

## 2006 New Student Leadership Program Participant Evaluations

					Excellent	Good	Fair	Poor	No Opinion
<b>On-Campus Check-In</b>					19	8	0	0	0
<b>First Tribal Meeting</b>					21	6	0	0	0
<b>Opening Speaker: Dr. Laura Bayless</b>					16	10	1	0	0
<b>Tribe Meeting: Low Ropes Course</b>					20	7	0	0	0
<b>Tribe Meeting: High Ropes Course</b>					22	5	0	0	0
<b>Leadership Presentations</b>					22	5	0	0	0
<b>Final Tribe Meeting</b>					24	3	0	0	0
<b>Closing speaker: Dr. Larissa Smith</b>					13	7	2	0	5
<b>Closing Ceremony</b>					15	6	0	0	6
<b>Transportaion</b>					16	8	2	0	1
<b>Accommodations at Triple C Camp</b>					14	10	2	0	1
<b>Meals at Triple C camp</b>					14	10	2	0	1
<b>Correspondance from New Student Programs Office</b>					20	6	0	0	1
<b>Overall Program Experience</b>					21	5	0	0	1

**During NSLP, you have experienced a variety of activities and speakers. As you think about them, describe which activity/speaker had the most effect on you:**

- The up and over bar.
- High ropes
- High ropes course
- The nitro
- Cat Walk
- The high ropes
- The activity of the tower
- Tribal meetings
- The high ropes course
- Jossie our ropes course leader because he challenged us
- The climbing wall because it was the most challenging personally
- I really do not have a particular one
- Phillip
- All the leaders
- High ropes
- Low ropes
- The high ropes course
- Dr. Laura Bayless
- The high and low ropes courses
- The wall was difficult to see some fellow members not make it
- High ropes course
- Laura Bayless
- The whale watch because we worked together as a team
- I really liked the tribal meeting because that's when we formed bonds with our tribe

- Dr. Laura Bayless' speech and all the high ropes courses taught me something about myself
- The tribal meetings and rope courses had the most effect
- The rock wall

**What made that activity/speaker beneficial?**

- It eased my comfort level. I was uncomfortable about my weight and everyone was supportive and helpful
- It pushed my threshold/limits to a new height
- It made me push myself
- I fell but I got back on and made it across with the help of my tribe
- I am afraid of falling so getting up there without anything to hold on to was very beneficial to me
- The activity benefited me because it gave me a view of others as well as myself
- I accomplished it!
- Because you really got to know certain people
- It made me realize that I can do more and go far if I just try instead of say I can't and giving up
- He never let us quit and he challenged us
- The wall
- The entire experience was beneficial. No one part was more beneficial than the other
- He brings out personality in people
- The nine points were helpful
- I did things I didn't think I could/would
- It made me trust my group
- It pushed you to try something new and for me to rely on my group to encourage me on
- She was funny and interactive
- Lots of teamwork, communication, trust, and muscle which helped us throughout the weekend
- To know that you can't physically help someone all the time but help encourage them to do their best
- Taught me about myself, my courage, and how important encouraging others is
- She was very experienced and knowledgeable
- WE had to communicate without words so we found other devices to compensate and came together as a team
- Getting to know each other and having the SEAL leaders welcome us into the group and make us feel wanted and important
- Dr. Bayless' opening speech made me realize that I need to reach out and be assertive. There is no reason to be afraid. All the high ropes courses were familiar to me before, but during this trip I wasn't afraid and was successful
- I learned a lot about myself and working in a team
- Usually I give up on things but I was so determined to do the zip wire I kept-going

**Now that you have participate in NSLP, do you fell you have a better understanding of yourself?**

**No. I've learned to trust people again. So not really about me but about others.**

**Yes**

**Yes. I know I can finish something that I didn't think I could.**

**Yes. I learned that I can do anything that I set my mind to.**

**Yes. How I am as a leader.**

**Yes. I'm more outgoing and not as shy as I used to.**

**Yes. I know my limitations and that I can do anything if I know I can do it.**

**Yes. I learned what other people admire in me.**

**Yes. That I can speak up in a group and give my ideas and people will listen.**

**Yes. I learned a lot about myself and about opening up to people.**

**Yes. Even though I may truly believe that I am not capable of something-I can do it if I have the drive.**

**Yes. I can trust people better. I know that I am stronger than I think!**

**No.**

**Yes. That I can just do things and not complain.**

**Yes. I have more to offer than I thought.**

**Yes.**

**Yes. I know I can try new things and as long as I tried it that was accomplishing enough.**

**Yes. My personal limits.**

**Yes. I found that I can be heard for my ideas and what I have to say.**

**Yes. I gained the confidence to help others and to communicate with others.**

**Yes. I can do things that I did not think I could.**

**Yes. In the ways of leadership and who a group works best.**

**Yes. I know my strengths and now that I didn't know before.**

**Yes. I've learned the things that I'm capable of doing and I've realized how far I can stretch myself.**

**Yes. I know that I'm shy but I also know that I'm a fun loving person. I can reach out and be assertive. I'm a hard worker and successful. I don't give up easily.**

**Yes. I have learned the leadership qualities that I possess.**

**Yes. I know that I'm stronger than I thought I was.**

### **What did you learn during your time at NSLP?**

- About team work. And again being able to trust others again.
- What qualities make a good leader.
- I learned that its good to speak up and let people know what I am thinking even though if may not be right.
- I learned to not give up and that even the small things we do can inspire others.
- I learned leaders aren't or shouldn't be afraid to ask for help.
- That others have there own strengths and weaknesses and also to communicate with others.
- How to be a better leader.
- What I can do. Opened my ability to meet people.
- How to listen, speak up, and work with others.
- I learned how to open up and I learned how to hare ideas and sometimes take control.
- Communicate-get your ideas out there because every little bit helps in a big plan.

- That you can not do stuff by yourself. To be a good leader you have to have a circle of people you trust. Also you have to know when to step back and let someone else take the lead.
- Good motivation works.
- Not to give up and just do it.
- See above.
- To become a person who is trusting of others and tries things no matter what.
- My personal limits.
- That people will help you along the way, you can trust the people that are around you-so that I don't remember what I was going to write.
- That communication is a key element in living/ working together.
- Leadership skills, how to communicate without speaking.
- That a leader can't always be right and relies on the people he is leading.
- Trust in others.
- I've learned to understand more people and their attitude as well as the real meaning of leadership, which was shown to me by my SEAL leaders.
- I learned that to be a leader you have to carry and learn special qualities. You have to be understanding of other people and communicate with them to form a connection.
- I learned better communication methods.
- To trust people.

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

- I learned or practiced keeping quiet and letting others speak up.
- I have learned to speak up more.
- I feel like I can listen better and express myself.
- Because I inspired my tribe to go on when we were getting frustrated.
- I understand leadership more. And how I'm a leader.
- I've become more outgoing and to listen to everyone's ideas.
- Sit back, analyze the situation, and put my ideas into it.
- I think I can share my ideas and people will listen you don't have to be the loudest one.
- By learning to work as a team.
- I learned to open up and voice my opinion instead of letting others do the planning.
- Letting everyone have a say and giving every idea a chance not shooting any down if they're not the greatest idea at first.
- Learning to trust others, and to believe in myself.
- I haven't.
- I feel that in order to be a leader a person does not have to be the center of attention and shows that they are a leader in other ways (nine-points).
- Encouragement and I have more effectively voiced my ideas.
- I am not as scared to get in front of a group and say my ideas.
- Letting other people play active roles.
- I can somewhat lead a group through a challenge/course.
- I learned to get everyone that you are working with opinions, thoughts, and ideas.
- I learned more about myself and what it takes to be a leader.

- That I know more about groups and how a leader should be.
- I am more comfortable giving my ideas and listening to ours.
- I've become a lot more open minded and I got to step up a lot more at NSLP than I have ever been at any leadership camp/training. I've been put in various situations where I had to decide whether to step up or back down and listen to others' ideas.
- I understand that I haven't come up with many ideas for our group to plan out how to get from point A to point B, but I didn't give up and tried my best to make in to the end. I was a very supportive leader!
- I have learned better ways to involve others in a group and to listen to others.
- I've learned how to direct a group.

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

- Perhaps pushing the quieter kids to speak up more. I mean everyone did well but there were still a couple of people who were quiet.
- Have less time where nothing was going on. It made me miss the things that I didn't have.
- Don't give as much down time. In between lunch or breakfast we had too much time and like being structured.
- It was great the way it was.
- There's really no advice I can give you, because the program was great.
- I think everything this weekend went great. I wouldn't change a thing.
- More activities the first day instead of one day of everything.
- It was a great experience, I wouldn't change anything.
- I guess, better food (lol) it was good though.
- It was perfect.
- Do not have as much down time for everyone. Yes we were tired but too much down time is no fun.
- Time to wind down in between activities, snacks.
- I thought it was great.
- Not have as much down time. At times, when there was nothing to do I got a little bored.
- None! I had an amazing time ☺
- I definitely think NSLP should video tape all the presentations that all the groups performed so that future students can learn something from us. A video would be a big help for the next NSLP camp because students (freshman) will see how much fun NSLP is and how leadership is demonstrated.
- It was great!
- Less name games. They get annoying.
- Other comments/suggestions:
- Keith, Alli, and Kathryn were great!! I couldn't have asked for better SEAL leaders. Thank you for an enjoyable weekend. ☺
- Try getting back to campus earlier as everyone kind of missed their dorm and wanted to leave.
- Just keep being positive and encouraging others.
- You guys were great.
- It was fun.

- I really enjoyed the retreat!
- We could have had less activities than we had and I would still learn a lot about leadership just by listening to my SEAL leaders. I was put in the best tribe ever!
- The best camping trip ever!!!
- I enjoyed levitating this weekend! And the hot guys were great!