

- I've never experienced any ropes courses or challenge courses prior to NSLP. When I successfully completed all of the challenges my self-esteem and trust for others went way up!
- I can trust people and they will support me
- For the low ropes course it was a great way to learn how to work with others as a team and get a task completed. The high ropes course allowed me to gain more confidence in myself and take a risk.
- It was challenging
- **Dr. Roy (6)**
 - her overall view of leadership
 - gave personal experience examples that most closely would relate to our courage experience
 - she explained that it isn't winning that matters, it's trying and giving heart to the situation.
 - Because she told us not to give up but instead to try again and adjust to unfamiliar situations
 - She was very helpful and understanding
 - She tied in a lot of personal experience that her advice seem more useful and genuine.
- **Leaders (5)**
 - Good advice, shared experiences, got a chance to make friends and bond really well. The speech by Dr. Roy was really inspirational.
 - Our leaders were more than ready to open and share with us. They were there whenever we just needed someone to talk to or hang out with. Our group became really close and open which helped too.
 - Laid back and made me feel comfortable here
 - Really open and fun
 - Able to relate
- **Activities (4)**
 - Because it showed that one person can't do everything. You need support and help
 - They all were beneficial in that they made us work as a team, trust in one another and the others.
 - You had to listen to other people's ideas and work as a team
 - It made a clear image of balancing in life- especially in college
- **Groups (1)**
 - Established friends and bonding made it fun
- **Field games (1)**
 - Had to let other people speak

2. Now that you have participated in NSLP, do you feel you have a better understanding of yourself? Yes 30 No 1 n/a 1

Why/In what ways:

- **No:** nothing that was done was not beneficial I just already knew a lot-so you all still did a good job
- **Yes:** I'm more confident that I can be a better leader than I was previously
 - I know now that leadership isn't about being first that it's about challenging yourself and others to go beyond the normal. It's about keeping gbalance in your life and encouraging others to follow these habits.
 - Learned a little bit about what type of leader I am
 - I feel more trusting
 - NSLP showed me to believe in what I saw as impossible and taking risks is a normal process
 - What leadership means to me
 - I feel like at college I will be able to push myself, because I really tested myself with the ropes.
 - I know I can do anything with support from others
 - It helped you learn not only more about yourself but how to react and work with other people and groups
 - I am actually quiet until I get to know people better
 - It helped me to learn where I stand in my college life compared to my surroundings
 - More at what I'm capable of
 - I have met some awesome people that made me realized its fine to be out spoken
 - I feel that I have other people to look to if I need help
 - There's nothing I can't do, as long as I put my mind to it. If I don't do something it's because I choose not to!! Haha
 - During NSLP I came to understand myself better by finally making decisions about myself and college that I was too afraid to make prior too NSLP such as the drinking scene at college
 - I learned how I work with people for the first time and that at let its odd , but then I find they have same interests as me and that they are nice, cool people I feel comfortable with them
 - I pushed myself to experience new things such as personalities
 - That sometimes I close people off I learned I needed to be more open and trust that my friends/tribes ill have my back.
 - Because I've learned more about my personal leadership qualities and I've pushed myself to do things out of my comfort zones.
 - Can welcome fears=heights
 - Overall I feel better about everything
 - I have realized that when I am forced out of my comfort zone I can trust and help others more effectively
 - I have become more confident with myself-allows me to inspect myself closer.

- I realize it's not as hard to trust in others as I first thought and that if you are a part of a team, each member has his/her strengths that they can put toward a certain goal.
- Because I was pushed out of my comfort zone more than once and I was fine. It allowed me to grow
- I learned what is hard to me and what will challenge me
- If I think I can do something and put my mind to it, then I can do it

3. What did you learn during your time at NSLP?

- How to shut-up and listen to other people's ideas and opinions
- How to communicate better
- About how to balance life between school, work, habits, home etc and how not to try to do everything yourself. I also learned that leadership is the basis of everything in life. Friendships, classes etc.
- Leadership takes support from others and it is more about how you head than whether or not you look like a leader
- I chose not too is funny
- Taking leaps of faith can be very beneficial and teamwork builds trusting relationships
- How to be more of a team player and to challenge myself
- I am a strong person. I learned a lot from my leaders Julia and Philip, they answered all my questions really well.. they talked to me about the college experience and what to expect. How to trust people.
- That fear can be overcome
- How to work with groups of people
- I learned that balancing all my activities/homework/etc. is very important. I need to find the balance of my life and then things can fall into place.
- How I should interact in activities and how to balance my activities
- More at what I'm capable of
- Trust making activates and I learned that people at longwood are cool
- To get involved at longwood and to make the most of it
- How to be a better leader and listen to others opinions
- I learned how to trust other and how to help others trust me. What to expect from my freshman year at college and how to apply my leadership skills that I learned at Triple C to everyday college life.
- Trust working as a ...overcome obstacles things you can do to be a good leader, what leadership means to different people
- Learned to push myself to overcome obstacles in my life
- That no one can make your decisions but you and a really awesome game called Golf
- How to cooperate better with other people that I do not know
- About LU history
- Listen better and more effective
- Trust, confidence, communication, caring
- I learned that in college, balancing all aspects of your life is very important. I also learned that to be an effective leader one must be able to trust and rely on other people
- That a leader has to be an all around person, reflective, watchful. Confident and helpful
- Well I learned that I am more afraid of heights than I thought I was. But I also learned to just believe in the courage and ability of others and use that to drive myself.
- I am extrovert
- I learned about balance in my life, how to survive at school and more about myself.
- Communication skill and teamwork
- Everybody can be a leader in some shape of form

4. In what ways do you feel that you have become a more effective leader?

- Communication
- I believe I am a more effective leader now because I now know how to keep balanced and how to keep everyone involved also how to step back and let someone else run the show. Mostly though I learned that leadership doesn't mean always doing what the ...says to do
- Learned to voice my opinion if I feel like it might be a good idea and so learned that you have to learn from experiences of your own and others
- Communication is key
- I have worked hard to become a more efficient communicator who is willing to try everything once
- Being a leader is not just about involving everyone and listening to everyone's ideals feelings
- I feel more confident and believe my communication skills have improved
- I feel like I was better at listening to others ideas and assisting them rather than just taking charge and taking over which was what I usually do
- I have learned that even though people can come from many different backgrounds there is a way for everyone to come together. I have learned that patience and listening skills are much more effective than trying to have control of everything
- I have learned how to interact in a more positive manner with others in group activities
- Learn to trust and cooperate more with people

- o learned different leadership skills
- o I have learned to depend on others and listen to their input
- o I've learned to think a little more out of the box, and listen to others. Also working together as a team
- o I feel like I became a more effective leader by being myself and open to others. Improving my communication skills and learning how to think outside of the box also helped me to improve my leadership skills.
- o I found that I can communicate with people and put my trust in them
- o You need to also listen to the ones you are leading
- o I'm a little more selfless I'm not the only one in the world with needs
- o Can listen better
- o Listening to other people opinions
- o All of the ways I do things, meeting new people and learning about their emotional feelings and how they bettered themselves helped out
- o I went outside my comfort zone to experience what other people did
- o I have learned to communicate to a large group rather than just with one person
- o I am more confident, more liable to take more risks
- o I feel that I have found myself more able to give my input in ways to solve problems and to also listen to others ideas.
- o I understand that other people have ideas
- o Learning things about myself and what we can do to be good leaders
- o I'm more outgoing and personal
- o I learned that you need to give and receive respect to become a leader
- o I learned to listen

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 19 No 13

Why?

Yes:

- o I wanted to do this-it was just to get involved and hope to have a better understanding of leadership
- o Because it's a great program
- o I would have because it was a fantastic program and would be worth attending at anytime
- o Why not!
- o I am able to meet people and have friends before I step foot in class
- o Would have attended anyway because it's a great experience
- o I would have attended NSLP either way but I like having NSLP right before New Lancer Days because I have been able to keep in better touch with other people that I met
- o Either way you still get to be a part of the program
- o Meet new people
- o I wanted to meet new people and learn new things
- o But I like it better this way
- o It would allow me to concentrate more, because I wouldn't be concentrating on New Lancer Days, school strating, tec.
- o It would have gave me the time to be with my friends on the final days. Little things that had been planned
- o I would have wanted to have too experience either way and having the time at home would have allowed more time to share my time at camp.
- o It was awesome
- o Cause I would still be meeting people
- o I would still get to meet new people
- o Because it's a great time
- o It is an awesome experience either way, but it is better the way it is set up now

No:

- o I feel it would have been harder to say goodbye twice this set up was good and you get the choice in the dorm
- o I want to get my college experienced all at the same time
- o This way you are preparing yourself for college life this program helped with what to expect next year
- o Because I think it being a few days before new lancer days that we wont be just hanging out at the dorms and not having much to do
- o I wouldn't want to leave that early and lots of people may be on vacation
- o Because it helps you to get out of your comfort zone
- o Miss time saying good bye to friends
- o Not going home gives us the chance to strengthen our new friends I needed that time to get focused
- o Because it really got me pumped for school and if I went home I think it would wear of a little. It is a great transition
- o NSLP has allowed me to feel more comfortable outside of my natural environment
- o I like moving in early and having a leg up on other freshmen
- o Because I like that we can get really close to people right before we start school...if we had to go home first everyone might lost touch

6. If you had to give advice about how to improve NSLP, what advice would you give? Why?

- Better mattresses--filthy
- Not to make the 1st day so rushed at first then relaxed at the end---so that the ones attending NSLP get a true feel of the camp and not just the bus ride
- Nope super
- It was as good as it could get—the leaders were very friendly and interactive with everyone
- Great program
- There is not much that I would change, but one thing that bothered me for some reason was that everyone was constantly on a cell phone, not the SEAL members, but the participants, I think it took a little bit away from the experience.
- More group to group involvement. Like having different color tribes get together every once in a while
- Make sure all leaders are nice even if the kids are not in your tribe---more were nice but some need attitudes
- Have all SEAL leaders introduce themselves to everyone at the beginning and more all group bonding—because I only got to really know my leaders and people in my group
- Have more large group activities---it was difficult to meet anyone outside my own tribe
- It was great
- The only down side about it was rushing to get moved in and going directly to the campsite the same day. But other wise I found the experience very worthwhile and fun. —That made the first day extremely draining and I found myself almost too tired to participate in many things.
- Not analyze stuff for so long—boring waste of time
- More tribal stuff, alone with our tribe--- because we just came closer at the end
- More interaction with the other groups so people can become more involved with other outside your tribe
- Serve more meat and less talking—because discussion got old
- More activities as a whole—because I know about my tribe but not about the other people
- Nothing really maybe just to have another speaker—because I found it put together very well and the group activities and speakers were all good
- More activities including everyone so you can meet more people besides just your tribe—I didn't really meet that many other people besides the ones in my tribe
- Take a smaller group less than 80 people so that people have more of a chance to bond as a whole group—I get to know a good many people. I bonded with my tribe but I wish that I had gotten to know more people better
- More time to move in your dorm on the day we leave for camp—I felt very stressed and rushed/unprepared on Monday
- NSLP has made me appreciate the role of being a leader and I wouldn't change a thing
- Maybe more group activities involving everyone at camp—I know everyone in my tribe but almost no one else from camp

7. Other comments/suggestions:

- I would de. Like to participate again in anything involving SEAL
- It was an awesome experience! Can't wait till next year
- Awesome
- NSLP really was a great experience I felt more comfortable coming to campus afterwards and made some great friends. I will def. Tell others about the program and hope that they will take part.
- Thank you so much it was awesome
- For not wanting to be here in the beginning and had an awesome time and a wonderful unforgettable experience

PLEASE COMPLETE THIS FORM AND RETURN IT TO YOUR TRIBAL LEADER