

Student Athlete Mentors Needs Assessment Spring 2011

Brief description of project:

Assess student athlete wellness needs to help prioritize Student Athlete Mentors' educational focus for the year, as a part of our CHOICES NCAA grant project.

Who was asked to complete survey:

Student Athletes were asked to complete the survey by their team's SAMs representative.

Respondents: 172 student athletes in 11 sports, both female and male, across each year in school

Administration Type: Paper with web entry into StudentVoice

Summary of Key Findings:

- 81% agree or strongly agree--- I care about my diet and I make sure to eat foods that are healthy for me.
- 91% agree or strongly agree- I believe that diet is important to athletic and academic performance
- 44% disagree or strong disagree - I would like to learn more about sexually transmitted diseases and how to prevent them.
- 38% agree or strongly agree--When I perform well in an athletic event, I feel like I am a worthwhile person, but when I perform poorly, I feel like I am a failure.
- 43% agree or strongly agree--I need to learn some techniques for dealing with stress in a positive manner.
- 67% agree or strongly agree- When it comes to alcohol, I know my limits and I rarely go beyond them.
- 27% disagree or strongly disagree- I know which campus organizations provide support for students in time of depression or grief

- In the future, I would not include *neutral*; we had a lot of students respond *neutral* on questions.

Actions Taken:

Shared findings with Student Athletes Mentors to use to plan educational programming for their teams & plan further SAMs meetings.

Which department and/or program goals does this survey align with?

Center for Student Wellness & Athletics—Program Goals

-Assessment

-Content Areas (sexual health/relationships, alcohol and other drugs, & stress)

Fulfills goals of the CHOICES grant project & this evaluation was a part of our APPLE team's goals (NCAA conference to plan programming—we focused on education).

Which Student Affairs goals does this project align with?

1. Develop students as a whole through the cultivation and enrichment of the body, mind and spirit.

Goals and Actions:

a. Promote physical, spiritual and psychological health and wellness, collaborating across campus with multiple organizations.