/university:

- Yes
- No

5) Please indicate the extent of your agreement with the following statements. (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree)

| | Strongly disagree 1 | 2 | 3 | 4 | Strongly agree 5 |
|---|---------------------|---|---|---|------------------|
| a I know how to use a variety of resources offered on campus that will assist me in my academic studies (e.g., writing center, tutors, support services, etc.). | | | | | |
| b I actively manage my schedule using a planner, calendar, on-line resource, electronic organizer, or other means that works for me. | | | | | |
| c I regularly meet assignment deadlines. | | | | | |
| d My study skills (e.g., reading, note-taking, test preparation) allow me to succeed in school. | | | | | |

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6) Please indicate the extent of your agreement with the following statements. (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree)

| | Strongly disagree 1 | 2 | 3 | 4 | Strongly agree 5 |
|---|---------------------|---|---|---|------------------|
| a For the most part, I have time each day to accomplish the tasks that I have planned. | | | | | |
| b I am clear about my Academic Advisor's role in helping me to achieve my academic goals. | | | | | |
| c I feel like I received an adequate orientation to the University. | | | | | |
| d I know how to contact my Academic Advisor if necessary. | | | | | |
| e I know how to obtain support services provided by the Athletic Department (e.g., trainers, tutors, academic advisors). | | | | | |
| f I believe that what I eat impacts my athletic performance. | | | | | |
| g I am knowledgeable about eating disorders including what to do if I suspected that a friend/teammate was suffering from one. | | | | | |
| h I would seek advice if needed from medical professionals, coaches, or other trained health personnel in an effort to maintain my health. | | | | | |
| i I am familiar with the behavioral and physical signs of eating disorders such as anorexia nervosa and bulimia. | | | | | |
| j I fully understand how alcohol, legal or illegal drugs including performance enhancing substances impact my health and athletic performance. | | | | | |
| k I fully understand the severity of the personal and academic consequences that can result from engaging in risky behaviors (e.g., driving under the influence, binge drinking, unprotected sex, etc.) | | | | | |
| l As a student-athlete, I am aware that gambling on collegiate sports can result in being dismissed from my team and the university | | | | | |
| m During an exam, I am usually able to formulate, concentrate, and organize my ideas well. | | | | | |
| n I am generally able to listen to feedback and constructive criticism from others regarding my academic and athletic performance without getting upset. | | | | | |
| o I like who I am as a person. | | | | | |
| p Although I may feel badly about myself after I perform poorly, I am generally able to get over it soon. | | | | | |
| q I am rarely overly critical of myself. | | | | | |
| r There is always someone I can call (e.g., friend, family member, Teammate, etc.) if I need someone to talk to. | | | | | |
| s I feel comfortable communicating with individuals in a position of authority (e.g., professors, coaches, administration, etc.). | | | | | |
| t When I disagree with someone I'm generally able to resolve the conflict so that we're both satisfied with the results. | | | | | |

7) Please indicate the extent of your agreement with the following statements. (1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree)

| | Strongly disagree 1 | 2 | 3 | 4 | Strongly agree 5 |
|--|---------------------|---|---|---|------------------|
| a I am able to effectively communicate with faculty to arrange athletics-related absences. | | | | | |
| b I have a mentor with whom I can speak openly. | | | | | |
| c It is important to me that I recognize and break down stereotypes relating to others (i.e., ethnicity, gender, or sexual orientation). | | | | | |

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|---|--|--|--|--|
| d I believe that individual differences (e.g., sexual orientation, culture, religious beliefs, abilities and values) are positives that make people unique and interesting. | | | | |
| e I have friends who are different from me in terms of culture, religious beliefs or financial background. | | | | |
| f I know what resources are available to me to obtain scholarships, assistantships, and/or other financial aid for my education. | | | | |
| g I live within my financial means (i.e., I don't go over my cell phone minutes, I don't overuse my credit cards). | | | | |
| h I have a budget and I live within it. | | | | |
| i I feel competent using a variety of technology-based tools specific to school, such as on-line library resources, word processing programs, course management software, etc. | | | | |
| j I know how to protect myself from becoming a victim of identity theft. | | | | |
| k I feel that I have the qualities and confidence of a good leader. | | | | |
| l I use a variety of coping strategies that are effective in reducing my stress. | | | | |
| m I would obtain counseling services if I were having difficulty resolving an issue (e.g., relationship problems, stress, grief or depression, anxiety, etc.). | | | | |
| n I am satisfied with my decision-making and/or problem-solving skills. | | | | |
| o I know when I am under a lot of stress. | | | | |
| p I am familiar with the resources available on campus that can help me obtain information on careers internships, graduate school, job fairs, and other career-related activities. | | | | |
| q I have a plan for my future beyond athletics. | | | | |
| r I know the specific steps to take to get an internship relevant to my field of study/interest. | | | | |
| s It is important to me to take time to mentor younger athletes. | | | | |
| t It is important to me to incorporate community service activities into my schedule. | | | | |
| u I am familiar with campus resources If I or my teammates were in need of support (e.g., academics, counseling, health issues). | | | | |

Thank you for your time and effort in completing this survey.