

2005 Mountain Lake Leadership Conference Evaluations
Leadership Summit: PEAK Into Your Future

1. Check- in:	Excellent	Good	Fair	Poor
	27	19	1	

Why?

- It was a little crowded but we were the first ones
- Long lines
- Long lines but moved fast (3)
- Didn't know where I was going
- Keys and rooms were organized very well
- Quick, easy, painless (12)
- Chaotic, lots of people ran smoothly once I found my stuff and my room.
- Went smoothly. (2)
- Everything was organized well before hand.
- Too crowded. (3)
- Late departure
- Everyone was nice (2)
- No problems.
- Limited space for so many students(2)
- Drove, got here before the buses.
- Splitting the alphabet was good
- The only reason it wasn't excellent was because we were given the wrong room keys

2. Meals:

Dinner (Fri)	40	6		
Breakfast (Sat)	33	10	4	
Lunch (Sat)	30	11	6	
Dinner (Sat)	39	8		
Breakfast (Sun)	32	9	3	

Why?

- Food was excellent (8)
- Yummy!
- There was always a nice selection of food.
- I was hungry
- I'm really picky and there were plenty of things for me to eat and it was all good.
- The lunch was very remindatory of LU D-Hall... dinners were WONDERFUL! Breakfast was good, but the waffles were hard.
- Dinner was best meal but food was very good overall
- Very good but left me feeling sour afterward
- The food was so good, but there wasn't much of a selection for lunch.

- It's not dhall food, it was delicious (8)
- Great variety of vegetarian- friendly options... thanks so much!
- Got to chat with friends.
- It was so good. Good selection.
- Good food, could use a better method for getting food more efficiently
- Delicious everything! (2)
- Key lime pie!
- Saturday dinner needed regular pasta and sauce for those who didn't/couldn't eat sausage, peppers, onions or shrimp.

3. Friday's Small Group Meeting:

Chestnut	5	2		
Rockhouse	4	2		
Whitetop	4	1		
Slate Springs	4	3	1	
Monterey	1	3		
Wynne	2	3		
Red Rock	4	3		
Sugar Run	4			

Why?

- Wynne: Very relaxed but productive
- Wynne: Easier to get to know people in a small group
- Wynne: somewhat closed off
- Slate Springs: Theresa and Kathryn were good leaders, activities were fun
- Slate Springs: everyone was quiet, but I did meet new people.
- Slate Springs: we introduced ourselves but wasn't a great chance to get to know people.
- Slate Springs: got to meet new people.
- Slate Springs: Nice group of people.
- Slate Springs: our group leaders were very enthusiastic.
- Slate Springs: group was really quiet
- Slate Springs: too much time, not enough activities.
- Whitetop: Good group and wonderful leaders and a lovely orange marker
- Whitetop: Everybody got involved and everyone was open
- Whitetop: worked well together.
- Rockhouse: Very welcoming, nice ice breakers, comfortable atmosphere
- Rockhouse: Because it allowed me to get to know a small group of people individually- wish there was more time.
- Rockhouse: Good people; Fun activities.
- Rockhouse: everyone was nice and willing to listen
- Rockhouse: Drew and Emily were really outgoing and fun!
- (No group name written down) group interacted a lot and had fun
- Monterey: More icebreaker activity in it would be a huge plus.
- Monterey: good way for us to meet more people, great seal leaders.

- It was good just the same old ice breakers.
- Chestnut: Liked my seal leaders, met new friend, and discussed what we were going to do for the weekend.
- Chestnut: well led.
- Chestnut: because we are awesome!
- Chestnut: got to know the group members a little. The facilitators set a welcoming tone, but did not seem very prepared/planned.
- Chestnut: We got to learn a lot about every person.
- Chestnut: fun icebreakers and informative welcome to the weekend
- Sugar Run: great group leaders and good group interaction.
- Sugar Run: group leaders were awesome, group was fun
- Sugar Run: good ice breaker
- Sugar Run: Leaders were excellent facilitators!
- Red Rock: got to have fun and meet new people
- Red Rock: everyone was very interactive and encouraging of others we automatically connected SEAL leaders got us pumped and ready to go for the gold.
- Red Rock: just good

4. Opening Program: SEAL's Nine Peaks of Leadership

20	24	4	
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Why?

- Very good points, good presentation (3)
- A little lack luster
- Each group (pair) had very inspiring and you could tell that they really put a lot of work into it.
- Could have been more interactive.
- Interesting, not quite loud enough, good participation
- Learned what is needed for leadership
- Lost my attention during some of the "peaks"
- Very interesting (2)
- Kind of boring, but a good idea, a more interesting presentation would have been better just because everyone was kinda getting turned by that point.
- Very inspirational
- Went kind of fast.
- Didn't follow it.
- WOW! It was very encouraging and enlightening.
- It was good- I liked it when we were able to give examples.
- There was nothing bad about it
- Would have liked to hear Kerstin or the key note speaker along with SEAL's activity. (Give an inspirational speech I mean).
- Talked about leadership and some of the qualities a leader may possess.
- It shared what they want us to get from the conference.

- Nice to hear from peers and not someone its hard to relate to
- Nice that SEAL leaders presented them, better when audience participated.
- It was fine- short is good.
- Great overview of leadership values; got to meet new SEAL people.
- Get audience more involved than just reading to them.
- I'm a visual learner, would have liked a handout.
- Learned but had fun
- Set an important tone for what the weekend was about.

5. Friday Evening Activities:

24	17	5	
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Why?

- Poker was fun and I learned how to play bumper pool
- Fun evening of watching movies and hot tub
- Lots to do (4)
- Got to relax and sleep (2)
- Great times (6)
- Had a long day and just wanted to sleep
- Good way to end the day. (2)
- Just too tired to attend. (3)
- Could have started later and done a leadership thing.
- Good food
- Fun and got to meet others
- Could have been more exciting
- Unorganized?
- Good I liked Disney trivia. (2)
- I don't have a comment because I didn't really participate in these but the cider was good.
- Loved all the choices. Everyone was very social and enjoyable company
- Tons of games and fun activities. Go Disney Monopoly!

6. Workshop #1: Finding the Balance

9	11	2	
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Why?

- A bit unorganized, seemed more like busy work
- Gave me great tips.
- Student led
- Didn't really get much out of it. (I'm not a sorority sister, so I couldn't relate to our "schedule")
- Because I learned how to have a balance.
- Board games are always fun
- Was not into the schedule thing.
- Should have been longer. Got out 30mins early

- Good group activity allowed everyone to be involved.
- Some of the things I never thought about doing to better my schedule.
- It was fun, but nothing new for me.
- It was a fun experience, getting to fit someone's hectic schedule.
- Really helpful, save me lots of good ideas and things to think about (?)
- Presenters made it realistic.
- Wasn't really my type of schedule
- Informative and clear information. Visual groupwork
- Aimed at freshman. Stuff I already knew (I know how to put a schedule together, how do I deal when it's massive?)
- Didn't learn anything except for Philip's schedule.
- Really informative. Thought about how I could reschedule my time.
- It would have been more informative and useful if we had been able to apply it to our own lives.

Interpersonal Skills for the Beginning Leader

8	5	3	
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Why?

- Not very interactive, but the information was valuable.
- Picked up some tips to use in my life.
- Good, but it felt like being in class- maybe more activities next time.
- I thought this was a great program, yet it wasn't interactive, therefore it was not as exciting.
- Dr. Perkins did a really nice job presenting the information and having discussions with us.
- Good Lecture (2)
- More interaction
- Lots of good information- would have been better placed in the afternoon.
- Taught me to be a better listener.
- Too much talking
- Could have been split, but very good information
- A little boring, but very informative
- I think the information was very useful, but a more interactive presentation would be better to drive the point home.

7. Workshop #2: There is No "I" in Team

17	4		
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Why?

- Interactive discussion. I liked the building a bridge and finding out what role I play in a team.
- My favorite one
- Learned a lot, presenters were amazing! Great program!
- Presenters were great.
- Hands-on, good discussion (2)

- Very informative and fun
- Great discussion following team building activities. (2)
- This was excellent, I felt like the follow-up discussion was very helpful and insightful.
- I liked the bridge building activity.
- Loved how we sat in a circle- and discussed things openly, when we got in small groups and made bridges= a lot of fun and showed us what roles we typically played.
- The bridge activity was very effective.
- Very informative talk back session was helpful.

Visionary Leadership

12	3	1	
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Why?

- Hands on, presenters did a great job, discussion was very good.
- I learned a lot and what I needed to improve.
- Playing with play dough was fun, but being the observer was hard.
- Really fun activity; I learned a lot from it.
- Very interactive
- GREAT activities
- Learned how to take instruction and give better instructions.
- Every vision is different for people.
- Lots of fun
- Awesome Activities. (2)

Becoming a Globalized Citizen Leader

7	2		
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Why?

- This was amazing
- Good forum with everyone and everyone participated a lot
- Dr. Phelps and Jennifer opened my eyes to different forms of diversity
- It was interesting to see how stereotypes played a role in the activity where we chose who should work in white house.
- It allowed people to speak their minds and listen to others views on the same topic.
- Very interesting Dr. Phelps is an excellent speaker.
- Great presenter and good talking within the group.
- Good discussion
- I really liked how involved the presenters were with the audience

8. Workshop #3: Self Esteem and the Student Leader

7			
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Why?

- Awesome! Really made you think.
- Amazing facilitator! I think everyone got something out of this activity.
- AWESOME! Good mix of people.
- The best program of this weekend!
- Could have had more time, but Tracy was great
- This workshop absolutely amazing. The speaker really knew how to go about discussing this topic.

I'm sleeping with My Boss!?!

7	12	4	1
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Why?

- Presentation was great; presenters did a great job in keeping the audience involved. It was a lot of fun.
- IT WAS THE BEST EVER so much fun with skits ect!!!!
- I learned how to resolve dual relationship conflicts.
- I love doing skits
- Lots of fun
- I liked learning how the different dual-relationships play a role in different situations.
- Skits weren't that helpful
- Lacked an overall feel.
- Misleading title
- Didn't really learn anything new.
- The session raised some good issues but did not provide many strategies to make multiple relationships work.
- Showed me new ways to handle different situations.
- Not what I was expecting
- The title was misleading- dual relationships. Enjoyed the movie associations but not group skits. (2)
- I liked the movies and the skits.
- Cute skits

Secret to Our Success: How Not to Stress

11	6		
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Why?

- This was okay; some of it was a little cheesy
- Different parts of session was boring
- I presented it
- I got to see that I have a stressful life but I was able to find some activities to distress my life.
- Relaxing workshop
- It showed me that I don't stress but if I do it gave me insight as to relieve it.
- Helped me think about stress

- It was good until we had to use lotion- I get migraines from smells in all lotions.
- Relieved my stress.
- How to relay
- Learn so much about the success of stress.
- Hands-on, Craig's the man.
- Very helpful! Craig is awesome!
- I liked the meditating and discussion about personal space. I heart Craig.
- It was nice, I think that the presenters could have talked more about ways to relieve stress, but the guided image thing and lavender lotion were great.

9. Workshop #4: Making the Most of Your Free Time

25	1	1	
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Why?

- It was so much fun. Very interactive and active presenter was awesome. (4)
- Didn't offer realistic ideas.
- This workshop was very exciting and really helped reduce stress I was feeling.
- Very great! Well done! Fun!
- LOVED TRACY's enthusiasm!
- Very enthusiastic and wanted to be there
- Tracy is the best. She was so enthusiastic about everything and used fun examples for her topics.
- Really motivating! Learned to take free time more seriously rather than sleeping.
- How to be a kid again
- Tracy was incredible (2)
- It was awesome, very interactive
- Useful info
- I had a lot of fun the childhood games.
- It was jus an amazing time.
- A good reminder that we should use our time strategically. It was fun.
- Instead of napping I know now to go do activities and exercise.

Two Worlds: A Cross Cultural Simulation

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Why?

- Best workshop
- Active learning the whole time.

It's a Role Model, It's a Leader... It's a Woman

8	5		
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Why?

- Great discussion would have been perfect if we had been sitting in a semi-circle rather than lecture seating.
- Presenters were awesome, the activities were creative. There was a great open discussion.
- Liked the movie
- Gave me a good perspective of women and how everyone is different.
- It was awesome to see how women can make a difference in helping others become leaders.
- Great discussion, Dr. Edwards did great. (2)
- Great discussion, good use of movie clip, I liked the comic strip activity. Talked too much about future- needed more about what to do in student organizations.
- Amazing, this was wonderfully planned and sparked great discussion, very empowering, I learned a lot.
- WOW what a workshop! As a female this workshop opened eyes to all different types of leadership with in the “woman”. Many “props” to the leaders Jennifer and Dr. Edwards. Quote for this workshop made by a participant: “I would rather be a bitch than a bad leader”
- Open conversation
- Excellent way of thinking about myself and how I can be a better female leader.

10. Saturday’s Small Group Meeting:

Chestnut	7	1		
Rockhouse	4	2		
Whitetop	4	1		
Slate Springs	4	4		
Monterey	3	1		
Wynne	4	1		
Red Rock	4	3		
Sugar Run	3	1		

Why?

- Very relaxed but productive
- Better
- Had a good time, bonded.
- Activities were fun, not much dead time.
- Good group but there wasn’t much to do/ we jus kind of sat around
- It was fun
- Too much time.
- Liked the picture ball
- Kinda boring but fun
- Discussed a lot of topics.
- Some major reflection
- (No group name written down) we discussed a lot

- Nice mellow way to calm down
- Would have like more team building here
- Chestnut: interesting conversation (2)
- Chestnut: I really liked the reflection on everyone' experiences at the conference. The facilitators (especially Phillip) did a great job of asking questions.
- Chestnut: talked about our personal experiences
- Chestnut: great follow up discussion about the workshops and conference in general.
- Chestnut: it was great just to sit and reflect and not have to worry about a skill to plan.
- Rockhouse: more bonding time.
- Rockhouse: got to know group members better.
- Monterey: good discussions
- Slate Springs: good discussion
- Slate springs: we had more interaction than we did during the first meeting.
- Slate springs: got to discuss workshops
- Sugar Run: I got a really great group= would have liked more meetings. Glad there were no skits!
- Sugar Run: we had the best group!
- Sugar Run: I have an awesome group!
- Red Rock: Very "closing Mtn. Lake" wonderful job again.
- Monterey: liked the ball game, liked discussing our weekend.
- Slate springs: I really enjoyed the questions ball.

11. Saturday Evening Activities:

42	6		
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Why?

- Had a lot of fun dancing and karaoke (13)
- Good but too tired
- Pictures were a good idea
- I liked seeing people making fools of themselves
- Karaoke was exciting except not everyone got to go and those who did went 10 times
- Everyone had something to do
- SO much fun (8)
- Excellent.
- I loved it. I stepped outside of my comfort zone with the karaoke and had fun with friends, both new and old.
- Fun, karaoke was fun and lots of activities.
- People really enjoyed karaoke. I was glad most people were there most of the time.
- Pictures were a big hit!

- I wish I could sing like that.... Oh! And I was worn out after dancing all night long... way to go!
- The same people kept going up and those of us who put in requests didn't get to do them.

12. Closing Program with Tracy Knofla

35	5	2	
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Why?

- Was informative but a little over the top
- She makes everything interesting
- Little disappointed put all that work into our fake alumni and organization without closure to the project
- Activity linked to her point through fun activity
- Kept my attention, loud and exciting
- Interacted a lot (2)
- Tracy is still incredible. (7)
- She is an excellent speaker! Learned a lot.
- Energetic speaker, interesting activity made me think about my organizations and how we always have to compromise on activities.
- It was fun (5)
- Great new perspective on change.
- crazy
- Very spirited
- Great speaker
- She really knows how to approach college kids
- Very impressive
- Tracy is one of the best key note speakers I've ever seen.
- Fun, energetic, hands-on, made me think (2)
- It was cool to work out a some what true case.
- Absolutely amazing.

13. In two-three sentences describe what you learned about your own skills/strengths that will better enable you to contribute to the Longwood Community?

- I need to organize my time better and I will be getting involved soon.
- I realized that I am good at finding a vision. I can see what I want to do or where I want to be. I will be able to help my friends and classmates find a vision and reach it.
- I can be a leader and have become more confident
- I learned that I need to make sure I explain and speak more clearly.
- I need to give more compliments to the people that I'm leading. Sometimes I need to get like a child just to relax and have fun.
- Speak out more and learn to value others opinions.
- I learned my strength is being able to talk to people I don't know
- Hopefully I will be less exhausted which means I won't be a drag on others. I want to find more free time so I can be less exhausted.

- I am passionate, expressive, and nurturing and I utilize those skills to have my own unique leadership style.
- Take action
- Balance time
- I have realized that to be a great leader you have to have confidence in yourself that quality is something I see that I need to work on. Also that it is ok to be a follower as long as you contribute.
- I learned to be a better leader and follower. Learned to be a better listener.
- I learned that it is better to lead by example than to follow. I'm more patient with others. I understand the meaning of leadership.
- That I have more skills at my disposal than I thought I did to be confident and open to new opportunities.
- I learned to be a better leader. I was able to look at my weaknesses and learn from them.
- I learned that I can put my thought and ideas into action and make the most out of the potential of myself and those around me.
- How we bring a woman leader on campus can inspire other women to be leaders. I can use my dual-relationship with other women to encourage them to become a better leader in the organizations I am in with them.
- I learned the effect your attitude about yourself has on people.
- Remember to keep implications of various choices in mind when I am in a dual relationship. Remember to choose activities in my free time that recharge my batteries.
- I learned how to work with people and speak up in front of people.
- That I am a leader and a woman in the world.
- I learned that change is a good thing.
- I'm beginning to think I'm overwhelmed with my campus organizations
- How to work with people better. How to take more time for your life. How to plan things more efficiently
- To be a team player- share ideas that I tend to hold in
- How not to stress
- Learned how to better my organization, how we all can work better together.
- Use compassion as a leader. Be more aware of what kind of woman leader I want to be.
- It's ok to take credit for what you do. I'll hopefully be able to deal with people more rationally.
- I've learned that I can take credit for things I've done rather than letting others have the credit therefore making me even more willing to go the extra mile and because I came in conjunction with the group I want to have a leadership position in next year this has helped me learn more about that and will enable me to be prepared when I join the organization in a leadership capacity.
- I learned that I am an overall good leader and people person.
- I learned that I can actually get up in front of others and that I can stand up for myself. I also learned that I have way too much stress.

- I learned how to rip my type to help my self esteem. Also I learned how not to be the outgoing leader the time.
- I learned that in order to be a truly successful leader, you have to present yourself, this will help me increase my confidence back at Longwood. Another strength would be knowing its ok not to do all the work, which in college or anywhere its important to have everyone be a part of everything.
- I learned that actions do speak louder than words. That sleep is important however it should not consume your free time. Also the negatives in a group and the positives and how to help fix them.
- That I am a stronger leader than what I thought and I will be able to contribute ideas to my organization.
- I learned that I am an atypical female leader and that the way that I present myself has a large effect on my groups work. This realization will help me out with group management when I return to campus.
- I'm the same as the other "good" leaders here at Longwood. Comfort zones.
- I learned how to be an open leader who can express herself well.
- I learned that I do have strengths and good things to contribute.

14. Over the Course of the conference, you had the opportunity to explore people, ideas, and experiences different from your own. How will you incorporate what you learned when you return to campus?

- I will become more open to others who are different from me and will look at their points of views.
- The new ideas about leadership have expanded my knowledge on the subject and I will be able to teach others back on campus. I can now be a more active leader in my organization at school.
- I will try to use and recognize dual relationships etc. in my everyday life.
- I will take those things into consideration
- Be more open minded to others ideas and opinions
- To be diverse
- It's all apart of growing when I take these people's experiences. I will not have to learn by mistake. This allows me to be less exhausted.
- Embrace diversity and understand that its more than the color of our skins.
- I will express my opinions more in class. That my answers are not wrong. Also I will be able to grow with the radio station as I will become more involved throughout the year.
- It will just be on how I act, I be more obscurant on how I get
- Learned to take in new ideas and use them in my life and groupies.
- I found out what there are several people who have great ideas and believe in many of the same things I do.
- Be more open-minded to people's ideas when they differ from my own. From on SGA standpoint, I allowed me to see where organizations struggle so I can hopefully help them.
- Use the connections I made with students to help decision making.
- I am joining SEAL!

- Explain to others what I learned.
- To continue to meet new people.
- Try to slow down
- Be more extroverted
- Be more open-minded, outgoing free time.
- Listen to everyone
- Remember that everyone has different ideas and we should respect that
- Take suggestions give in the ‘there is no ‘I’ in team’ workshop.
- I’ll be better dealing with people and hopefully I’ll be a better woman leader.
- I will take what I learned and use it to help my organization improve. I will take my new and improved skills.
- I will talk to the new people I met and use my free time wisely.
- I will be able to relate better with people I meet.
- I’m going to explore more “people”.
- Going back to Longwood with all of these experiences, means that hopefully I will start having more “me” time. Also, there skills mean being with the people I love, as well as helping engage myself as well as others into the ultimate love of Longwood.
- Met a lot of nice people and may have never met on campus due to schedules.
- I learned so much about the different pieces of an effective leader (i.e. positive image, communication, perception, etc.). Development of these skills will help me to bring out these things in those that I work with.
- Be an active leader.
- I will incorporate it into group work as well as organizations I’m involved in.
- I think I will be more open to meeting other people.

15. What skills/strengths did you learn that will help you deal with chaos and change?

- I need to organize my time better.
- I learned to be more open and acceptant to change. Chaos will happen but I have to be steadfast.
- To listen and be organized.
- That everything will work out in the end
- I learned/need to manage my free time better and allow it to give me more energy.
- That not all things are bad.
- Become better organized and learn to “breathe”
- I learned how not to be stressed
- Purposefully creating more free time.
- Stay calm and clear-headed and everything will be alright in the end.
- To make a list of things to do for the day and to also take time for myself. Try to become less fearful of new things.
- That change is good
- Give myself a break. Take time to relax between doing work.
- Take time for myself and money time better.

- I learned that communication is a skill highly needed but trust and cooperation are just as important when in groups. The chaos and change can be welcomed with willingness.
- How to make time for myself to keep myself from getting overly stressed.
- Deal with it and keep going.
- To deal with it not avoid
- Make time to slow down
- Remain calm
- Make most of free time.
- Learned that change is sometimes good if you can get past the initial shock you can do it and sometimes things turn out better.
- Take one thing at a time.
- When change happens, react quickly and don't stress
- Patience
- Just keep your eye on the outcome, look to the future and not the present to help better deal with/handle the change, change can be good.
- I learned that I need to keep myself more organized.
- the ability to confront change and be able to work out the problems
- I learned to step back and review the situation as a whole and not as a miniature step. This also helped me work as a team. (?)
- Basically that chaos is going to happen and just to be patient with it and it will eventually mellow out.
- I learned how to deal with stress better and that change is constant and not always a bad thing.
- Both are inevitable so first approach then both with all you can.
- Make the best of it.
- Take it slow and be open to change.
- Not all change is bad.

16. During Mountain Lake you experienced a variety of workshops and speakers. As you think about them, describe which activity or speaker had the most impact on you. What made that activity/speaker beneficial?

- Diversity: learned there is more to diversity than I thought.
- I'm sleeping with my boss: I have dual-relationships in my life and the program showed me the amount of them around. I also learned how to deal with any problems that may arise.
- I'm sleeping with my boss: it allowed me to recognize all the dual relationships in my life and to realize how to deal with them.
- Make the most with your free time: how Tracy taught everything.
- Dr. Phelps was very informative and intrigued me.
- Dr. Phelps- she didn't change (or try to) anyone's opinion but she made us think about things we wouldn't normally think about.
- Stress taught us techniques.
- Make the most with your free time: how to be less exhausted.

- It's a woman workshop: it really made me think about my leadership role.
- It's a woman workshop: this workshop played an important lesson. Women are leaders they can do anything that men can do. I also came to the realization of what qualities I possess as a woman and what qualities I need to work on.
- Finding the balance: because it had to deal with the real issues that myself and those around me have to deal with daily.
- Dual-relationships: the activity of acting out different scenarios to see how the relationships play an active role in handling relationships.
- Tracy: she really forced me to think and evaluate myself.
- I loved the visionary one!
- Making the most of your free time: fun, exciting and I understand her.
- Tracy: because she reminds me to bring out my inner child.
- Tracy: her enthusiasm was contagious and kept me involved.
- Visionary leadership: portrayed leadership roles well.
- Tracy: very energetic/passionate
- There is no 'I' in team: everyone has a role and you should be aware of your role and help those who are not benefiting the group
- It's a woman: made me more aware of what I need to do as a woman in leadership positions and how to present myself.
- Dr. Bayless: She had great discussion and we were hands on in our groups... learned about how to work together better with groups, how to great with those not as passionate about something as I am.
- Tracy: energetic
- It's a woman: it was very empowering and I learned a lot about myself, and how to improve myself as a woman leader, plus there was a lot of great discussion.
- There is no I in team: I was able to relate to everyone and I got good information on how to deal with many things.
- Self Esteem: the ability to confront change and be able to work out the problems
- Tracy and Kerstin and Amber: interactive learning.
- There is no I in team: Being a person who tends to take charge, it was nice to be able to know that I can depend on people to help me. This workshop also opened my eyes to so many different ideas and real life possible events and helped prepare for them.
- Making the most of your free time: she seemed so stoked to be here, so she made me feel the same which helped me to really learn from her.
- It's a woman: it was a great atmosphere where we were all able to give our opinions.
- Self- esteem: this was great because it enabled me to examine my insecurities in a totally different way than I had before.
- Tracy: she made a lot of great points while making it all fun.
- Tracy: she made sure that she could relate to us.

17. Were there elements of the conference that were not beneficial? If so, please talk about some of the elements and why they were not beneficial.
- No (14)
 - I know it's really hard to stay pleasant pulling off such a big event, but the negativity of some of the facilitator's brought me down.
 - All of this conference was beneficial even the name games. It allowed me to step out of my shell and be Kaitlyn!
 - The opening speaker, I expected there to be an actual presentation, even if it was short, but what we had was more of just a welcome, I thought there should have been a little bit more to it, something somewhat motivational, but short.
 - Yes, it was not racially diverse at all.
 - Yes
 - Not really, sometimes got a little off task.
 - None! (2)
 - Small group wasn't as active- would like more small group meetings, but no skits.
18. Do you think that Mountain Lake helped you strengthen your leadership skills? Why or why not?
- Yes, I saw myself in a different light.
 - Yes, there were many things I didn't know about leadership. This conference helped me broaden my skills.
 - Yes, it allowed me to think of different aspects of leadership.
 - Yes, because since everyone gets involved with the activities you learn what you need to improve in those situations.
 - Yes (8)
 - Yes, because everyone has experience they have had that will help me out.
 - Yes, it allowed me to evaluate my role.
 - Yes, I now know what I am capable of doing in order to benefit myself and longwood. I have realized that I can make a difference in people's life and in my own. I am no longer afraid of what people think about me.
 - Yes, I think I'm more patient with people.
 - Yes, a lot of new ideas and perspective to take back.
 - Yes, provided lots of info through interaction.
 - Yes, because it brings reality of success and future goals back into a visionary slate making one believe nothing is out of their grasp and helping you make the best of everything.
 - Yes, I always learn new tips every year.
 - Yes, self esteem boost!
 - Yes, helped me learn to speak out.
 - Yes to become a better listener.
 - Yes good activities.
 - Yes, have more confidence.
 - Yes, more organized.

- Yes, I learned a lot about dealing with others (especially those below me)
- Yes, meet people with leadership positions.
- Yes, I believe that I've learned a lot more about myself through the workshops that I can take back with me to help me be a better leader overall.
- Yes because it showed me strengths I never knew I had.
- Yes, because I feel better about myself. I can do it!
- Yes! Mtn. Lake increased my leadership skills simply by taking what I learn at NSLP and put more of a college/real life "twist" onto it.
- Yes, learned that in any situation there is going to be an obstacle whether being a person or activity- patience or just talking calmly to the person will help resolve the conflict.
- Yes, it gave me new ideas and concepts to bring back to my organization.
- Yes, it was an excellent reflection process that I really needed to have.
- Yes, helped me to be more aware of who I am and what part I play.
- Yes it has made me more outgoing.

19. Other Comments or suggestions.

- Scavenger hunts with groups of Dirty Dancing places.
- Friday night have the Dirty Dancing movie on.
- More Free time during the day
- 2 of programs at night one each night.
- I had A LOT of FUN! (2)
- Thank you SEAL members and Kerstin! You put on a great conference and I learned so much about me. I now know what I need to work on in the future. This conference has prepared me in some ways for the career I want I would love the opportunity to come back! Continue with this program. It is worth the money spent.
- Nicole Roach was a great SEAL leader during the conference.
- Keep up the good work SEAL, thanks everyone for a good time, and I'll be back, wouldn't miss it for anything.
- It was my last year and I'm happy that I was able to participate again.
- I felt that the addition of free time and reflection time I in the small groups was great. It was more in keeping with the goals of the conference than skits are.
- Awesome time!
- MORE FREE TIME
- Great Job SEAL!
- All activities interactive
- SEAL leaders are really fun and encouraging. I had a great time with all the one I hung out with.
- For something like the Nine Peaks, a handout would be nice so people might actually remember them. My last name was misspelled.
- Can't wait for next year!
- Make this evaluation shorter! I love SEAL!

- GREAT JOB! One suggestion (if possible): have dining times be longer, its hard to rush and have a great time. Congrats to SEAL on one more successful Mtn Lake leadership conference!
- I loved it!
- You all are awesome- keep up the great work!.
- More small group time.