

## 2004 NSLP Evaluations

	Excellent	Good	Fair	Poor	No Opinion
On Campus Check-In	26	9	2	1	2
First Evening Activities (8/23)	23	14	2	0	1
First Tribal Meeting (8/24)	21	18	1	0	0
World's Largest Ice Breaker	26	11	3	0	0
Opening Speaker	26	12	2	0	0
Tribe Meeting: Low Ropes	31	8	1	0	0
Tribe Meeting: High Ropes	33	6	1	0	0
Skits	29	11	0	0	0
Final Tribe Meeting	21	8	0	0	11
Closing Speaker	23	1	1	0	15
Closing Ceremony	22	4	0	0	14
Transportation	8	24	4	0	4
Accommodations at Camp Horizons	11	21	4	1	3
Meals at Camp Horizons	3	12	14	6	5
Correspondence from NSP Office	20	15	1	0	4
Overall Program Experience	26	11	1	0	2

- (1) **During NLSP, you have experienced a variety of activities and speakers. As you think about them, describe which activity/speaker had the most effect on you.**

**\*Low Ropes Course (13)**

It was fun and helped with trusting people in your group.  
Worked together.  
Created more of a team atmosphere.  
Showed each person's strengths.  
It was a new experience. Enjoyed the challenge.  
Learned how to work with others to accomplish a goal.  
Allowed the group to get to know each other.

**\*Dr. Melissa Zwick**

Enjoyed her energy

**\*High Ropes (12)**

Gave more confidence in own capabilities. Instilled a sense of determination.  
Was able to achieve a goal in the face of fear (of heights). (4)  
Did something that he/she didn't know they could. (2)  
Took you out of your comfort zone and forced you to put your trust in others to support you. (5)  
Enjoyed the challenge.  
The encouraging atmosphere.

**\*Tribal Activities (2)**

It was nice to be able to interact with the other students so frequently.  
It allowed people to open up to one another and didn't feel the need to hold back.

**\*Dr. Tim Pierson (7)**

The way he seemed to LOVE what he did, he wanted to be there.  
Agreed with his view of people needing to step outside of themselves, and coming to NSLP offered a head start.  
He really stressed the importance of being true to you.  
He talked about the values you will gain in college, and let people know that it's okay to be undecided and to not have all the answers.  
He gave good advice and really made you feel that he was talking to you personally.  
Offered a way to discover yourself and he was really well rounded and open-minded.

**\*Everything (2)**

**\*Ice Breaker**

You get to know a lot of new people.

\*Skits

Everyone got to show one another an important aspect of themselves.

\*No Opinion (4)

(2) **Now that you have participated in NSLP, do you feel you have a better understanding of yourself?**

Yes (35)

No (3)

Somewhat (2)

(3) **What did you learn during your time at NSLP?**

How to be a team leader, remembering that the team is most important.

How to be a better listener and ways to include more people in activities.

Getting to know new people can be a great experience and pushing yourself can be very rewarding.

Trust and encouragement.

One must open up and be friendly to make friends.

To get outside of your comfort zone.

How to work with new people as a team.

To think outside the box.

Trust your instincts and others' when it comes to the team's capabilities.

No one is alone (someone shares your situation), now more comfortable with being at Longwood.

Everyone is equal and everyone should be treated the same.

How to be an effective team member.

Previously, had been underestimating capabilities.

“Know thy self”

How to be a better person by trusting people more.

Confidence.

Trust is a key factor in both personal and business type relationships.

How to communicate.

Self-discovery.

Acceptance.

How to cooperate in a large group setting.

There are different types of leadership and numerous characteristics.

S.E.A.L members are cool!

How to overcome fears.

Leadership opportunities available.

The Longwood Lifestyle.

Strive to be who you want to be now; don't wait.

People are more open-minded than he/she originally thought.

Be open-minded and get involved.

The people at Longwood will be fun to live with.

- (4) **In what ways do you feel you have become a more effective leader?**  
Sometimes you just need to sit back and let people try to figure things out on their own.  
Realized the importance of the team.  
Better listener.  
Learned that there is a time to take charge and a time to just lend a hand and follow.  
Learned HOW to follow.  
Value other people's opinion.  
Communication skills.  
Better understanding of self.  
Found out what he/she could do and what others could do when they offer help.  
Let go of fears and got a head start on the college experience.  
Gained confidence with things like public speaking, sharing opinions, etc.  
The realization that everyone is a leader in his or her own way.  
How to talk to people so that is effective.  
Learned that when you open up to others they will open up to you.  
Learned to trust.  
Learned that leading and listening coincide.  
Being an example.  
By seeing the examples that were there (i.e. S.E.A.L).  
Learned the importance of making people feel welcome.  
Gained the ability to mesh with people in a short period of time.  
Have the ability to make situations comfortable and fun.  
Had the opportunity to practice skills.

- (5) **Would you have attended NSLP if the program had occurred a week earlier and you had time at home in between the program and New Lancer Days?**

Yes (22)

It wouldn't matter because it would still be a good experience. (13)

Not so much time at home, but to get moved in before the other roommates. (3)

Coming earlier would offer a chance to rest between NSLP and the start of New Lancer Days. (3)

Interfered with the chance to go camping. (1)

Packing would have been easier and less homesick. (2)

No (17)

Gave a taste of the college experience (no need to prolong it). (3)

Offered a buffer between home and residence hall living. (1)

Would rather have moved in a day earlier before actual move-in day. (1)

Would have been harder to get off from work and get college stuff together [time conflicts]. (2)

Felt that the crunch was positive; made the transition smoother. (2)

Moving in early helped out a lot. (3)

The experience itself is like an "Ice Breaker" into college. (1)

Too much back and forth, better to meet the people and then be able to spend time with them on campus. (2)

It's just better the way it is. (1)

No reason why (1)

No Opinion (1)

(6) **If you had to give advice about how to improve NSLP, what advice would you give?**

Improvement on the food (6)

Give more time to get moved and organized and a slight break between NSLP and New Lancer Days. (7)

NONE. Good Program! (7)

Have meals with other tribes. Offer a chance to meet more people.

Different location.

Recruit more people. More people, more fun!

First day seemed a little too busy, but maybe because arrived late.

Not so much hard, physical activity.

More emphasis on leadership activities, felt like it was mostly team building. (2)

More free time during the day. (2)

Softer beds; woke up sore.

Not so much down time.

Keep NSLP at the current time (don't move it to a week earlier).

Not so many ice breakers, too redundant.

Make sure the right people get on the bus.

No Answers (9)

(7) **Other comments or suggestions:**

Should have been able to utilize the camp facilities during down time (i.e. swimming, horseback, Frisbee, golf, etc.) (3)

Tribe Contests

The program was AWESOME! Had so much fun. (4)

Loved the ropes and icebreakers.

Marvin and Candace were great leaders.

Grateful for the experience. Hope to become more active in the leadership program.

Thanks to the S.E.A.L leaders for being so kind.

More activities and more low ropes (really brought the group together).

Everything went pretty well.

Good Times!

G, Alicia, and Mark were a lot of fun.

We all got really close in a short amount of time- that alone pushed the security limits. This was awesome!

Talk to the honors people...please. Bus Problems!

Thank you. I had fun.

Mac and cheese wasn't very good/Better food. (2)

More diversity needed, better food. Evening activities were fun. Speakers were excellent.

Great way to meet people!

Too many people were at the high ropes at one time. We should split it up. Not everyone got to do the things they wanted.

It felt like we were with our group a lot and it would be a way to meet more people.

I have so many new buddies.

Keep on Rocking Baby!

I had a lot of fun at the camp fire being serenaded by Ozzie.

No Answer (14)