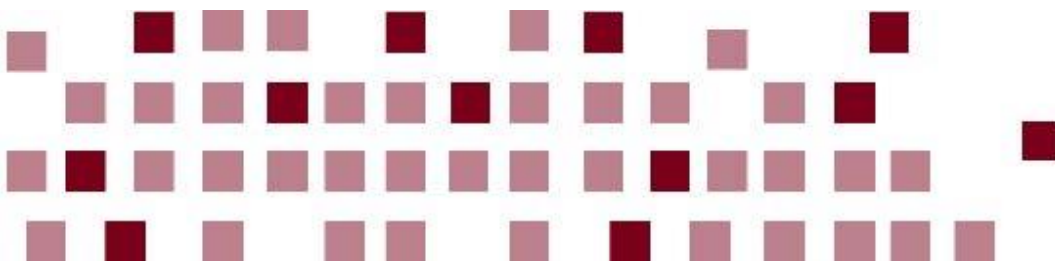


# ESOT Secondary Schools Overall Pre and Post Report

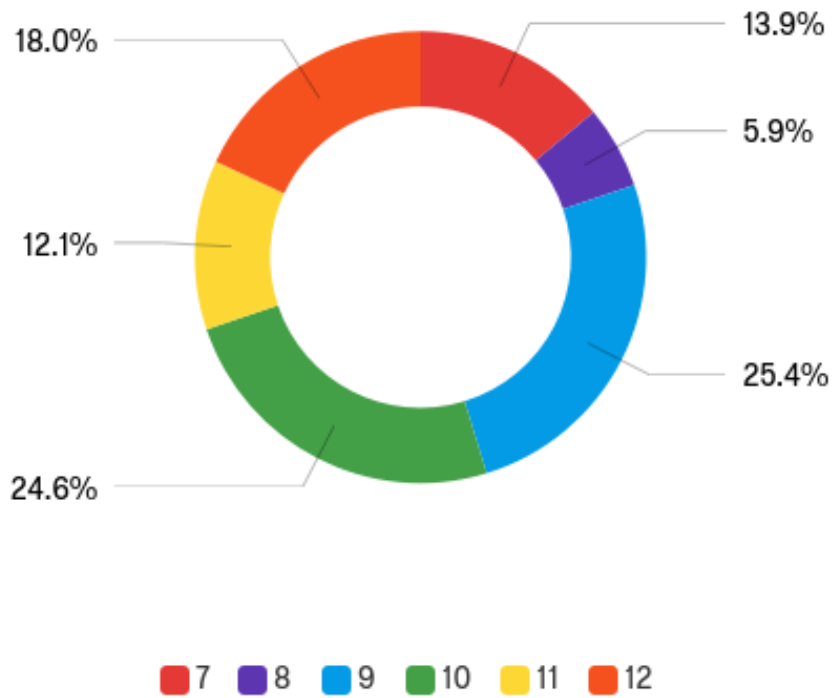
2015-2016



**UNIVERSITY OF MINNESOTA**  
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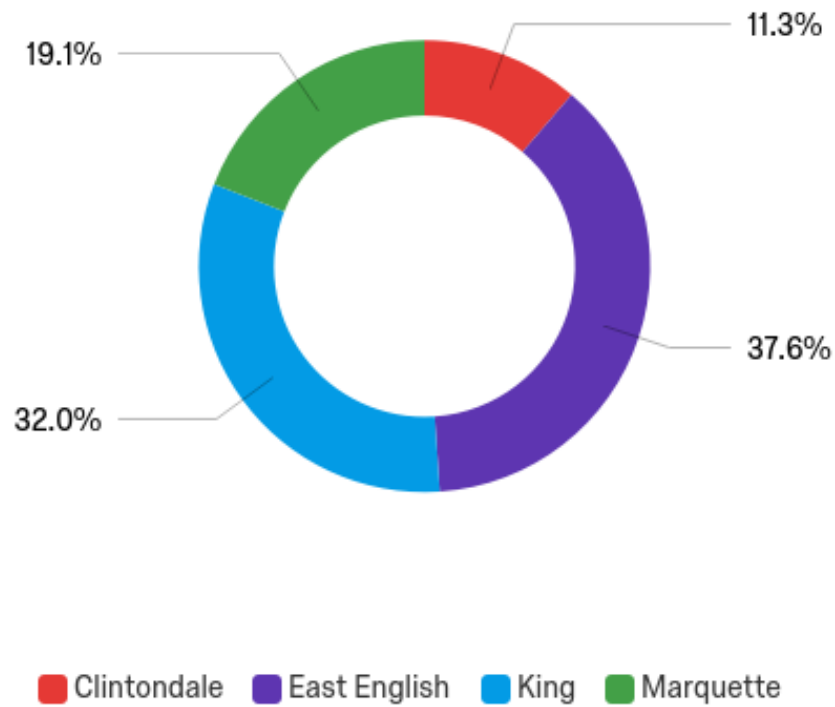
# Educated Stars of Tomorrow: Secondary Schools Pre Survey Results

## Grade



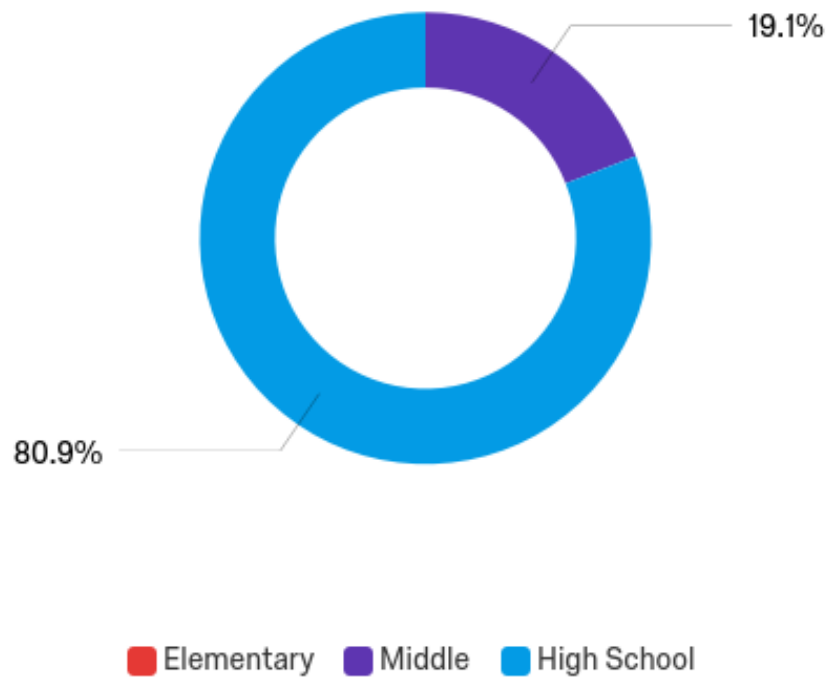
#	Answer	%	Count
7	7	13.9%	47
8	8	5.9%	20
9	9	25.4%	86
10	10	24.6%	83
11	11	12.1%	41
12	12	18.0%	61
	Total	100%	338

## School



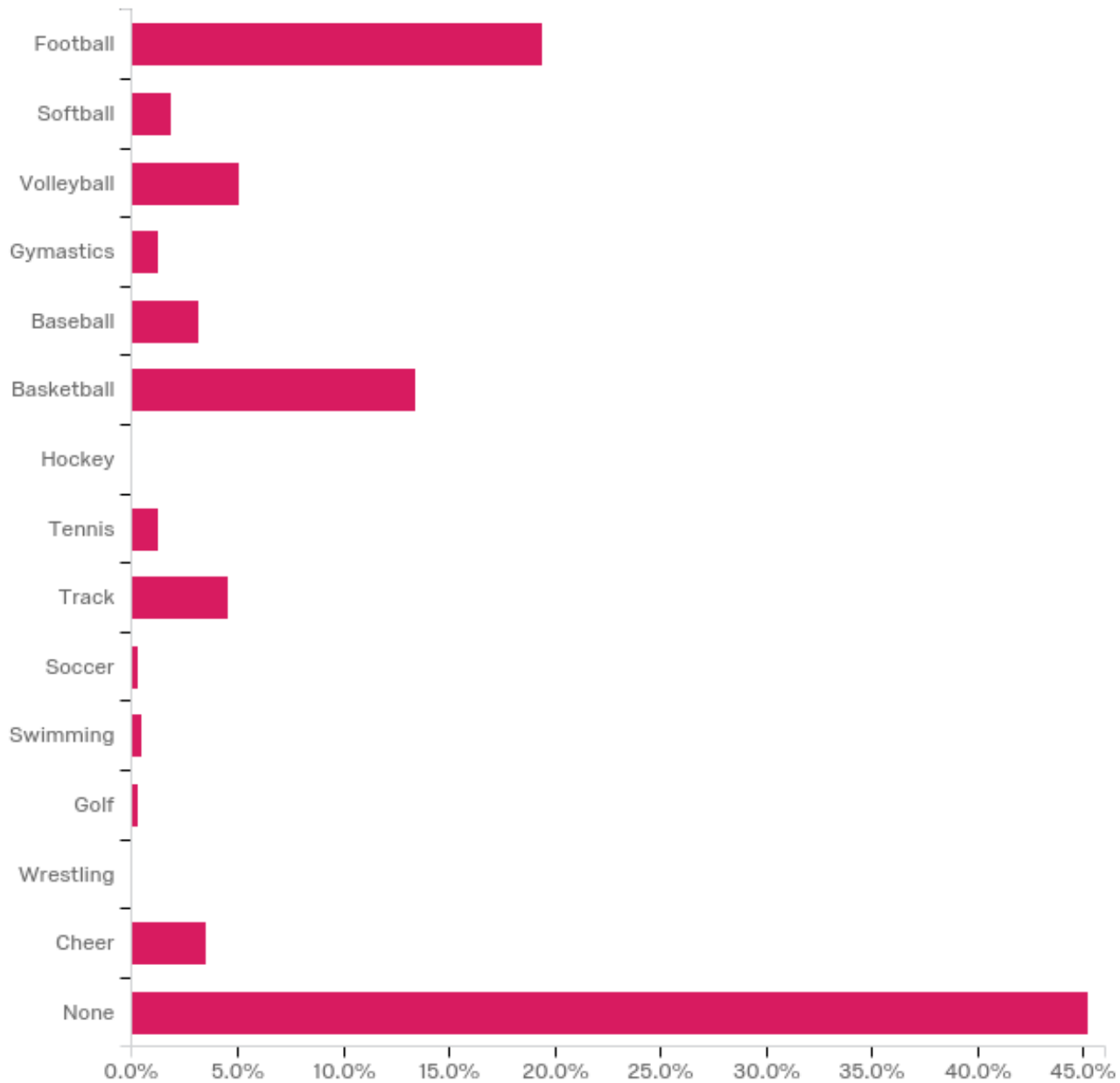
#	Answer	%	Count
1	Clintondale	11.3%	42
2	East English	37.6%	140
3	King	32.0%	119
4	Marquette	19.1%	71
	Total	100%	372

## Level



#	Answer	%	Count
1	Elementary	0.0%	0
2	Middle	19.1%	71
3	High School	80.9%	301
	Total	100%	372

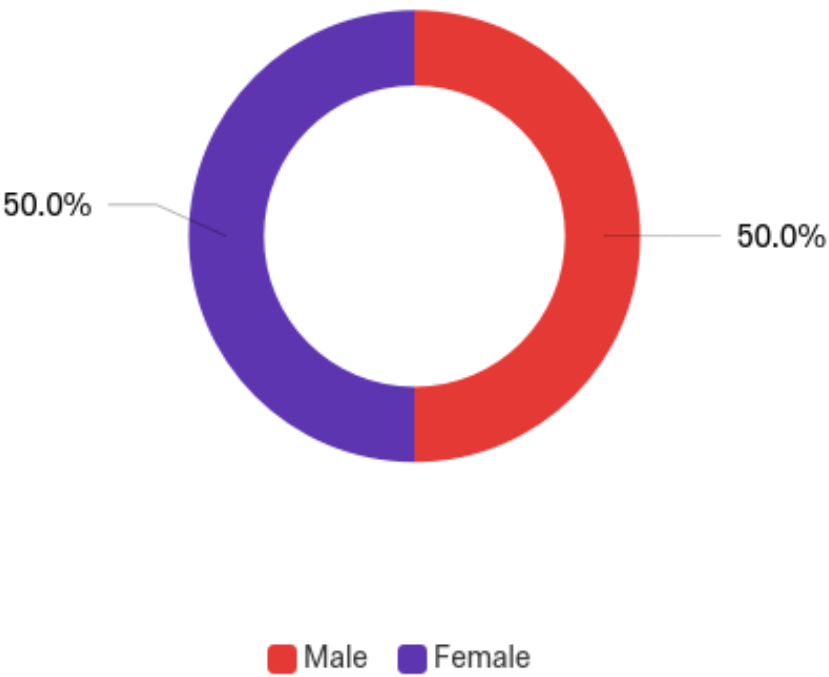
## Sport



#	Answer	%	Count
1	Football	19.4%	72
2	Softball	1.9%	7
3	Volleyball	5.1%	19

4	Gymnastics	1.3%	5
5	Baseball	3.2%	12
6	Basketball	13.4%	50
7	Hockey	0.0%	0
8	Tennis	1.3%	5
9	Track	4.6%	17
10	Soccer	0.3%	1
11	Swimming	0.5%	2
12	Golf	0.3%	1
13	Wrestling	0.0%	0
14	Cheer	3.5%	13
15	None	45.2%	168
	Total	100%	372

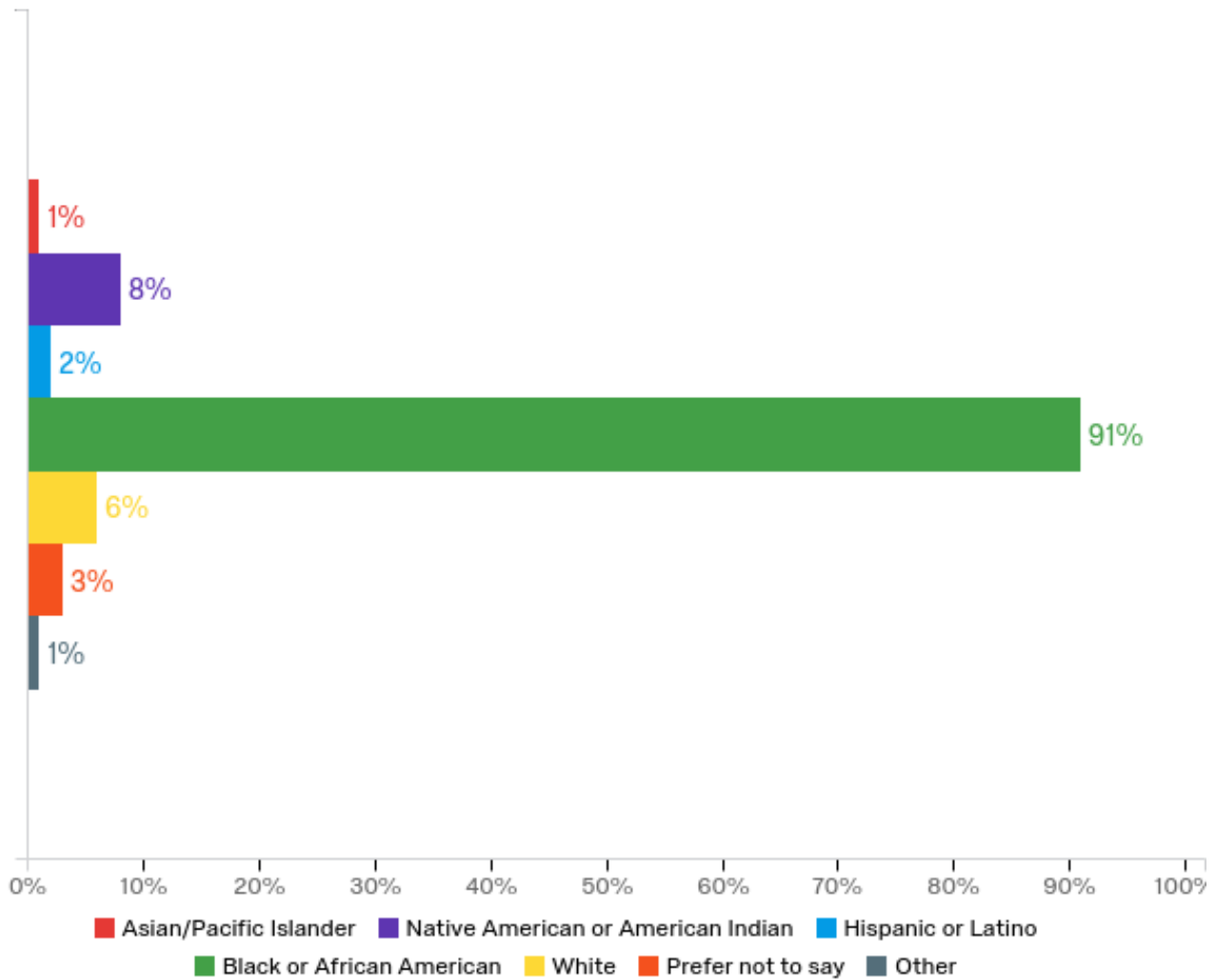
Gender



#	Answer	%	Count
1	Male	50.0%	184
2	Female	50.0%	184
	Total	100%	368



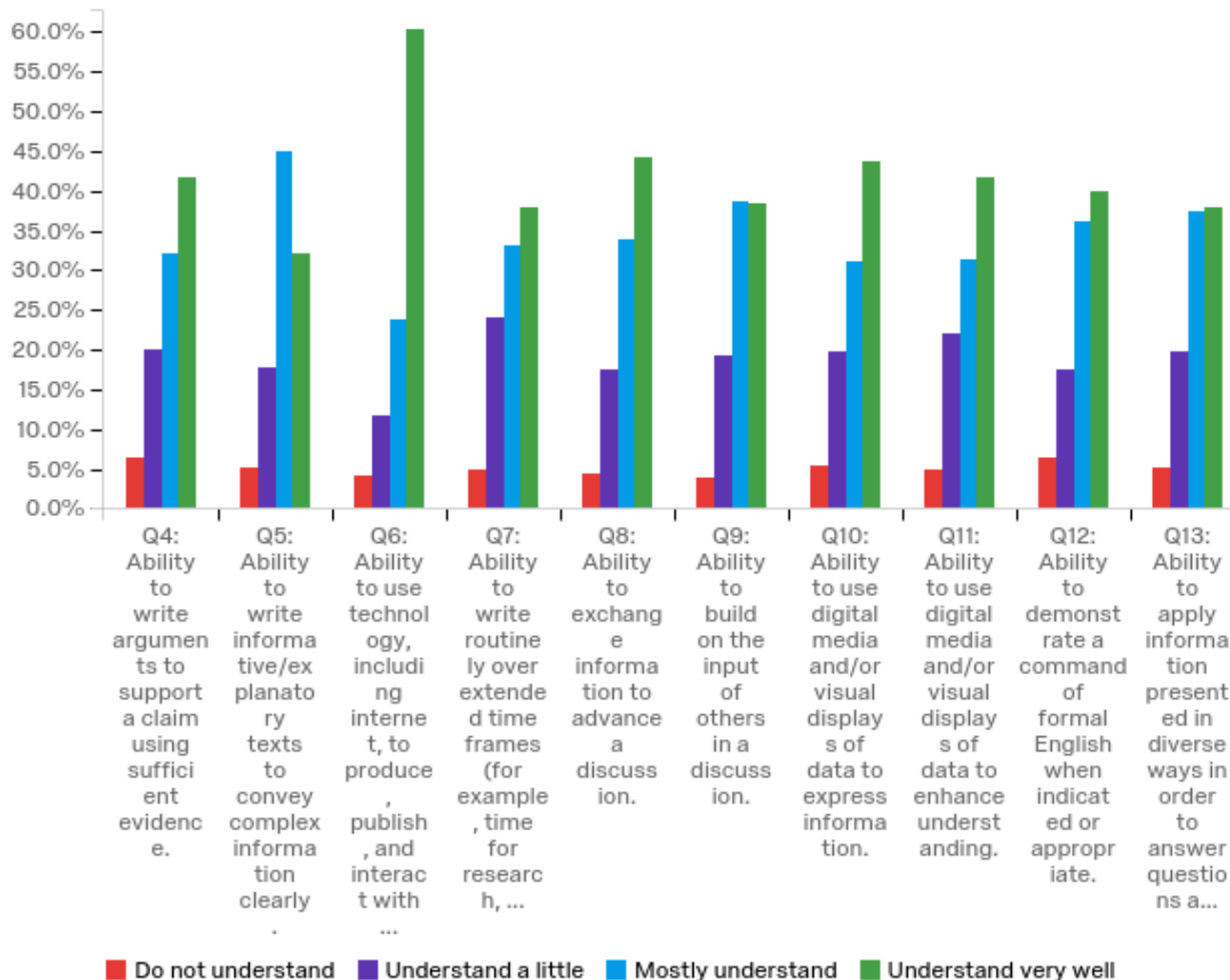
## Which ethnicity/race best describes you?



Question			Total
Other	1.3%	5	371
Prefer not to say	2.7%	10	371
White	5.7%	21	371
Black or African American	91.1%	338	371
Hispanic or Latino	2.2%	8	371

Native American or American Indian	8.1%	30	371
Asian/Pacific Islander	0.8%	3	371

## How well do you understand each of the following?



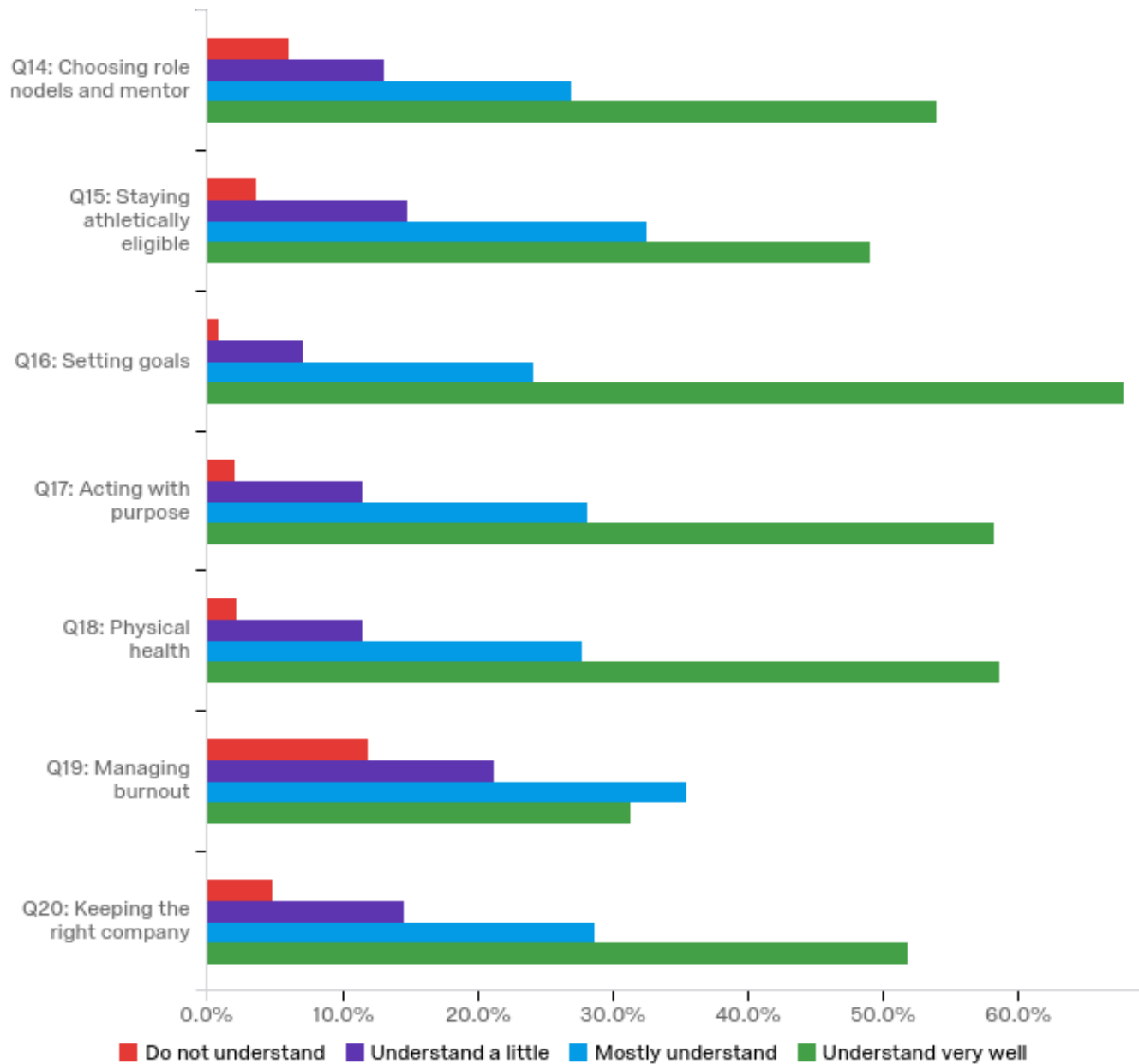
Question	Do not understand	Understand a little	Mostly understand	Understand very well	Total
Q4: Ability to write arguments to support a claim using sufficient evidence.	6.5%	19.9%	32.0%	41.6%	356
Q5: Ability to write informative/explanatory texts to convey complex information clearly.	5.1%	17.7%	45.0%	32.2%	351
Q6: Ability to use technology, including internet, to produce, publish, and interact with others about writing.	4.2%	11.6%	23.8%	60.3%	353

Q7: Ability to write routinely over extended time frames (for example, time for research, reflection, and revision).	4.9%	24.1%	33.0%	37.9%	348
Q8: Ability to exchange information to advance a discussion.	4.5%	17.5%	33.9%	44.1%	354
Q9: Ability to build on the input of others in a discussion.	3.9%	19.3%	38.6%	38.3%	337
Q10: Ability to use digital media and/or visual displays of data to express information.	5.4%	19.7%	31.1%	43.7%	350
Q11: Ability to use digital media and/or visual displays of data to enhance understanding.	4.9%	22.0%	31.3%	41.7%	345
Q12: Ability to demonstrate a command of formal English when indicated or appropriate.	6.4%	17.4%	36.2%	40.0%	345
Q13: Ability to apply information presented in diverse ways in order to answer questions and/or problem solve (for example, through words, images, graphs, and videos).	5.1%	19.8%	37.3%	37.9%	354

Field	Mean	Std Deviation	Count
Q4: Ability to write arguments to support a claim using sufficient evidence.	3.1	0.9	356
Q5: Ability to write informative/explanatory texts to convey complex information clearly.	3.0	0.8	351
Q6: Ability to use technology, including internet, to produce, publish, and interact with others about writing.	3.4	0.9	353
Q7: Ability to write routinely over extended time frames (for example, time for research, reflection, and revision).	3.0	0.9	348
Q8: Ability to exchange information to advance a discussion.	3.2	0.9	354
Q9: Ability to build on the input of others in a discussion.	3.1	0.8	337

Q10: Ability to use digital media and/or visual displays of data to express information.	3.1	0.9	350
Q11: Ability to use digital media and/or visual displays of data to enhance understanding.	3.1	0.9	345
Q12: Ability to demonstrate a command of formal English when indicated or appropriate.	3.1	0.9	345
Q13: Ability to apply information presented in diverse ways in order to answer questions and/or problem solve (for example, through words, images, graphs, and videos).	3.1	0.9	354

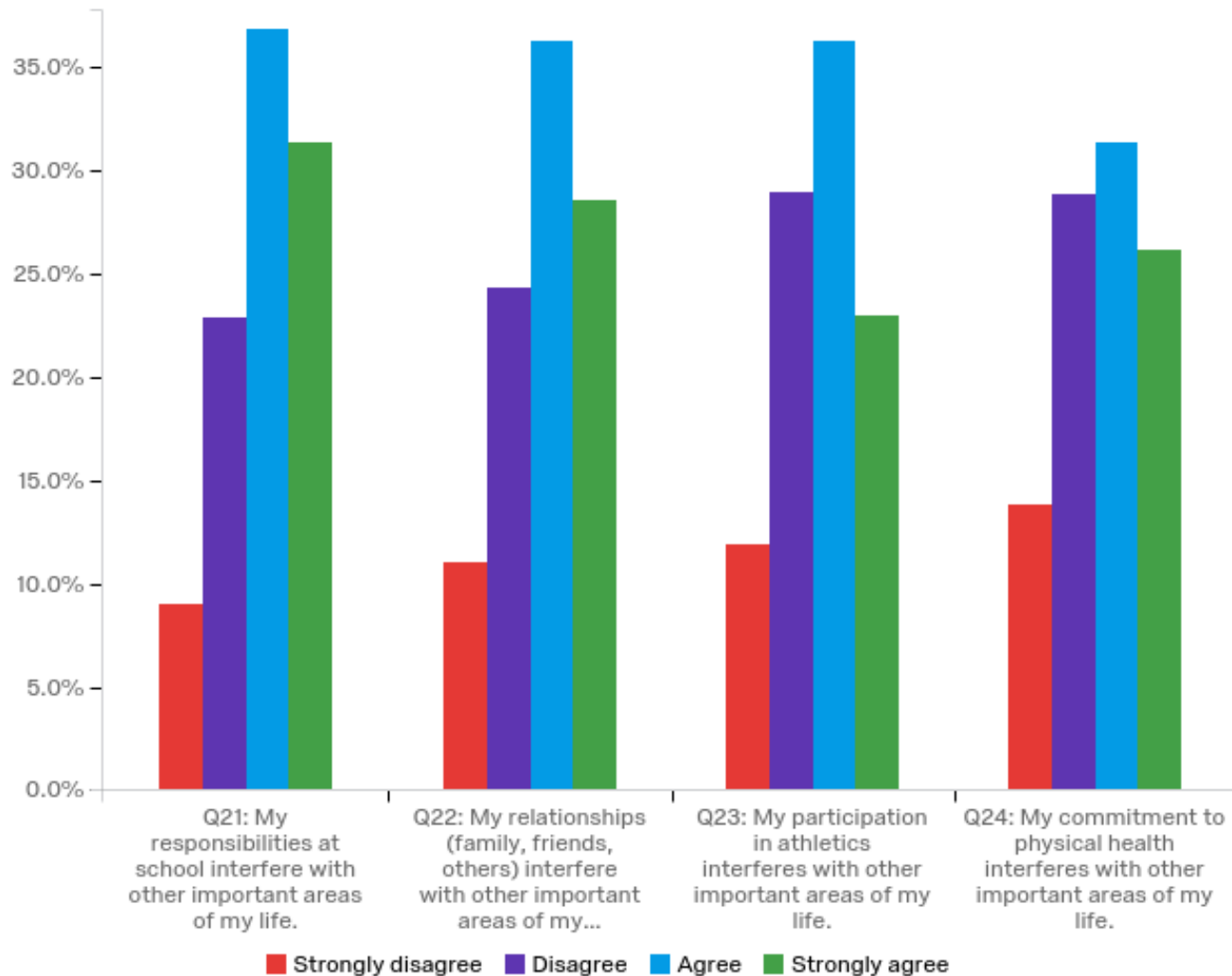
It takes many skills to make a strong athlete. How well do you understand each of the following skills?



Question	Do not understand	Understand a little	Mostly understand	Understand very well	Total
Q14: Choosing role models and mentor	6.0%	13.1%	26.9%	54.0%	335
Q15: Staying athletically eligible	3.6%	14.9%	32.5%	49.0%	335

Q16: Setting goals	0.9%	7.1%	24.2%	67.8%	339
Q17: Acting with purpose	2.1%	11.5%	28.1%	58.3%	331
Q18: Physical health	2.2%	11.5%	27.7%	58.6%	321
Q19: Managing burnout	11.9%	21.3%	35.5%	31.3%	310
Q20: Keeping the right company	4.9%	14.6%	28.7%	51.8%	328

## How much do you disagree or agree with the following statements below?

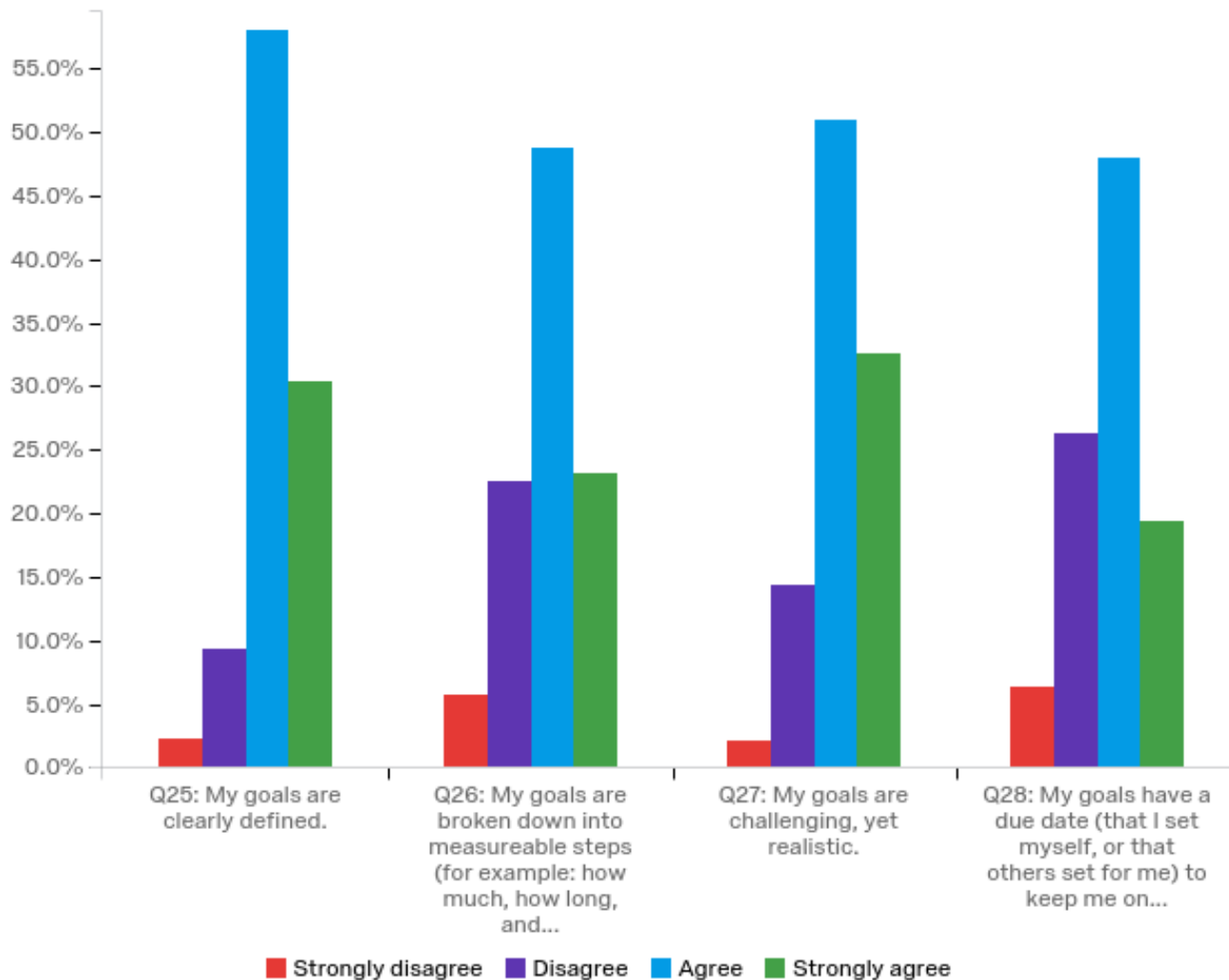


Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q21: My responsibilities at school interfere with other important areas of my life.	9.0%	22.9%	36.8%	31.3%	345
Q22: My relationships (family, friends, others) interfere with other important areas of my life.	11.0%	24.3%	36.2%	28.5%	337
Q23: My participation in athletics interferes with other important areas of my life.	11.9%	28.9%	36.2%	23.0%	318
Q24: My commitment to physical health interferes with other important areas of my life.	13.8%	28.8%	31.3%	26.1%	326



Field	Mean	Std Deviation	Count
Q21: My responsibilities at school interfere with other important areas of my life.	2.9	0.9	345
Q22: My relationships (family, friends, others) interfere with other important areas of my life.	2.8	1.0	337
Q23: My participation in athletics interferes with other important areas of my life.	2.7	1.0	318
Q24: My commitment to physical health interferes with other important areas of my life.	2.7	1.0	326

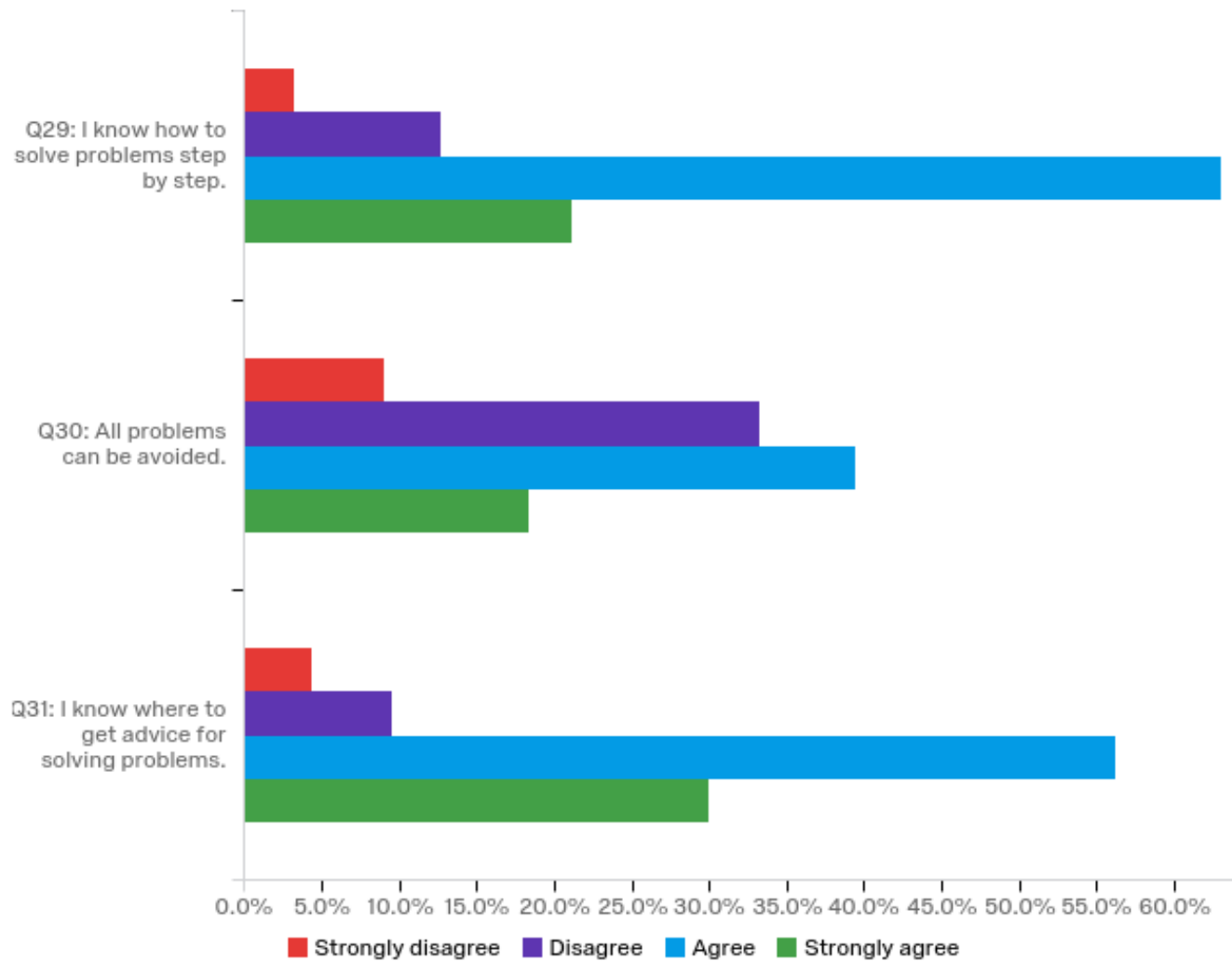
Think about your goals. How much would you agree or disagree with the following statements about your goals?



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q25: My goals are clearly defined.	2.3%	9.3%	58.0%	30.4%	345
Q26: My goals are broken down into measureable steps (for example: how much, how long, and how often).	5.8%	22.5%	48.7%	23.1%	347
Q27: My goals are challenging, yet realistic.	2.1%	14.4%	50.9%	32.6%	340
Q28: My goals have a due date (that I set myself, or that others set for me) to keep me on track.	6.4%	26.3%	48.0%	19.4%	346

Field	Mean	Std Deviation	Count
Q25: My goals are clearly defined.	3.2	0.7	345
Q26: My goals are broken down into measureable steps (for example: how much, how long, and how often).	2.9	0.8	347
Q27: My goals are challenging, yet realistic.	3.1	0.7	340
Q28: My goals have a due date (that I set myself, or that others set for me) to keep me on track.	2.8	0.8	346

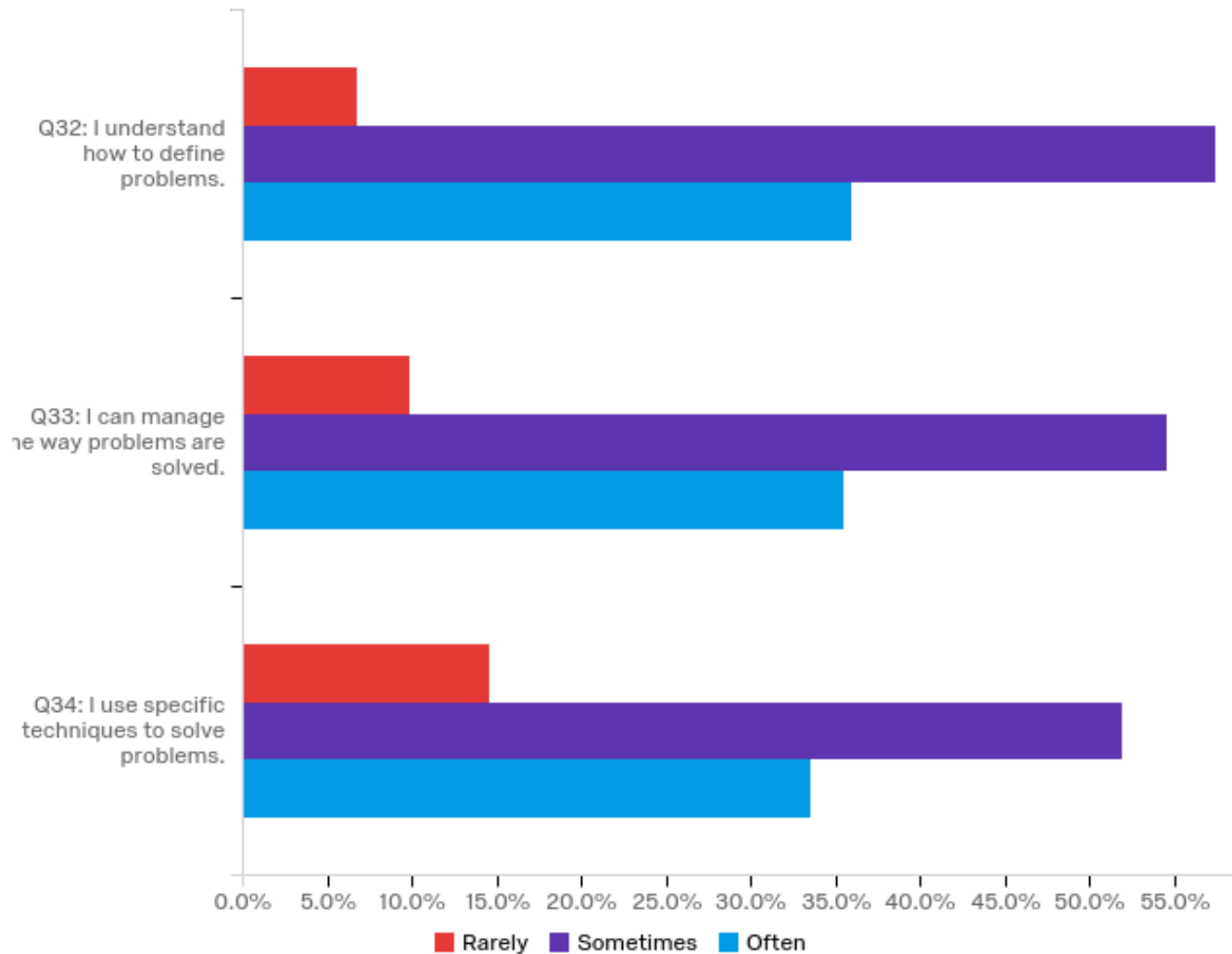
**When thinking about a problem, how much do you agree or disagree with the following statements?**



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q29: I know how to solve problems step by step.	3.2%	12.7%	63.0%	21.1%	346
Q30: All problems can be avoided.	9.0%	33.3%	39.4%	18.3%	345
Q31: I know where to get advice for solving problems.	4.3%	9.5%	56.2%	30.0%	347

Field	Mean	Std Deviation	Count
Q29: I know how to solve problems step by step.	3.0	0.7	346
Q30: All problems can be avoided.	2.7	0.9	345
Q31: I know where to get advice for solving problems.	3.1	0.7	347

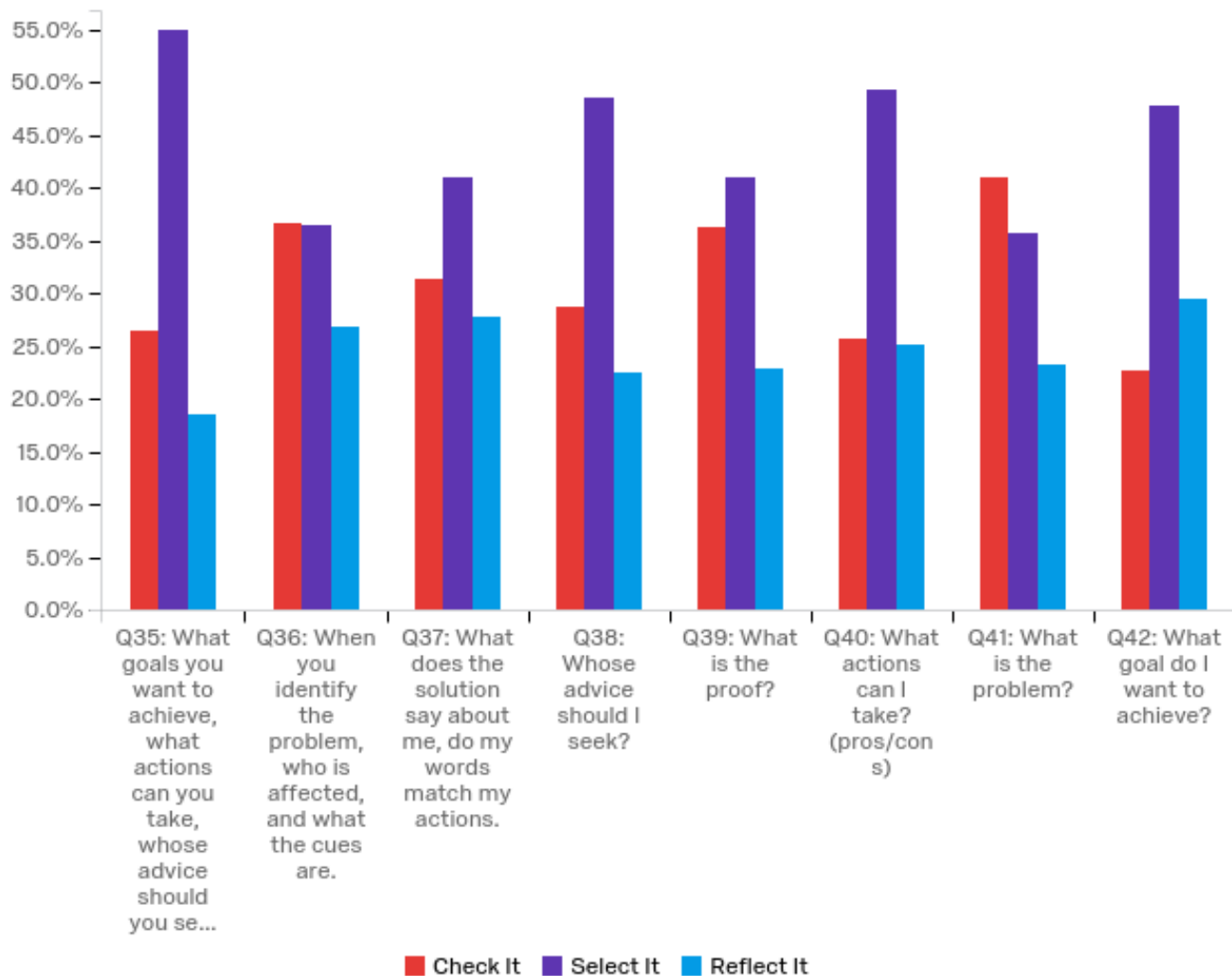
## When thinking about a problem, how often do you do the following statements?



Question	Rarely	Sometimes	Often	Total
Q32: I understand how to define problems.	6.7%	57.4%	35.9%	343
Q33: I can manage the way problems are solved.	9.8%	54.6%	35.5%	346
Q34: I use specific techniques to solve problems.	14.6%	51.9%	33.5%	343

Field	Mean	Std Deviation	Count
Q32: I understand how to define problems.	2.3	0.6	343
Q33: I can manage the way problems are solved.	2.3	0.6	346
Q34: I use specific techniques to solve problems.	2.2	0.7	343

Using the Check It, Select It, Reflect It problem solving technique, which category do you think best fits with each statement below? (Choose one technique for each statement.)

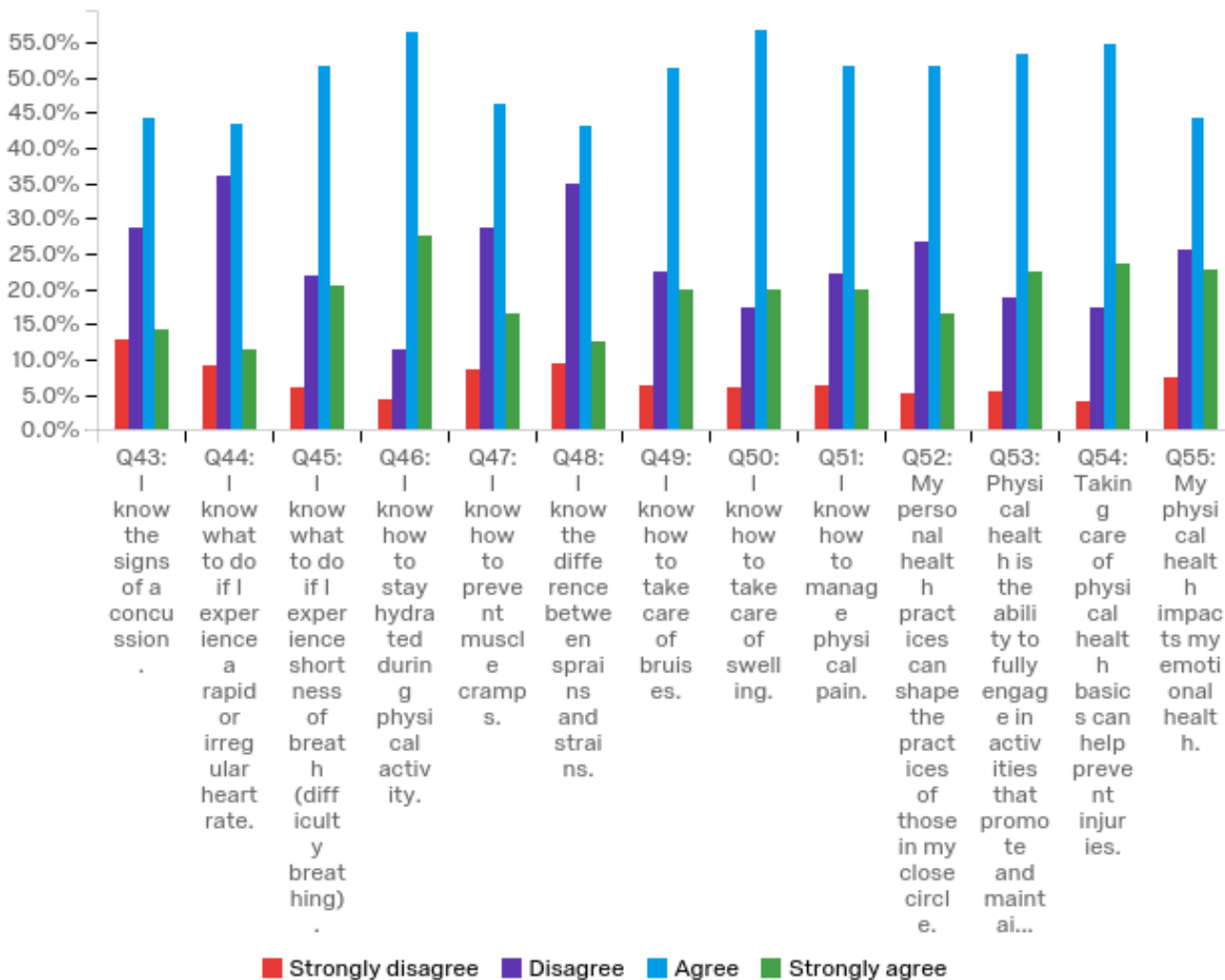


Question	Check It	Select It	Reflect It	Total
Q35: What goals you want to achieve, what actions can you take, whose advice should you seek.	26.5%	54.9%	18.6%	328
Q36: When you identify the problem, who is affected, and what the cues are.	36.7%	36.4%	26.9%	324
Q37: What does the solution say about me, do my words match my actions.	31.3%	40.9%	27.8%	320
Q38: Whose advice should I seek?	28.8%	48.6%	22.6%	319



Q39: What is the proof?	36.2%	41.0%	22.9%	315
Q40: What actions can I take? (pros/cons)	25.7%	49.2%	25.1%	319
Q41: What is the problem?	41.0%	35.7%	23.3%	322
Q42: What goal do I want to achieve?	22.8%	47.7%	29.5%	325

Think about your physical health. How much do you agree or disagree with the following statements?



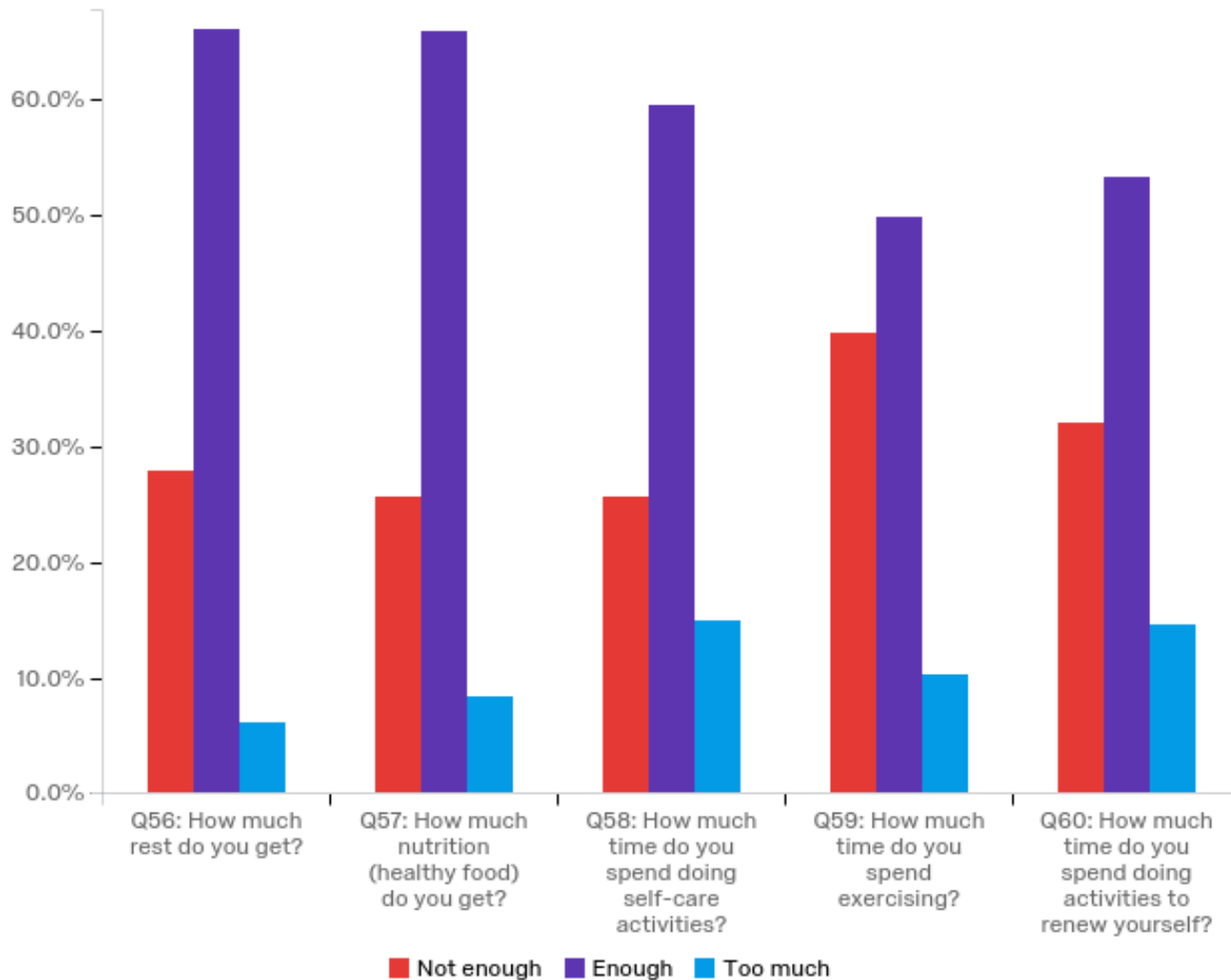
Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q43: I know the signs of a concussion.	12.8%	28.6%	44.3%	14.3%	336
Q44: I know what to do if I experience a rapid or irregular heart rate.	9.1%	36.1%	43.3%	11.5%	330
Q45: I know what to do if I experience shortness of breath (difficulty breathing).	6.0%	21.8%	51.6%	20.6%	335
Q46: I know how to stay hydrated during physical activity.	4.5%	11.5%	56.5%	27.5%	331

Q47: I know how to prevent muscle cramps.	8.6%	28.7%	46.2%	16.5%	327
Q48: I know the difference between sprains and strains.	9.4%	35.0%	43.2%	12.5%	329
Q49: I know how to take care of bruises.	6.4%	22.5%	51.4%	19.8%	329
Q50: I know how to take care of swelling.	6.1%	17.3%	56.7%	20.0%	330
Q51: I know how to manage physical pain.	6.3%	22.3%	51.5%	19.9%	332
Q52: My personal health practices can shape the practices of those in my close circle.	5.1%	26.8%	51.5%	16.6%	332
Q53: Physical health is the ability to fully engage in activities that promote and maintain body systems.	5.5%	18.8%	53.2%	22.5%	329
Q54: Taking care of physical health basics can help prevent injuries.	4.2%	17.5%	54.8%	23.5%	332
Q55: My physical health impacts my emotional health.	7.5%	25.7%	44.2%	22.7%	335

Field	Mean	Std Deviation	Count
Q43: I know the signs of a concussion.	2.6	0.9	336
Q44: I know what to do if I experience a rapid or irregular heart rate.	2.6	0.8	330
Q45: I know what to do if I experience shortness of breath (difficulty breathing).	2.9	0.8	335
Q46: I know how to stay hydrated during physical activity.	3.1	0.8	331
Q47: I know how to prevent muscle cramps.	2.7	0.8	327
Q48: I know the difference between sprains and strains.	2.6	0.8	329
Q49: I know how to take care of bruises.	2.8	0.8	329
Q50: I know how to take care of swelling.	2.9	0.8	330

Q51: I know how to manage physical pain.	2.8	0.8	332
Q52: My personal health practices can shape the practices of those in my close circle.	2.8	0.8	332
Q53: Physical health is the ability to fully engage in activities that promote and maintain body systems.	2.9	0.8	329
Q54: Taking care of physical health basics can help prevent injuries.	3.0	0.8	332
Q55: My physical health impacts my emotional health.	2.8	0.9	335

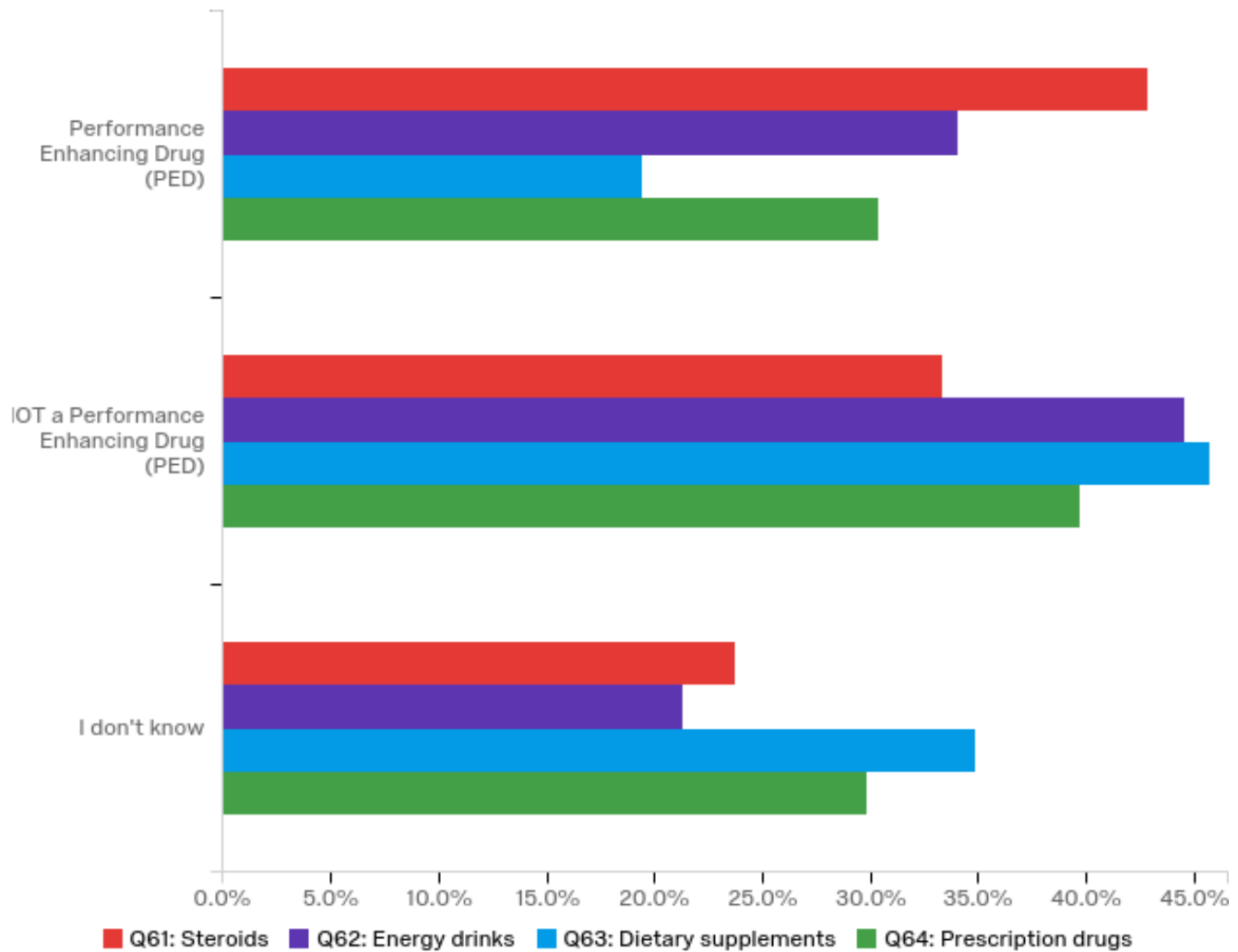
## How much do you get of the following?



Question	Not enough	Enough	Too much	Total
Q56: How much rest do you get?	27.9%	66.0%	6.1%	326
Q57: How much nutrition (healthy food) do you get?	25.7%	65.9%	8.4%	323
Q58: How much time do you spend doing self-care activities?	25.6%	59.4%	15.0%	320
Q59: How much time do you spend exercising?	39.8%	49.8%	10.3%	319
Q60: How much time do you spend doing activities to renew yourself?	32.1%	53.3%	14.6%	321

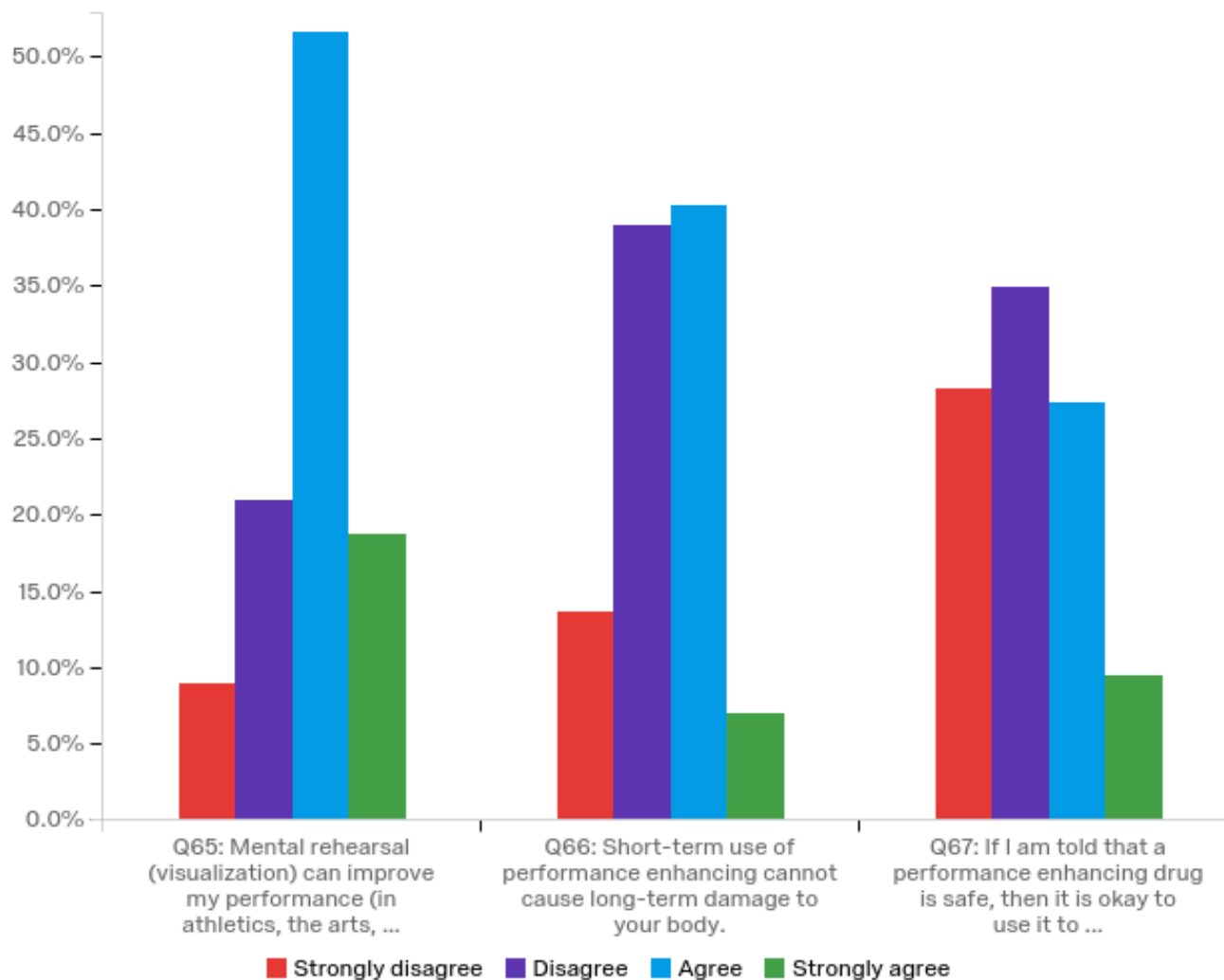
Field	Mean	Std Deviation	Count
Q56: How much rest do you get?	1.8	0.5	326
Q57: How much nutrition (healthy food) do you get?	1.8	0.6	323
Q58: How much time do you spend doing self-care activities?	1.9	0.6	320
Q59: How much time do you spend exercising?	1.7	0.6	319
Q60: How much time do you spend doing activities to renew yourself?	1.8	0.7	321

Which category would you classify each substance item as Performance Enhancing Drug (PED) or NOT a Performance Enhancing Drug (PED)?



Question	Performance Enhancing Drug (PED)	NOT a Performance Enhancing Drug (PED)	I don't know	Total
Q61: Steroids	42.9%	33.3%	23.7%	312
Q62: Energy drinks	34.1%	44.6%	21.3%	314
Q63: Dietary supplements	19.4%	45.7%	34.9%	315
Q64: Prescription drugs	30.4%	39.7%	29.8%	312

## How much do you agree or disagree with the following statements?

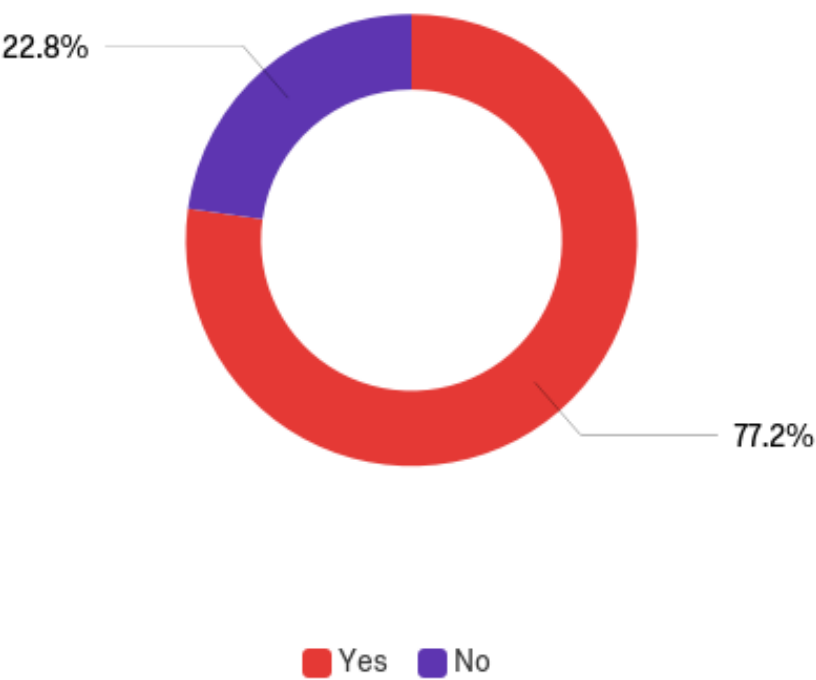


Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q65: Mental rehearsal (visualization) can improve my performance (in athletics, the arts, or academics).	8.9%	20.9%	51.6%	18.7%	316
Q66: Short-term use of performance enhancing cannot cause long-term damage to your body.	13.7%	39.0%	40.3%	7.0%	315
Q67: If I am told that a performance enhancing drug is safe, then it is okay to use it to enhance my performance (in athletics, the arts, or academics).	28.3%	34.9%	27.3%	9.5%	315



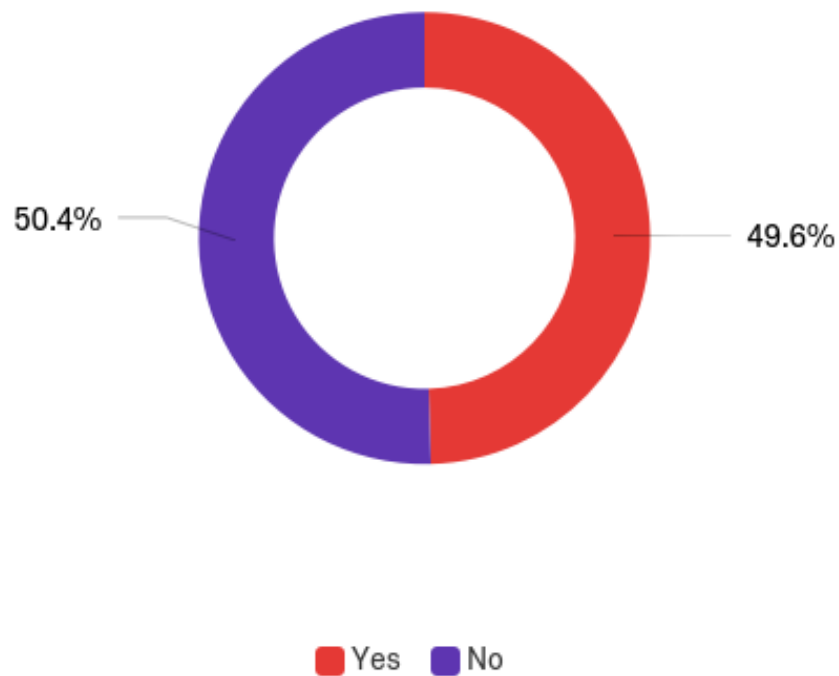
Field	Mean	Std Deviation	Count
Q65: Mental rehearsal (visualization) can improve my performance (in athletics, the arts, or academics).	2.8	0.8	316
Q66: Short-term use of performance enhancing cannot cause long-term damage to your body.	2.4	0.8	315
Q67: If I am told that a performance enhancing drug is safe, then it is okay to use it to enhance my performance (in athletics, the arts, or academics).	2.2	1.0	315

People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Physical exhaustion



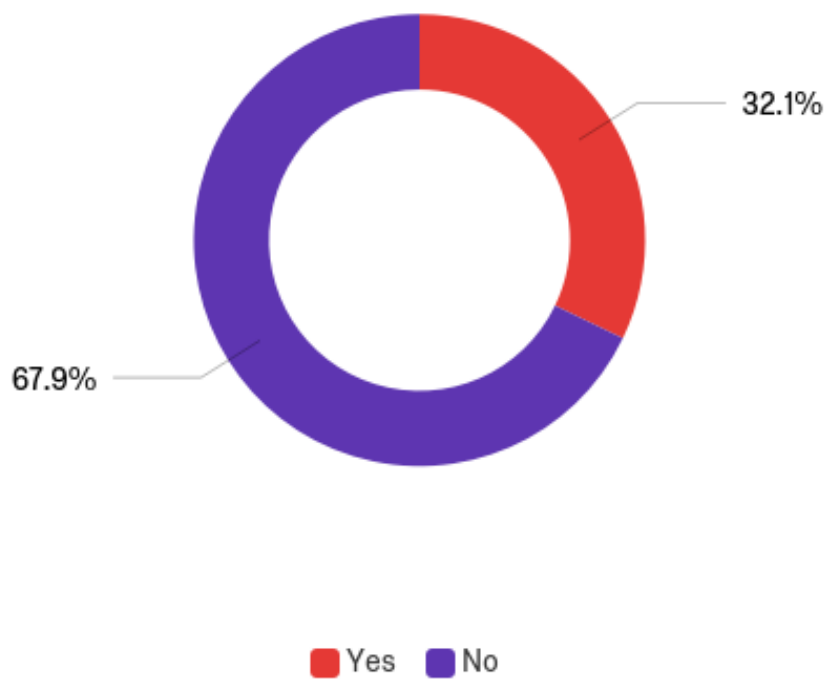
#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	77.2%
2	No	22.8%
	Total	100.0%

People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Emotional exhaustion



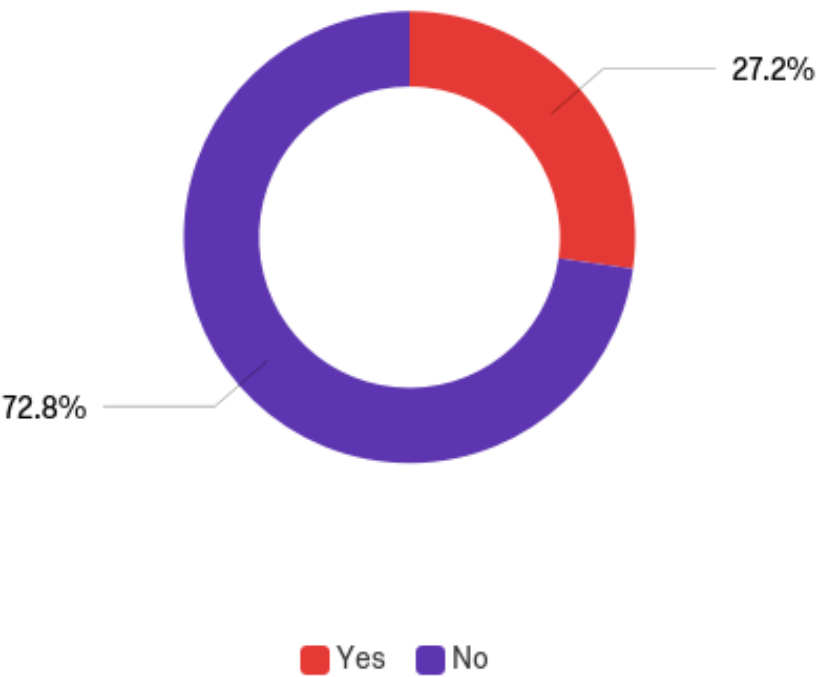
#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	49.6%
2	No	50.4%
	Total	100.0%

People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Feeling like you aren't as good (talented, skilled) as you use to be



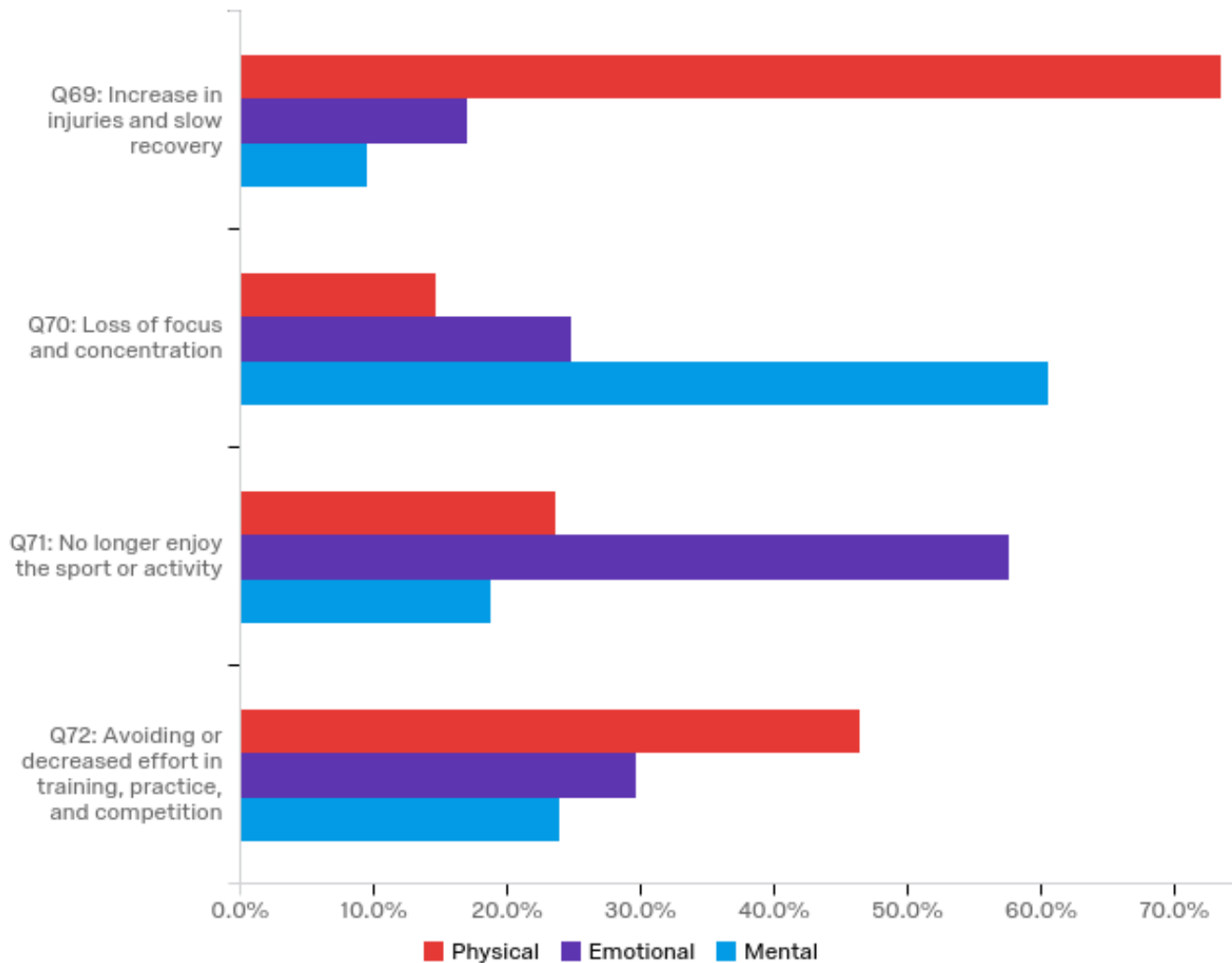
#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	32.1%
2	No	67.9%
	Total	100.0%

People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Feeling like your participation (in athletics, the arts, or academics) is not as important as it used to be



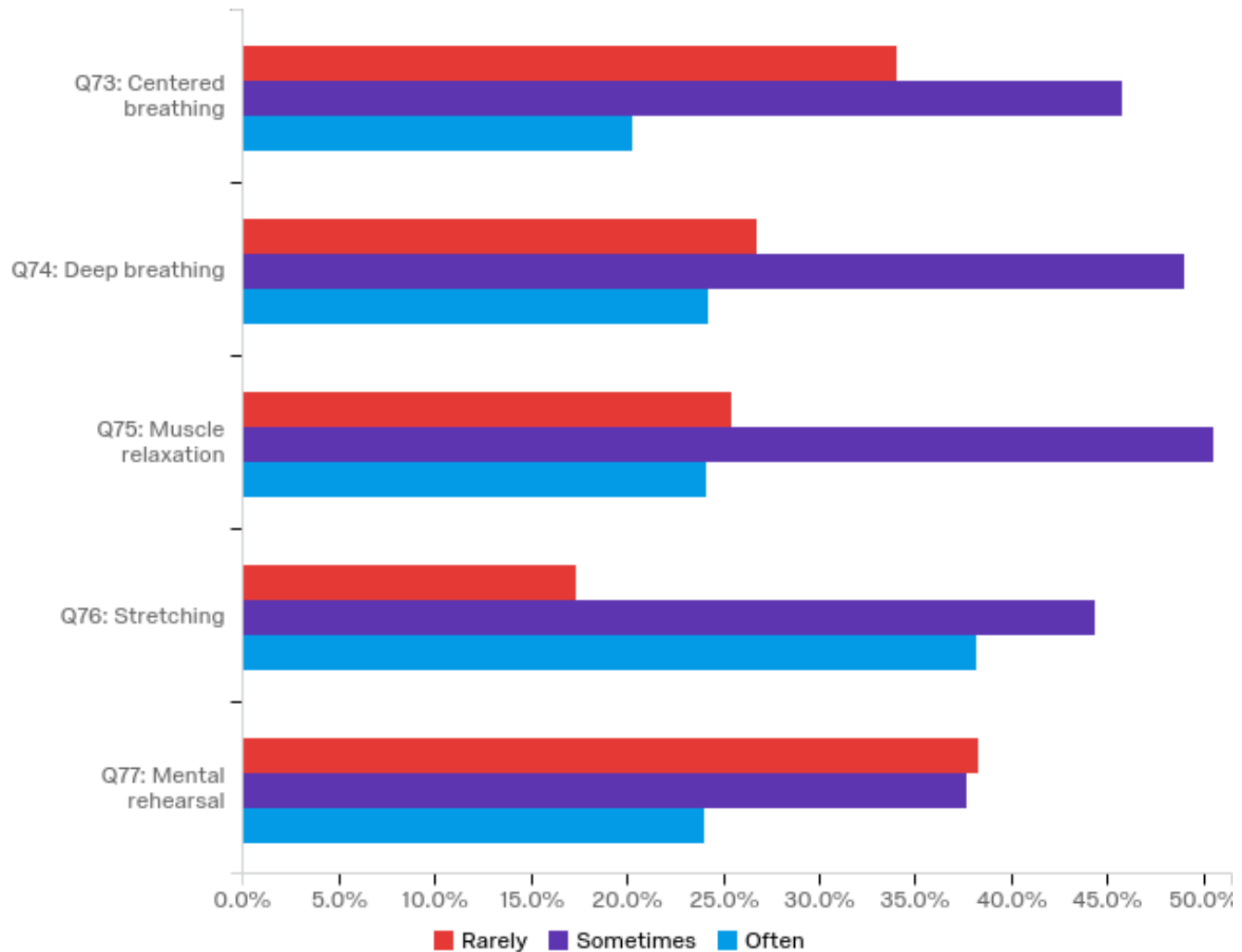
#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	27.2%
2	No	72.8%
	Total	100.0%

Which "burn out" category does each symptom belong under? (Choose one category for each symptom.)



Question	Physical	Emotional	Mental	Total
Q69: Increase in injuries and slow recovery	73.5%	17.0%	9.5%	306
Q70: Loss of focus and concentration	14.6%	24.8%	60.6%	302
Q71: No longer enjoy the sport or activity	23.6%	57.7%	18.7%	305
Q72: Avoiding or decreased effort in training, practice, and competition	46.4%	29.7%	23.9%	306

## How often do you use each of these techniques to help manage burn out?

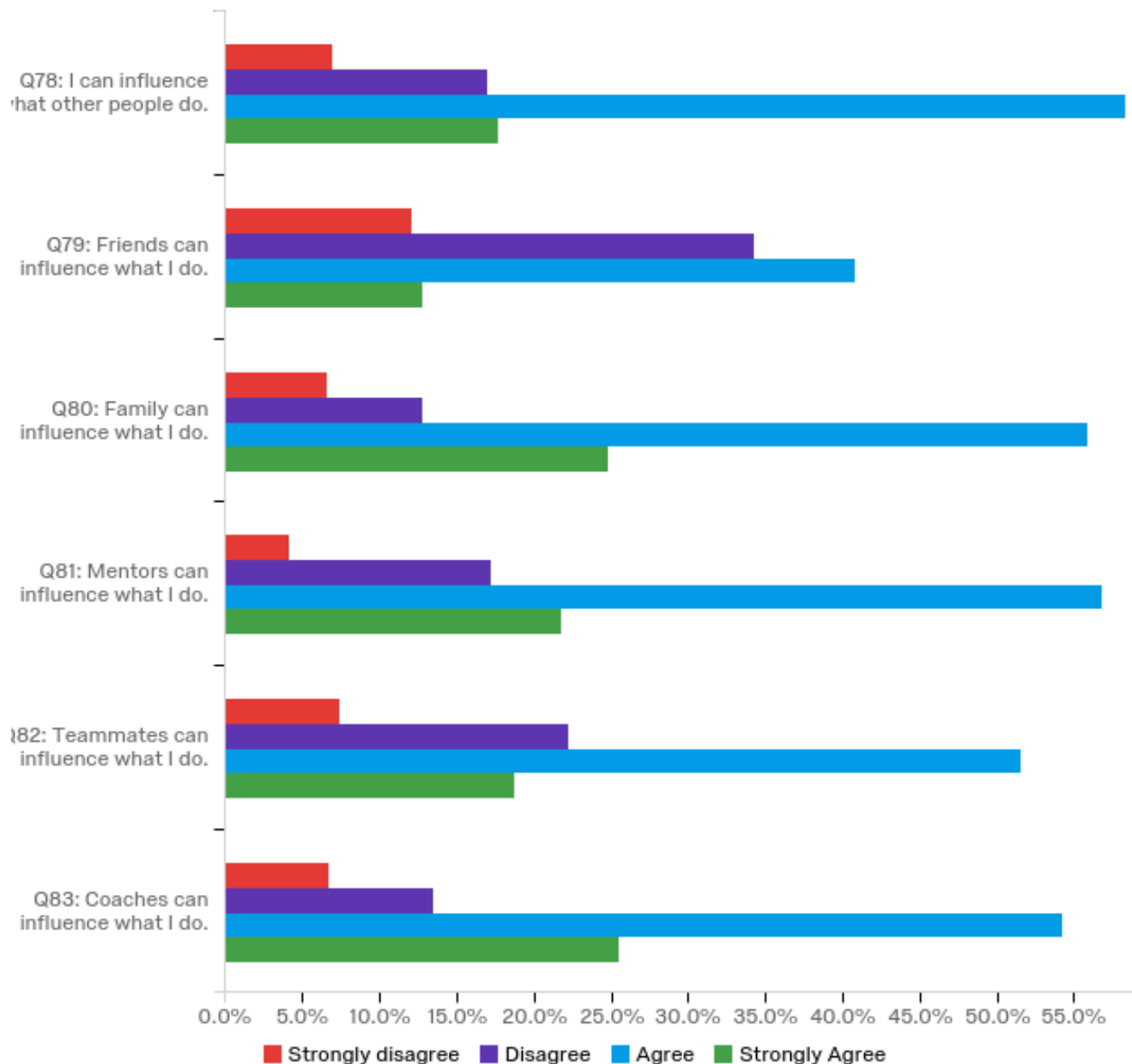


Question	Rarely	Sometimes	Often	Total
Q73: Centered breathing	34.0%	45.8%	20.3%	306
Q74: Deep breathing	26.8%	49.0%	24.2%	306
Q75: Muscle relaxation	25.4%	50.5%	24.1%	307
Q76: Stretching	17.3%	44.4%	38.2%	306
Q77: Mental rehearsal	38.3%	37.7%	24.0%	308

Field	Mean	Std Deviation	Count
Q73: Centered breathing	1.9	0.7	306
Q74: Deep breathing	2.0	0.7	306
Q75: Muscle relaxation	2.0	0.7	307
Q76: Stretching	2.2	0.7	306
Q77: Mental rehearsal	1.9	0.8	308



## How much do you agree or disagree with the following statements about relationships?

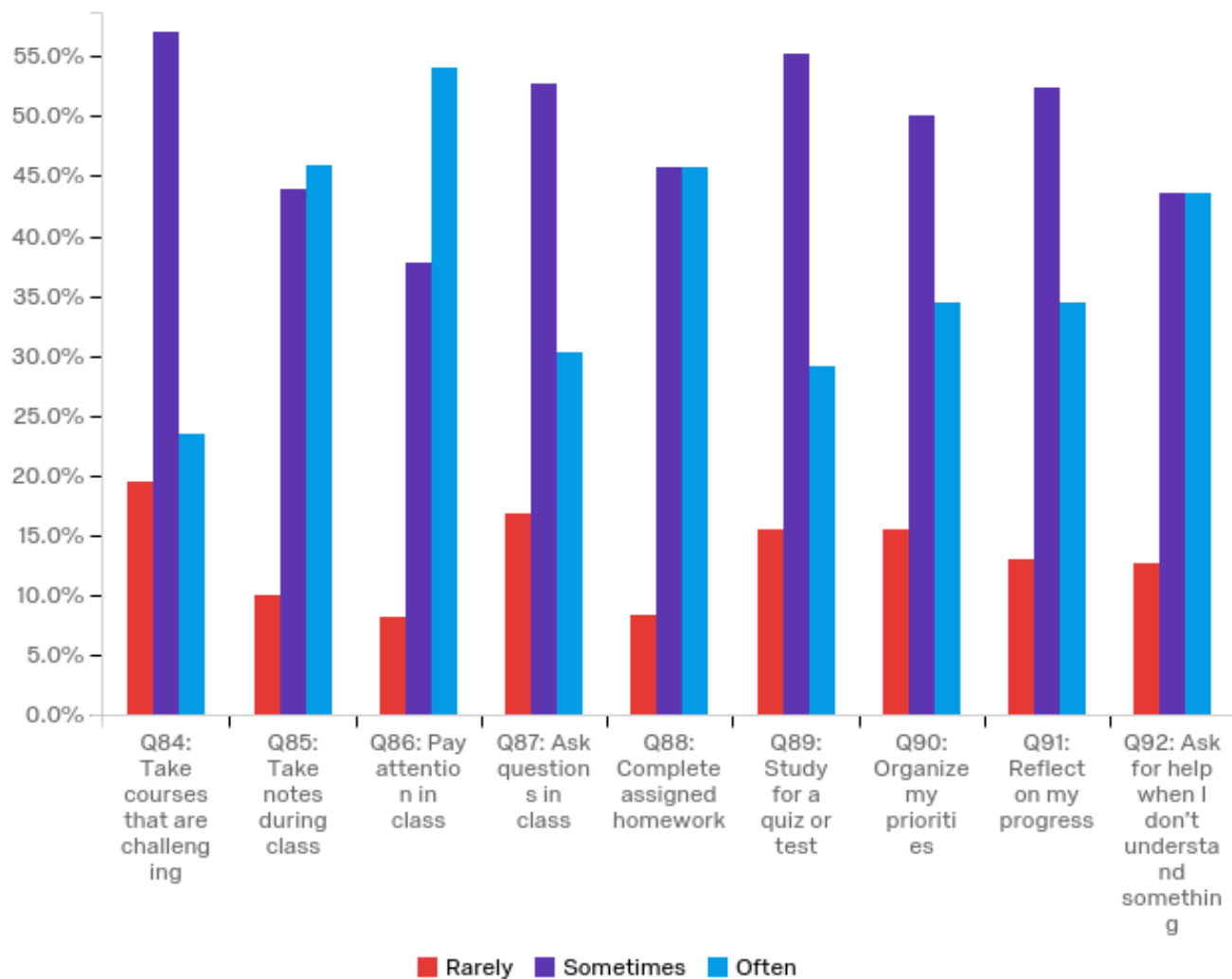


Question	Strongly disagree	Disagree	Agree	Strongly Agree	Total
Q78: I can influence what other people do.	6.9%	17.0%	58.3%	17.7%	288
Q79: Friends can influence what I do.	12.1%	34.3%	40.8%	12.8%	289
Q80: Family can influence what I do.	6.6%	12.8%	55.9%	24.8%	290

Q81: Mentors can influence what I do.	4.2%	17.2%	56.8%	21.8%	285
Q82: Teammates can influence what I do.	7.4%	22.3%	51.6%	18.7%	283
Q83: Coaches can influence what I do.	6.7%	13.5%	54.3%	25.5%	282

Field	Mean	Std Deviation	Count
Q78: I can influence what other people do.	2.9	0.8	288
Q79: Friends can influence what I do.	2.5	0.9	289
Q80: Family can influence what I do.	3.0	0.8	290
Q81: Mentors can influence what I do.	3.0	0.7	285
Q82: Teammates can influence what I do.	2.8	0.8	283
Q83: Coaches can influence what I do.	3.0	0.8	282

## How often do you use these techniques to prepare?

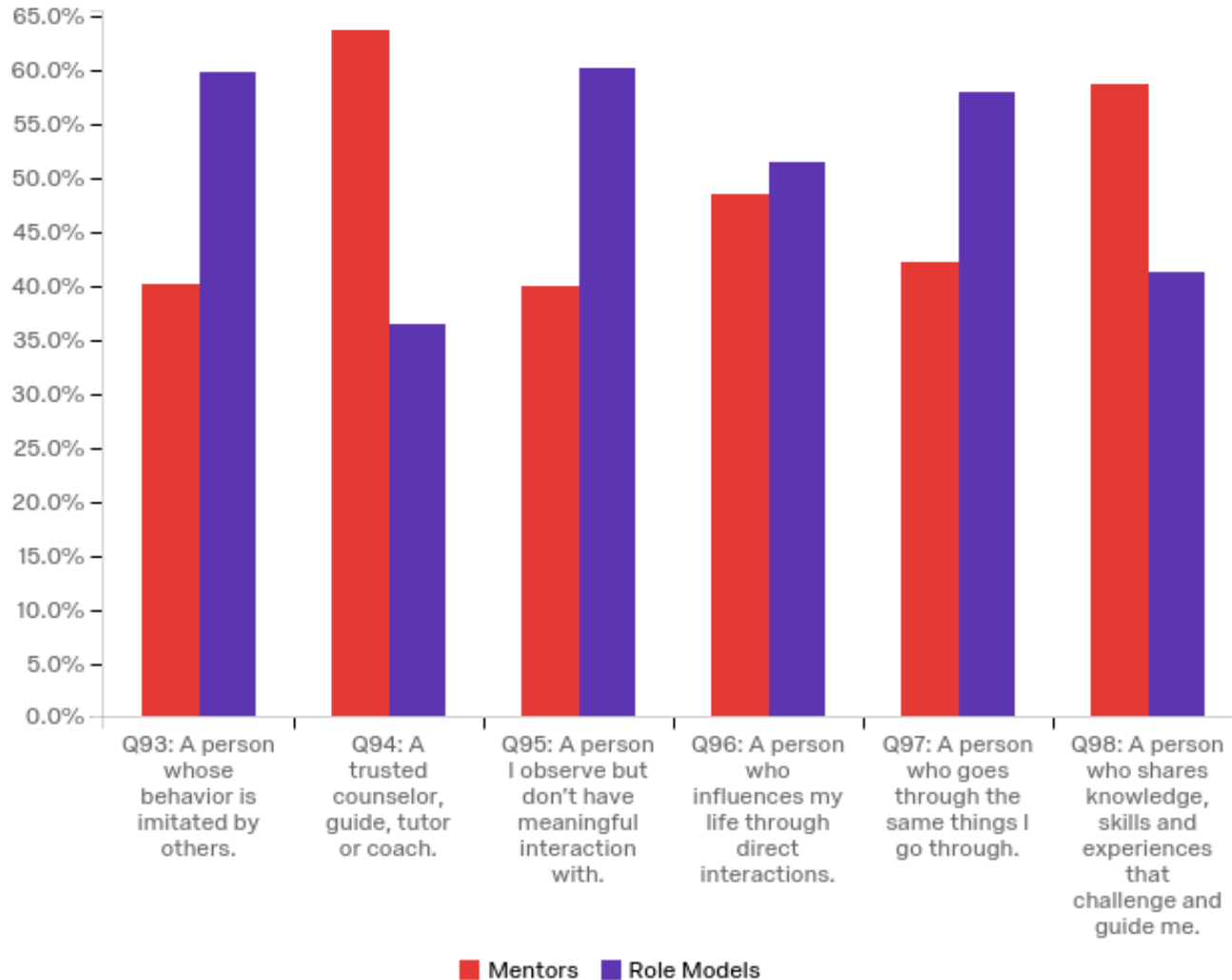


Question	Rarely	Sometimes	Often	Total
Q84: Take courses that are challenging	19.5%	57.0%	23.5%	307
Q85: Take notes during class	10.1%	44.0%	45.9%	307
Q86: Pay attention in class	8.2%	37.7%	54.1%	305
Q87: Ask questions in class	16.9%	52.8%	30.3%	307
Q88: Complete assigned homework	8.4%	45.8%	45.8%	308

Q89: Study for a quiz or test	15.6%	55.2%	29.2%	308
Q90: Organize my priorities	15.6%	50.0%	34.4%	308
Q91: Reflect on my progress	13.0%	52.4%	34.5%	307
Q92: Ask for help when I don't understand something	12.7%	43.6%	43.6%	307

Field	Mean	Std Deviation	Count
Q84: Take courses that are challenging	2.0	0.7	307
Q85: Take notes during class	2.4	0.7	307
Q86: Pay attention in class	2.5	0.6	305
Q87: Ask questions in class	2.1	0.7	307
Q88: Complete assigned homework	2.4	0.6	308
Q89: Study for a quiz or test	2.1	0.7	308
Q90: Organize my priorities	2.2	0.7	308
Q91: Reflect on my progress	2.2	0.7	307
Q92: Ask for help when I don't understand something	2.3	0.7	307

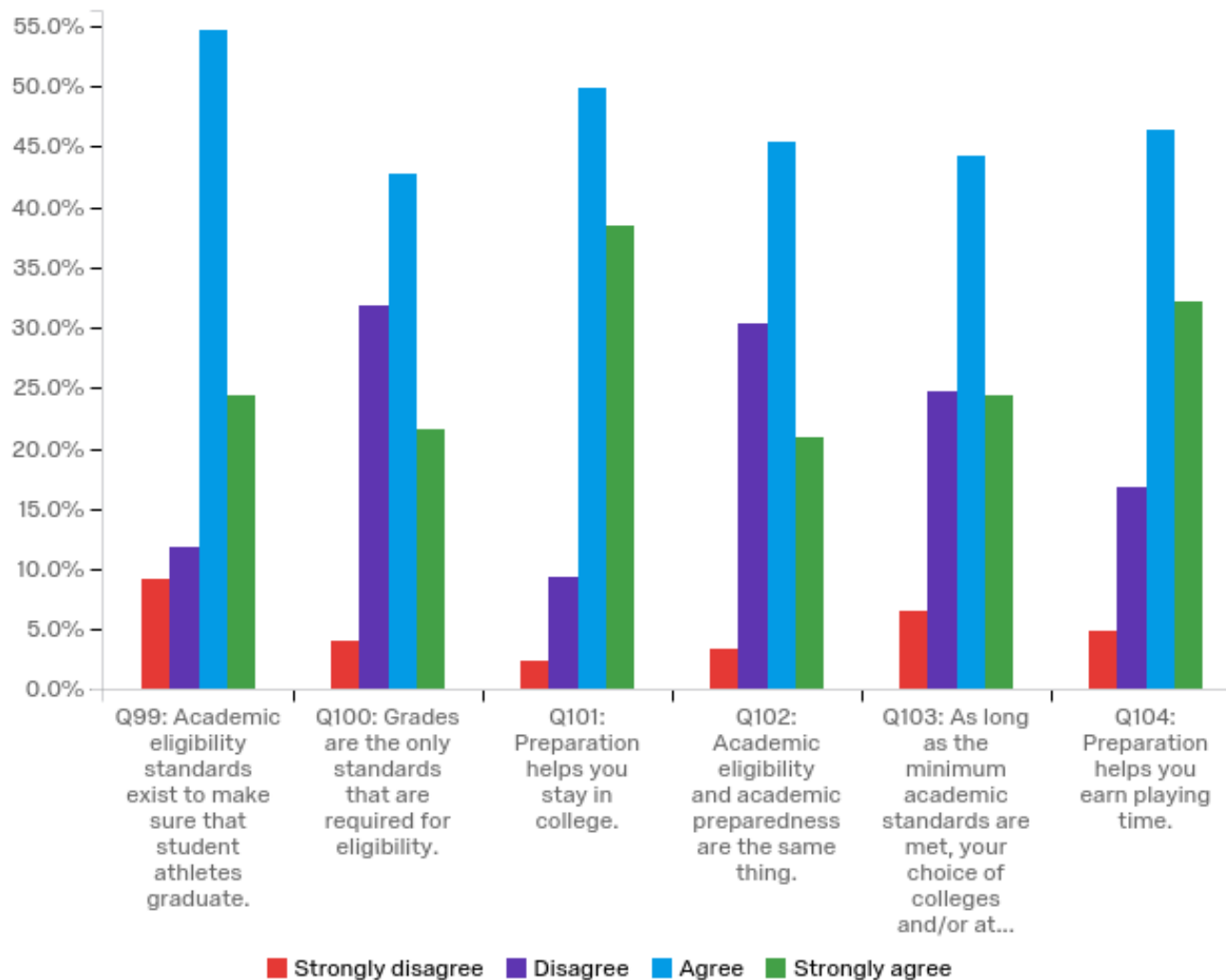
Which statements are about mentors and which statements are about role models? (Choose one category for each statement.)



Question	Mentors	Role Models	Total
Q93: A person whose behavior is imitated by others.	40.2%	59.8%	301
Q94: A trusted counselor, guide, tutor or coach.	63.6%	36.4%	302
Q95: A person I observe but don't have meaningful interaction with.	39.9%	60.1%	296
Q96: A person who influences my life through direct interactions.	48.5%	51.5%	299
Q97: A person who goes through the same things I go through.	42.1%	57.9%	297

Q98: A person who shares knowledge, skills and experiences that challenge and guide me.	58.7%	41.3%	300
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## How much do you agree or disagree with the following statements about academic eligibility and academic preparedness?



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q99: Academic eligibility standards exist to make sure that student athletes graduate.	9.2%	11.9%	54.6%	24.4%	295
Q100: Grades are the only standards that are required for eligibility.	4.0%	31.8%	42.7%	21.5%	302
Q101: Preparation helps you stay in college.	2.4%	9.3%	49.8%	38.5%	291
Q102: Academic eligibility and academic preparedness are the same thing.	3.4%	30.4%	45.3%	20.9%	296

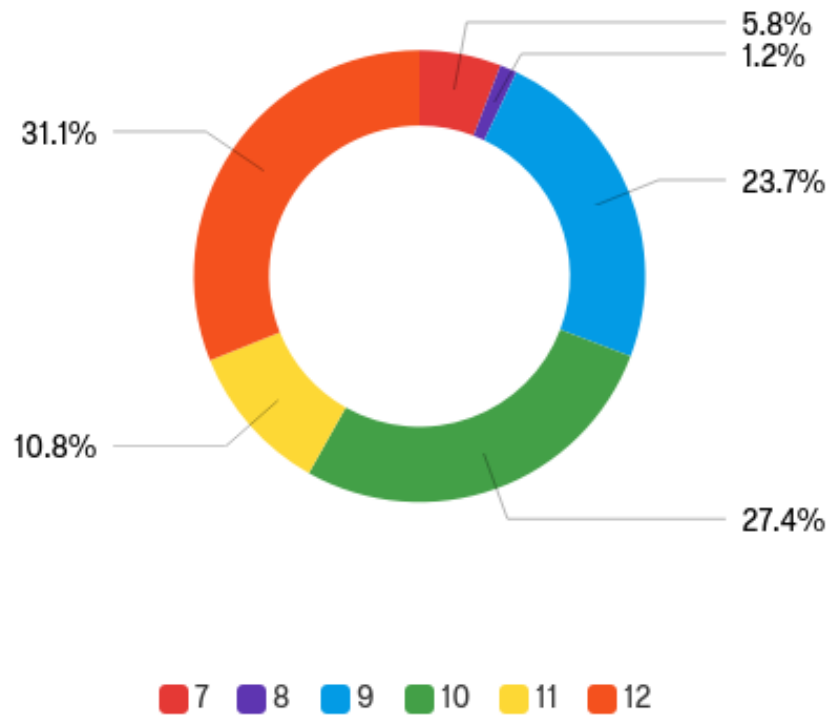
Q103: As long as the minimum academic standards are met, your choice of colleges and/or athletic programs will not be affected.	6.5%	24.7%	44.3%	24.4%	291
Q104: Preparation helps you earn playing time.	4.9%	16.7%	46.3%	32.1%	287

Field	Mean	Std Deviation	Count
Q99: Academic eligibility standards exist to make sure that student athletes graduate.	2.9	0.9	295
Q100: Grades are the only standards that are required for eligibility.	2.8	0.8	302
Q101: Preparation helps you stay in college.	3.2	0.7	291
Q102: Academic eligibility and academic preparedness are the same thing.	2.8	0.8	296
Q103: As long as the minimum academic standards are met, your choice of colleges and/or athletic programs will not be affected.	2.9	0.9	291
Q104: Preparation helps you earn playing time.	3.1	0.8	287



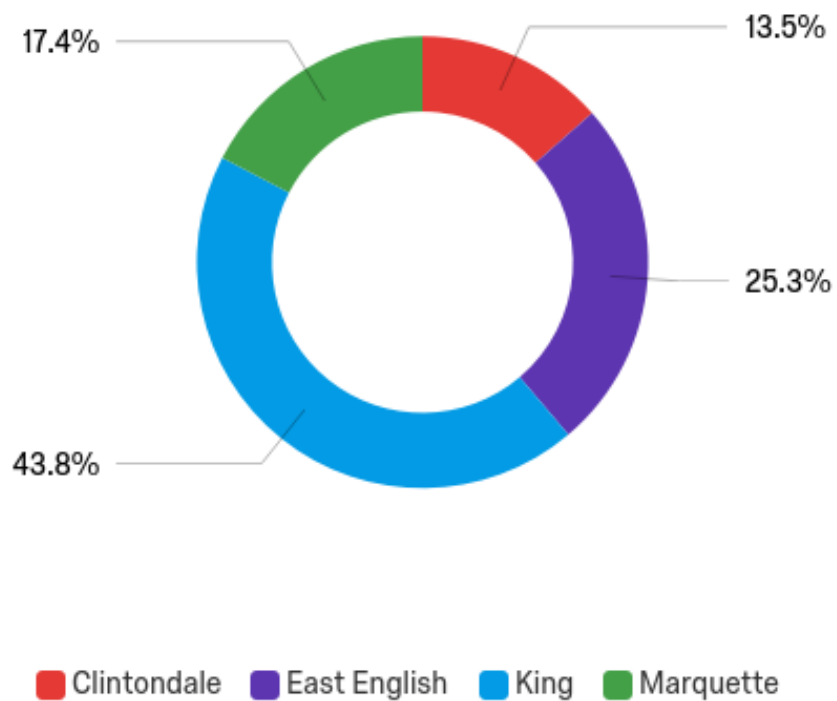
# Educated Stars of Tomorrow: Secondary Schools Post Survey Results

## Grade



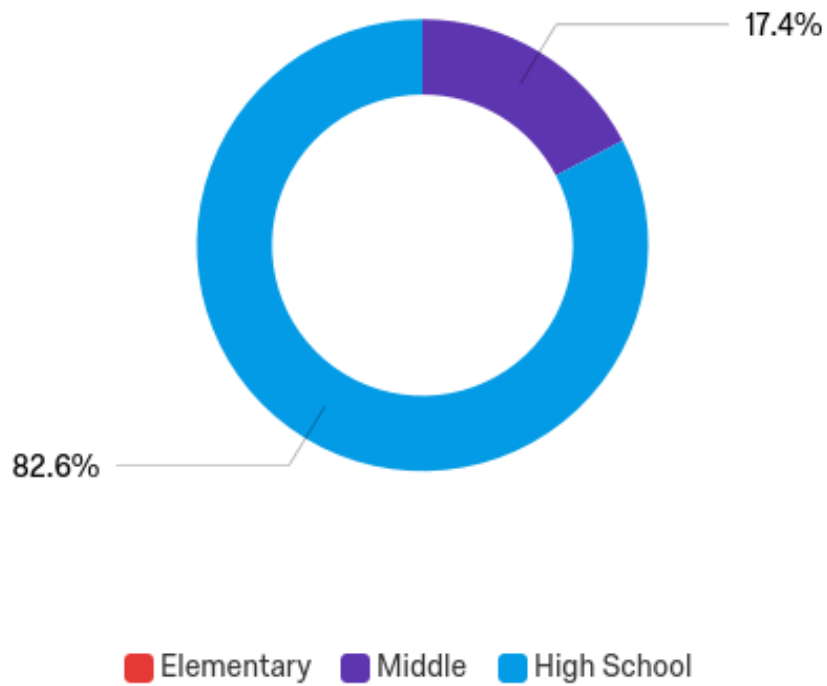
#	Answer	%	Count
7	7	5.8%	19
8	8	1.2%	4
9	9	23.7%	77
10	10	27.4%	89
11	11	10.8%	35
12	12	31.1%	101
	Total	100%	325

## School



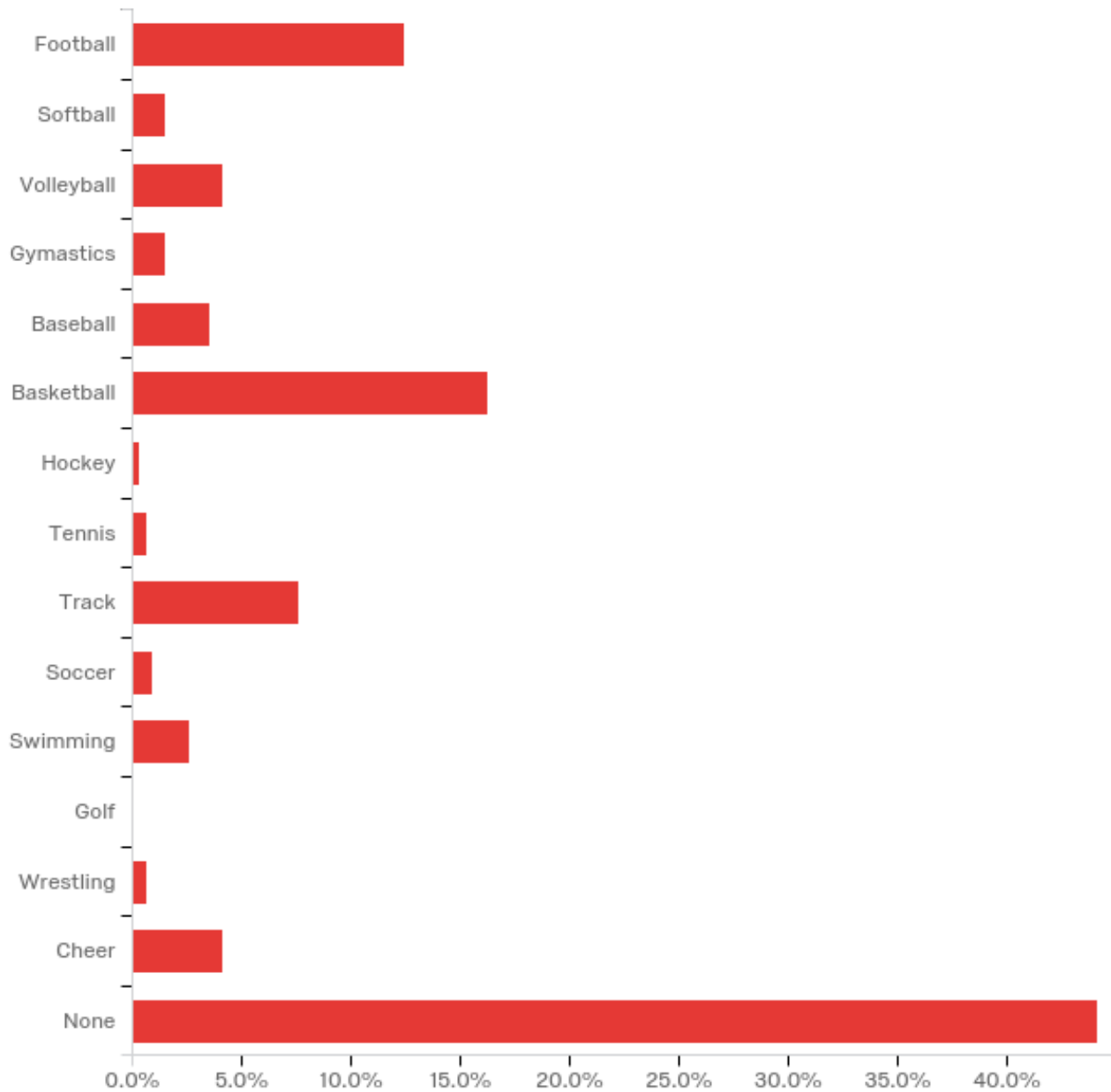
#	Answer	%	Count
1	Clintondale	13.5%	46
2	East English	25.3%	86
3	King	43.8%	149
4	Marquette	17.4%	59
	Total	100%	340

## Level



#	Answer	%	Count
1	Elementary	0.0%	0
2	Middle	17.4%	59
3	High School	82.6%	281
	Total	100%	340

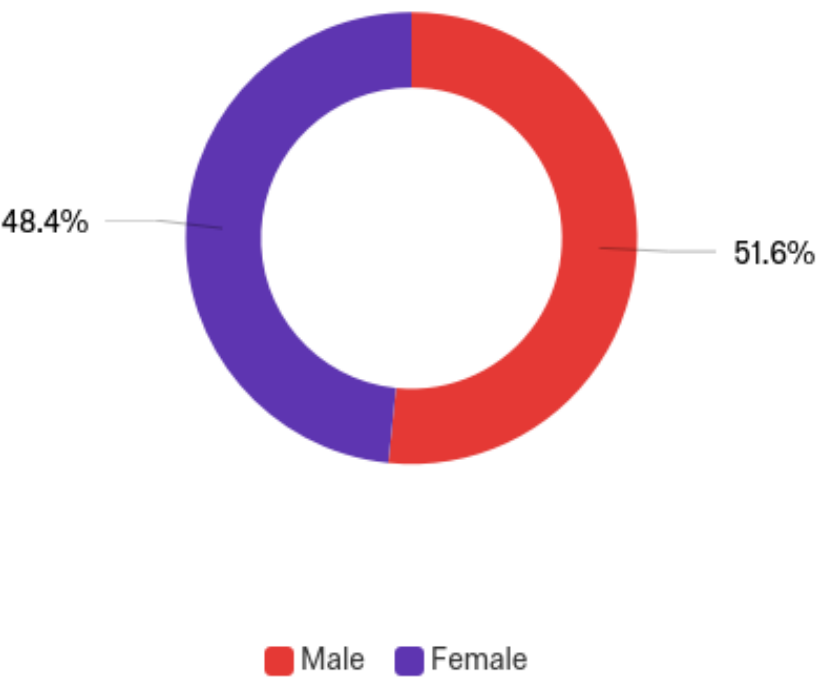
## Sport



#	Q2 Sport Columns 18 and 19	Percentage
1	Football	12.4%
2	Softball	1.5%
3	Volleyball	4.1%

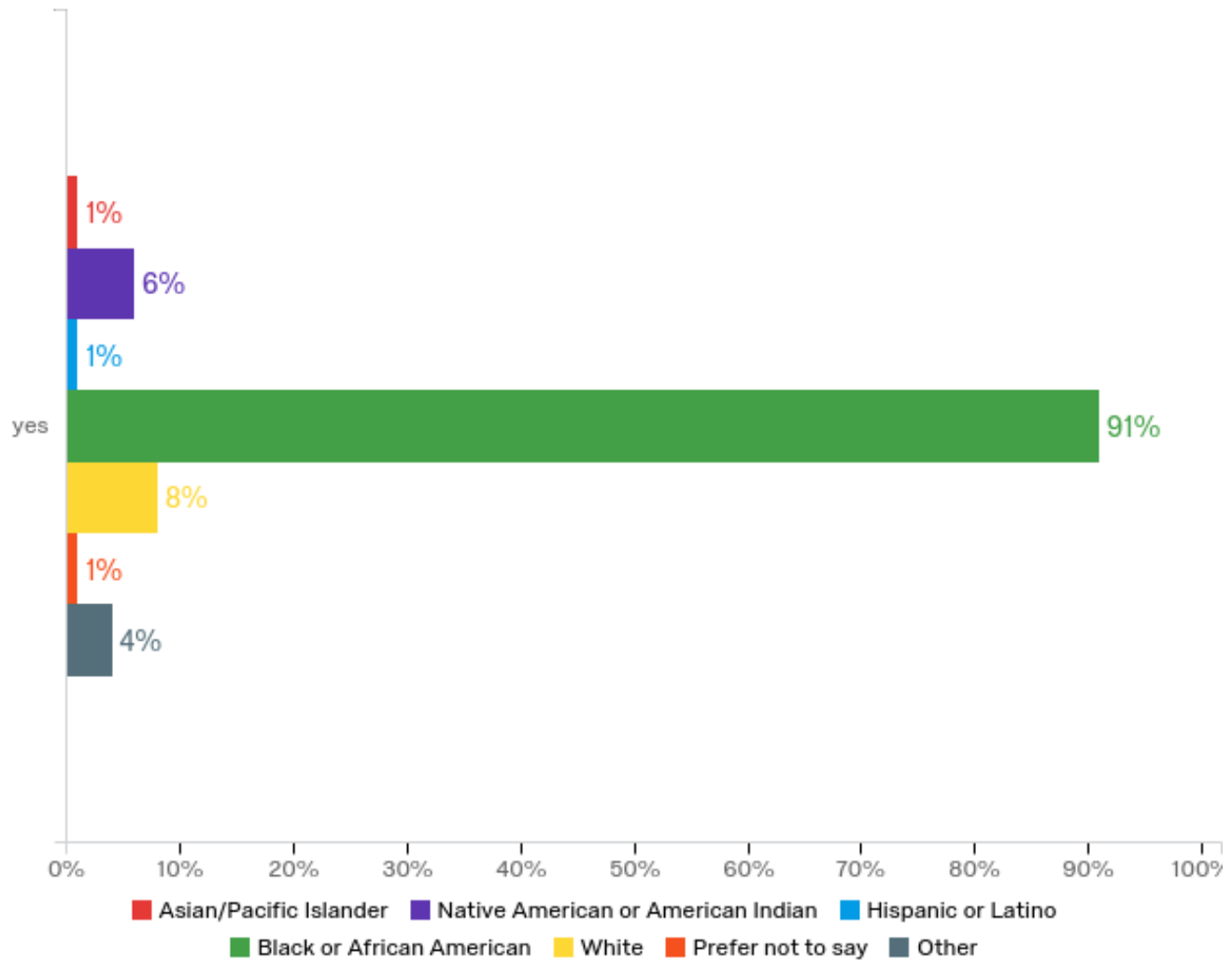
4	Gymnastics	1.5%
5	Baseball	3.5%
6	Basketball	16.2%
7	Hockey	0.3%
8	Tennis	0.6%
9	Track	7.6%
10	Soccer	0.9%
11	Swimming	2.6%
12	Golf	0.0%
13	Wrestling	0.6%
14	Cheer	4.1%
15	None	44.1%
	Total	100.0%

Gender



#	Q3 Gender Column 20	Percentage
1	Male	51.6%
2	Female	48.4%
	Total	100.0%

## Which ethnicity/race best describes you?

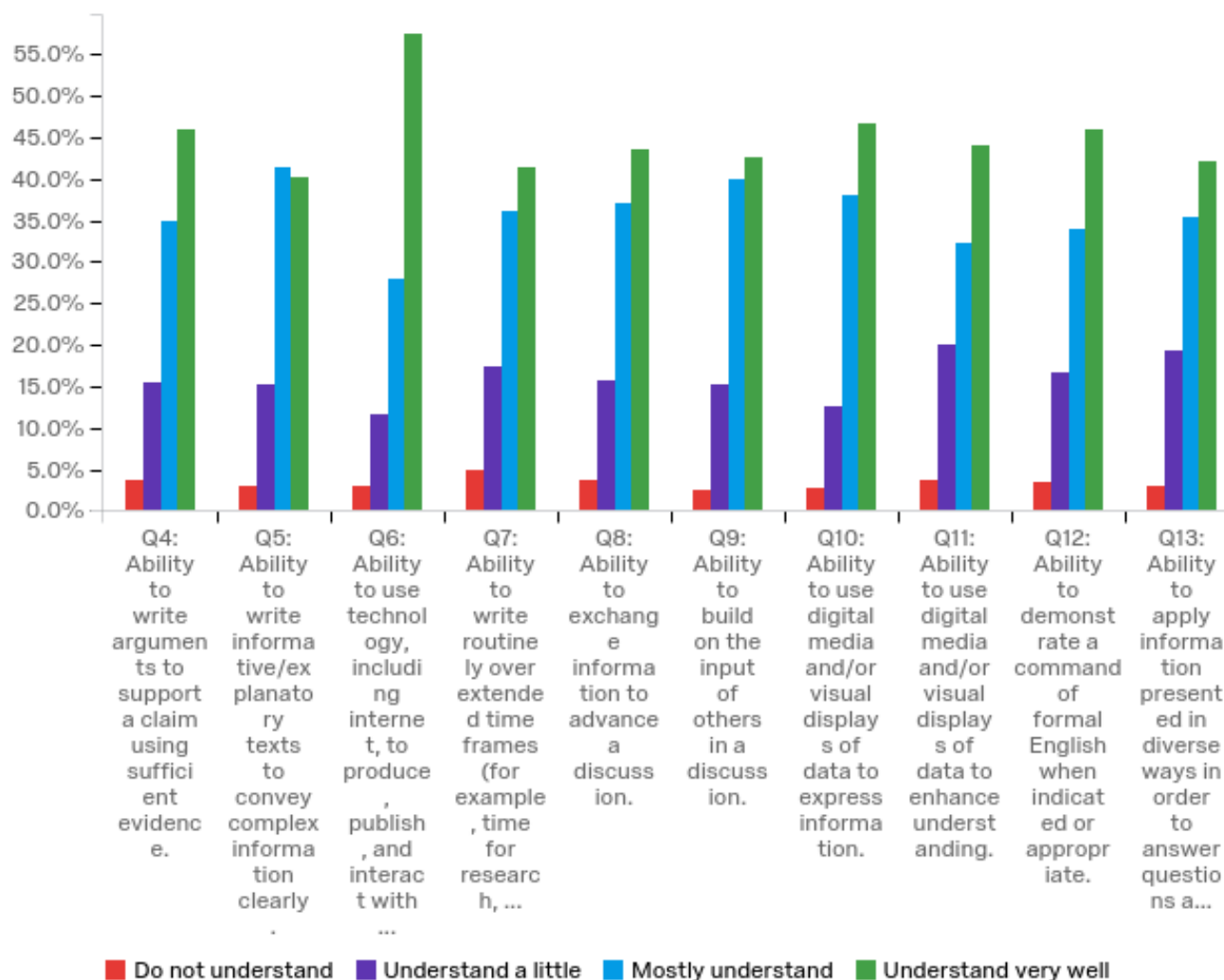


Question	yes		Total
Asian/Pacific Islander	1.2%	4	340
Native American or American Indian	6.5%	22	340
Hispanic or Latino	1.5%	5	340
Black or African American	90.6%	308	340
White	7.9%	27	340



Prefer not to say	0.9%	3	340
Other	3.5%	12	340

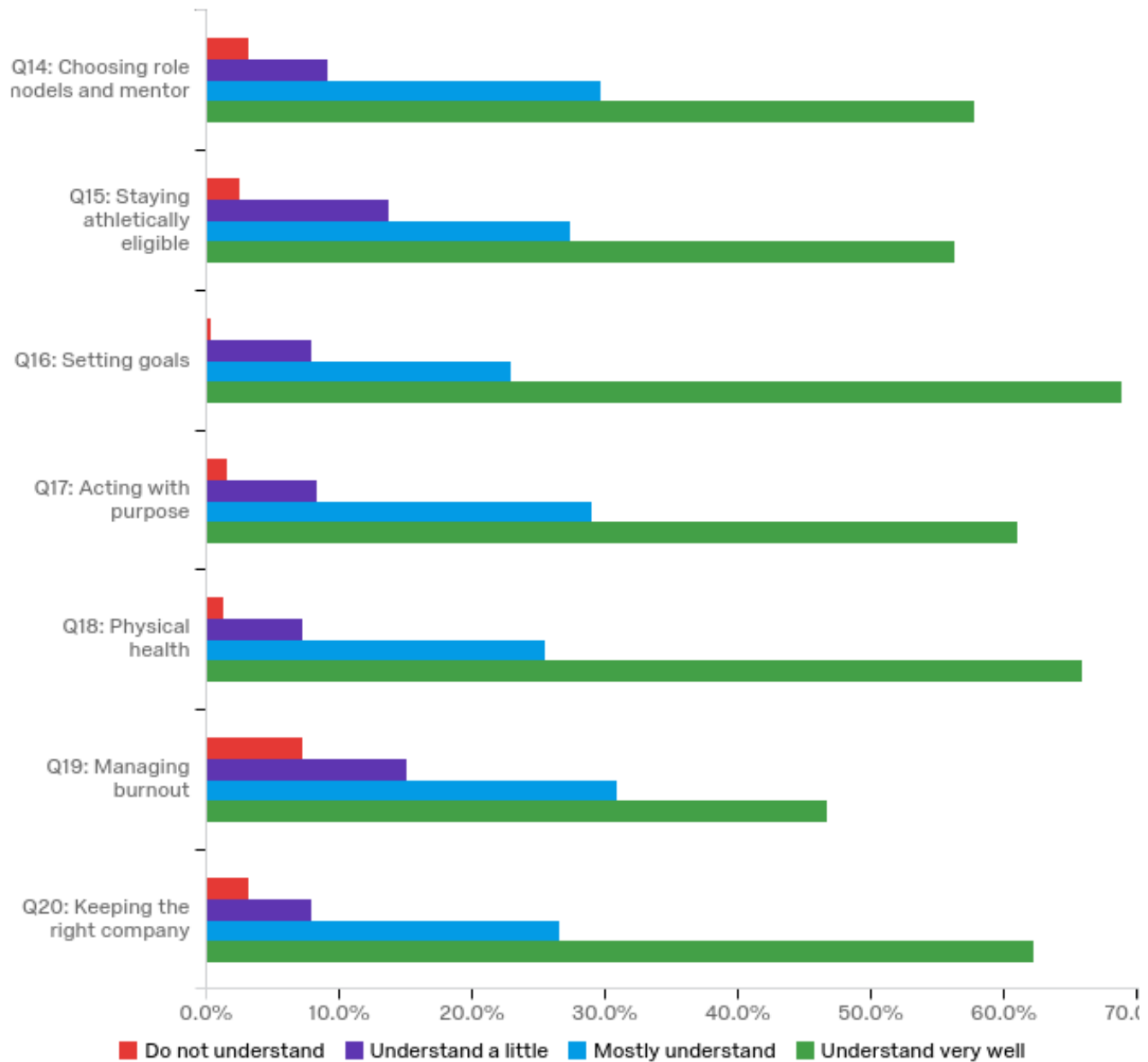
## How well do you understand each of the following?



Question	Do not understand	Understand a little	Mostly understand	Understand very well	Total
Q4: Ability to write arguments to support a claim using sufficient evidence.	3.6%	15.4%	35.0%	45.9%	331
Q5: Ability to write informative/explanatory texts to convey complex information clearly.	3.1%	15.3%	41.4%	40.2%	326
Q6: Ability to use technology, including internet, to produce, publish, and interact with others about writing.	3.1%	11.7%	27.9%	57.4%	326

Q7: Ability to write routinely over extended time frames (for example, time for research, reflection, and revision).	5.0%	17.4%	36.1%	41.4%	321
Q8: Ability to exchange information to advance a discussion.	3.6%	15.8%	37.1%	43.5%	329
Q9: Ability to build on the input of others in a discussion.	2.5%	15.2%	39.8%	42.5%	322
Q10: Ability to use digital media and/or visual displays of data to express information.	2.8%	12.5%	38.0%	46.7%	321
Q11: Ability to use digital media and/or visual displays of data to enhance understanding.	3.6%	20.1%	32.2%	44.1%	329
Q12: Ability to demonstrate a command of formal English when indicated or appropriate.	3.5%	16.6%	33.9%	46.0%	313
Q13: Ability to apply information presented in diverse ways in order to answer questions and/or problem solve (for example, through words, images, graphs, and videos).	3.1%	19.4%	35.4%	42.0%	319

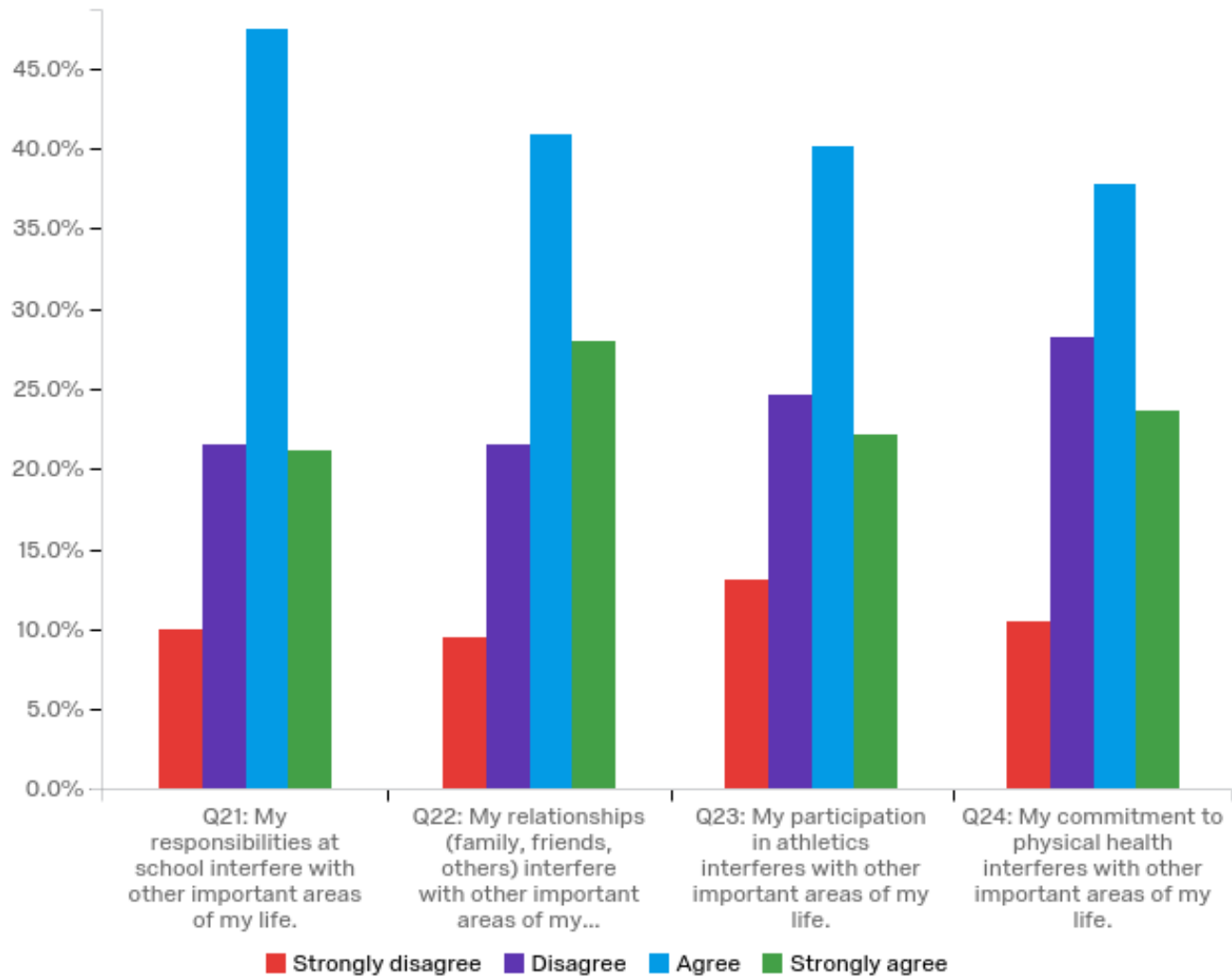
It takes many skills to make a strong athlete. How well do you understand each of the following skills?



Question	Do not understand	Understand a little	Mostly understand	Understand very well	Total
Q14: Choosing role models and mentor	3.2%	9.2%	29.7%	57.9%	316
Q15: Staying athletically eligible	2.5%	13.7%	27.4%	56.4%	314

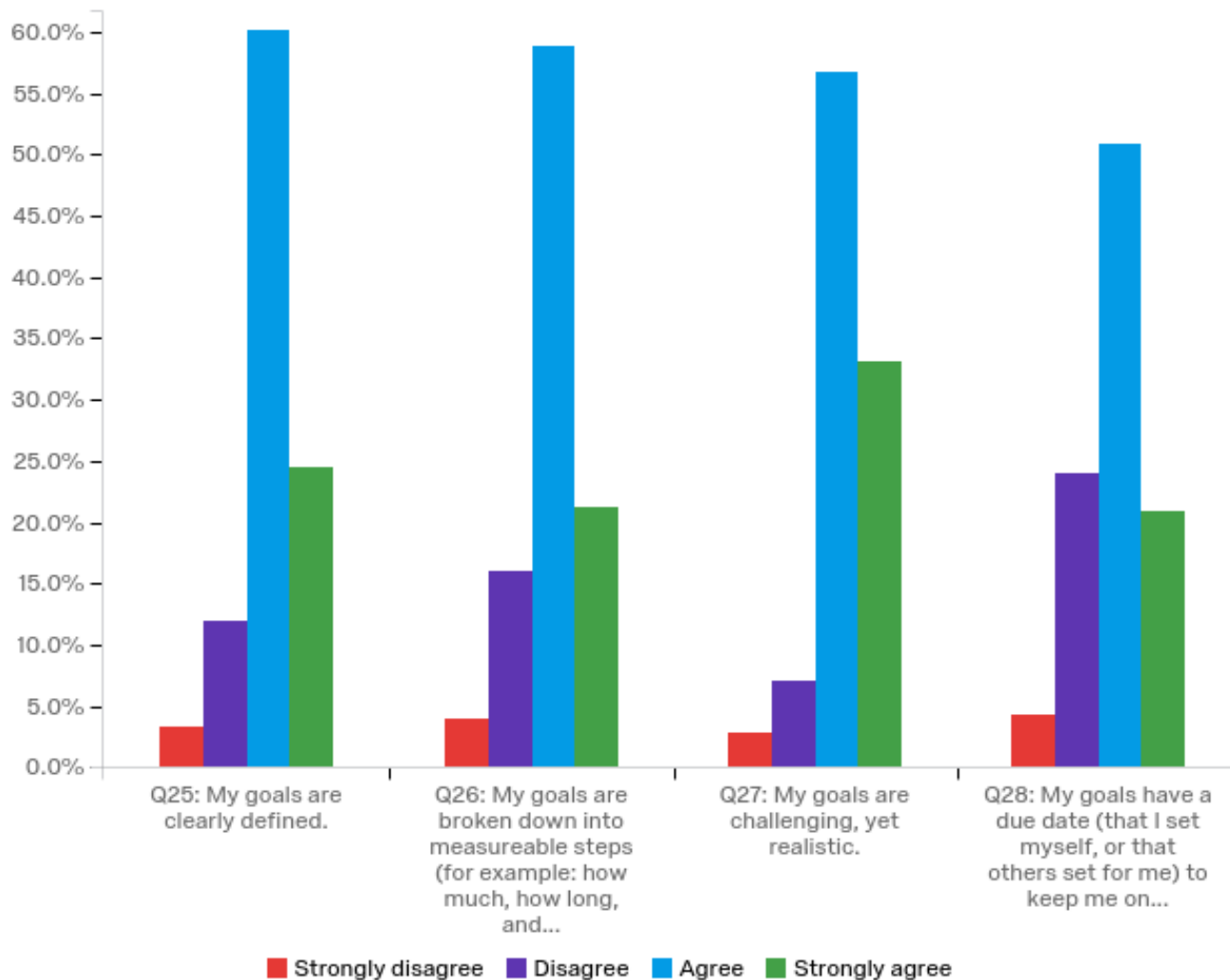
Q16: Setting goals	0.3%	7.9%	22.9%	68.9%	315
Q17: Acting with purpose	1.6%	8.3%	29.0%	61.1%	314
Q18: Physical health	1.3%	7.3%	25.5%	65.9%	314
Q19: Managing burnout	7.2%	15.1%	30.9%	46.7%	304
Q20: Keeping the right company	3.2%	7.9%	26.6%	62.3%	316

## How much do you disagree or agree with the following statements below?



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q21: My responsibilities at school interfere with other important areas of my life.	10.0%	21.5%	47.4%	21.2%	321
Q22: My relationships (family, friends, others) interfere with other important areas of my life.	9.5%	21.5%	40.9%	28.0%	325
Q23: My participation in athletics interferes with other important areas of my life.	13.1%	24.6%	40.1%	22.1%	289
Q24: My commitment to physical health interferes with other important areas of my life.	10.5%	28.2%	37.7%	23.6%	305

Think about your goals. How much would you agree or disagree with the following statements about your goals?

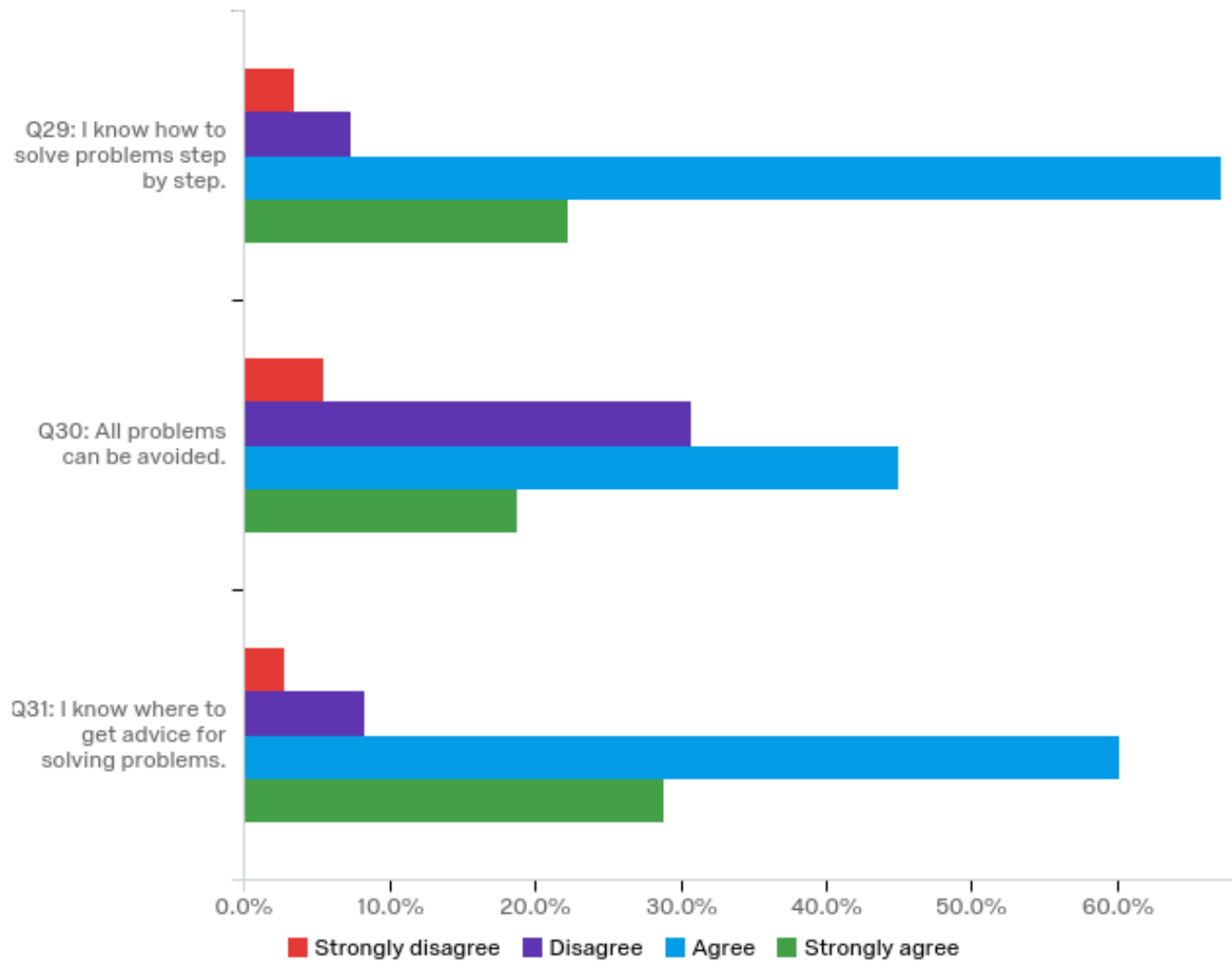


Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q25: My goals are clearly defined.	3.4%	12.0%	60.1%	24.5%	326
Q26: My goals are broken down into measureable steps (for example: how much, how long, and how often).	4.0%	16.0%	58.8%	21.2%	325
Q27: My goals are challenging, yet realistic.	2.8%	7.1%	56.8%	33.2%	322
Q28: My goals have a due date (that I set myself, or that others set for me) to keep me on track.	4.3%	24.0%	50.8%	20.9%	325

Field	Mean	Std Deviation	Count
Q25: My goals are clearly defined.	3.1	0.7	326
Q26: My goals are broken down into measureable steps (for example: how much, how long, and how often).	3.0	0.7	325
Q27: My goals are challenging, yet realistic.	3.2	0.7	322
Q28: My goals have a due date (that I set myself, or that others set for me) to keep me on track.	2.9	0.8	325



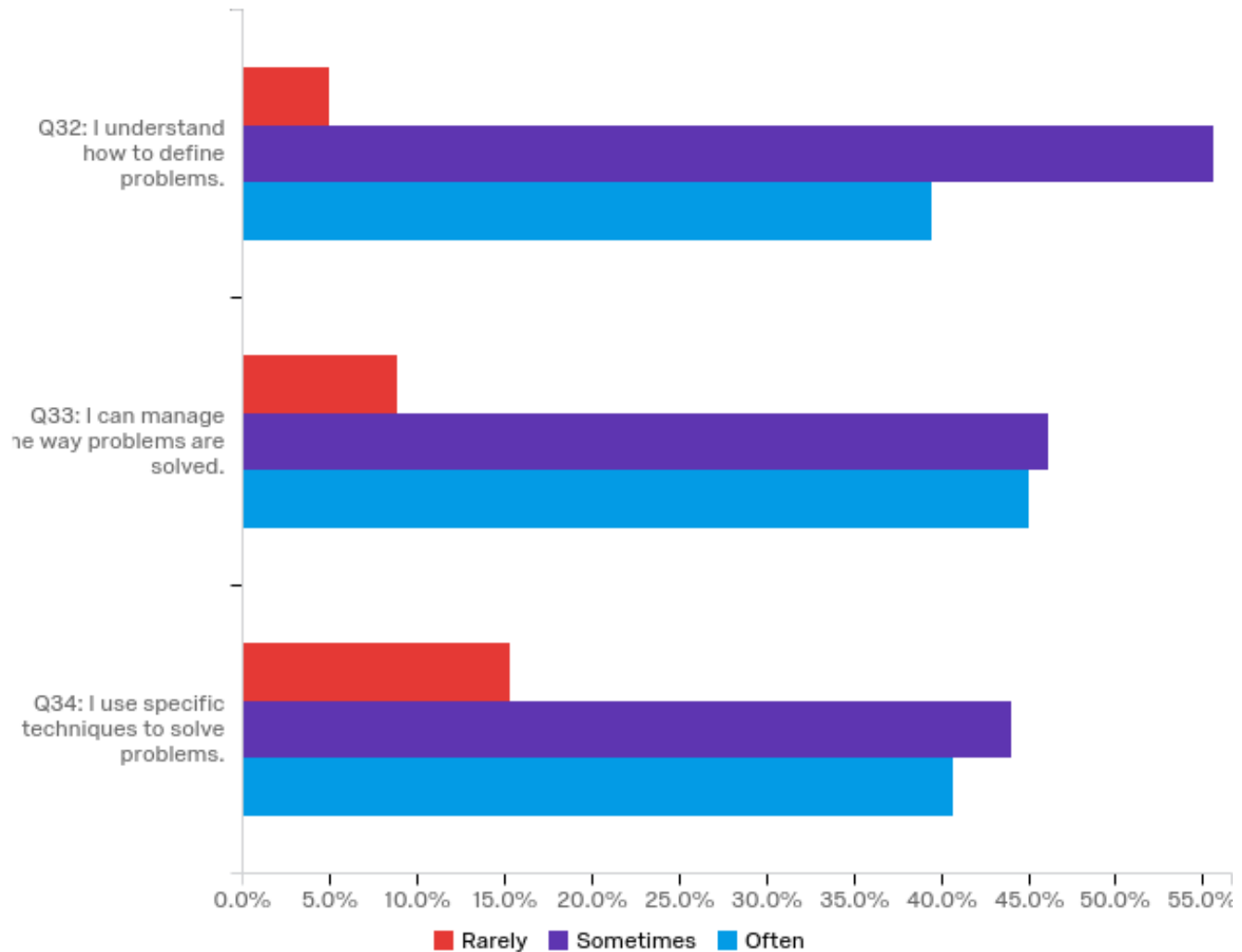
**When thinking about a problem, how much do you agree or disagree with the following statements?**



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q29: I know how to solve problems step by step.	3.4%	7.3%	67.1%	22.3%	328
Q30: All problems can be avoided.	5.5%	30.7%	45.0%	18.8%	329
Q31: I know where to get advice for solving problems.	2.8%	8.3%	60.1%	28.8%	326

Field	Mean	Std Deviation	Count
Q29: I know how to solve problems step by step.	3.1	0.7	328
Q30: All problems can be avoided.	2.8	0.8	329
Q31: I know where to get advice for solving problems.	3.2	0.7	326

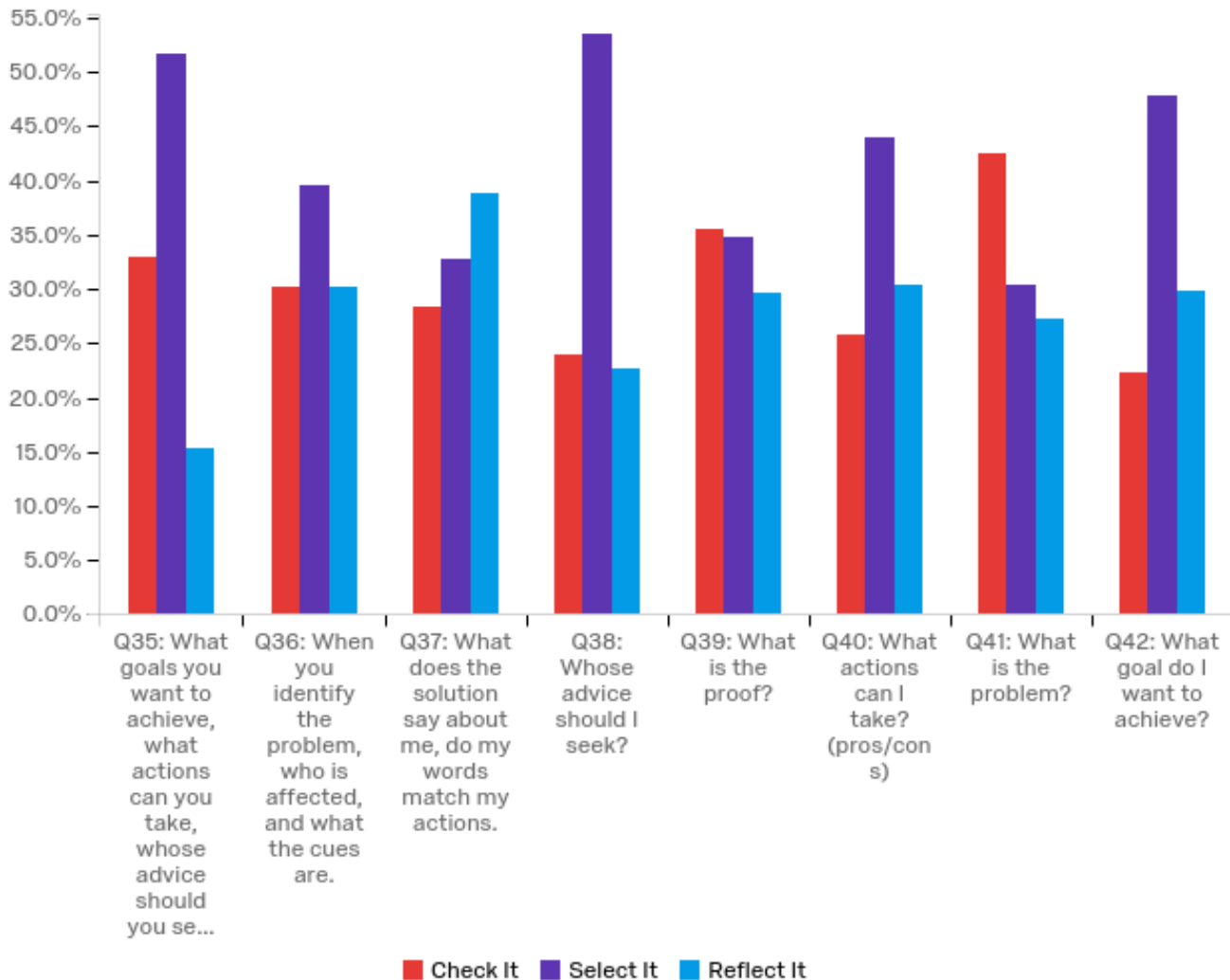
## When thinking about a problem, how often do you do the following statements?



Question	Rarely	Sometimes	Often	Total
Q32: I understand how to define problems.	4.9%	55.6%	39.5%	329
Q33: I can manage the way problems are solved.	8.9%	46.2%	45.0%	327
Q34: I use specific techniques to solve problems.	15.3%	44.0%	40.7%	327

Field	Mean	Std Deviation	Count
Q32: I understand how to define problems.	2.3	0.6	329
Q33: I can manage the way problems are solved.	2.4	0.6	327
Q34: I use specific techniques to solve problems.	2.3	0.7	327

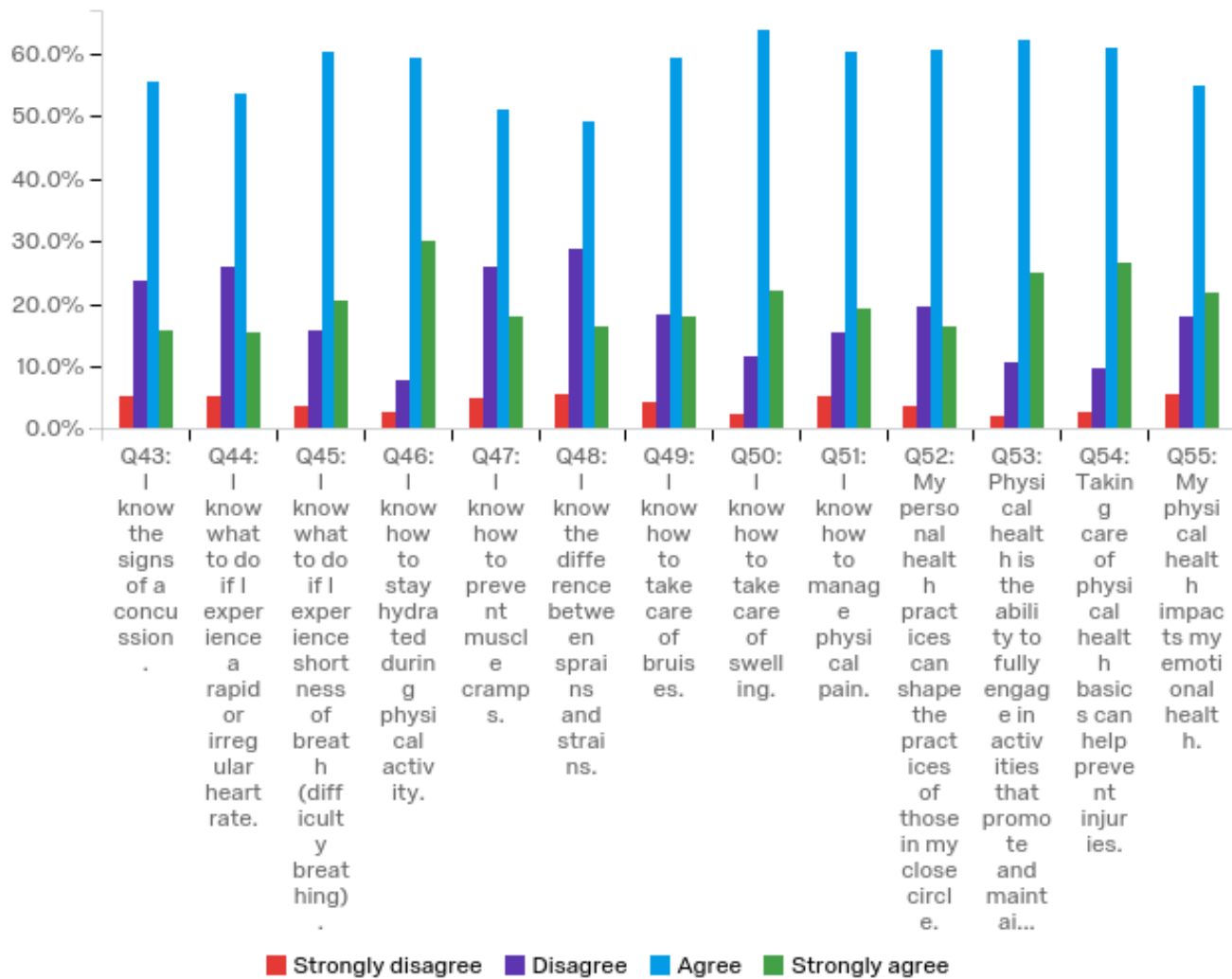
Using the Check It, Select It, Reflect It problem solving technique, which category do you think best fits with each statement below? (Choose one technique for each statement.)



Question	Check It	Select It	Reflect It	Total
Q35: What goals you want to achieve, what actions can you take, whose advice should you seek.	33.0%	51.7%	15.3%	321
Q36: When you identify the problem, who is affected, and what the cues are.	30.2%	39.6%	30.2%	318
Q37: What does the solution say about me, do my words match my actions.	28.3%	32.8%	38.9%	311
Q38: Whose advice should I seek?	23.9%	53.5%	22.6%	314

Q39: What is the proof?	35.5%	34.8%	29.7%	313
Q40: What actions can I take? (pros/cons)	25.8%	43.9%	30.3%	314
Q41: What is the problem?	42.5%	30.3%	27.2%	320
Q42: What goal do I want to achieve?	22.3%	47.8%	29.9%	318

Think about your physical health. How much do you agree or disagree with the following statements?



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q43: I know the signs of a concussion.	5.3%	23.7%	55.5%	15.6%	321
Q44: I know what to do if I experience a rapid or irregular heart rate.	5.1%	25.9%	53.5%	15.5%	316
Q45: I know what to do if I experience shortness of breath (difficulty breathing).	3.8%	15.7%	60.1%	20.4%	318
Q46: I know how to stay hydrated during physical activity.	2.8%	7.8%	59.4%	30.0%	320

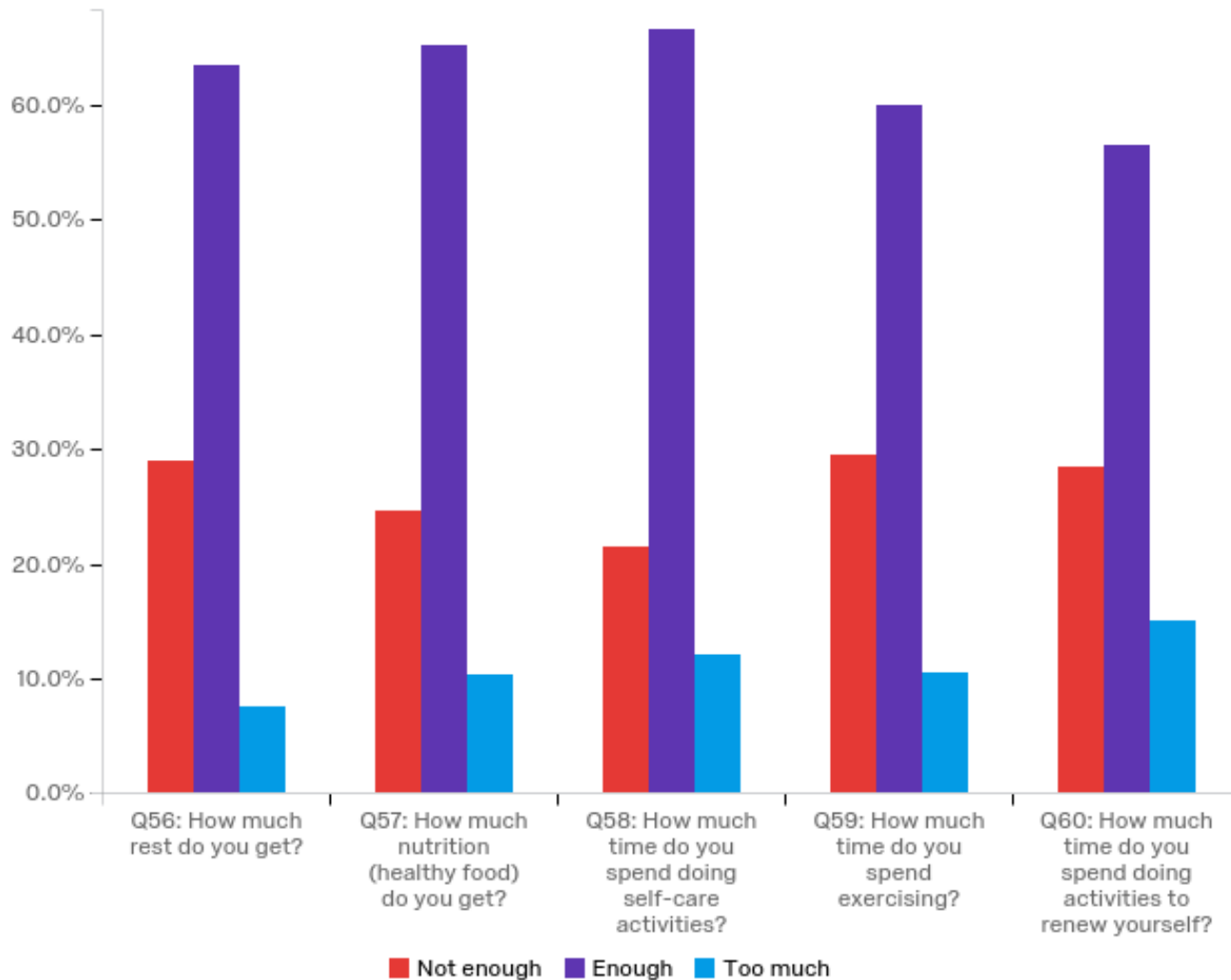
Q47: I know how to prevent muscle cramps.	5.0%	25.9%	51.1%	18.0%	317
Q48: I know the difference between sprains and strains.	5.7%	28.8%	49.1%	16.5%	316
Q49: I know how to take care of bruises.	4.4%	18.4%	59.4%	17.8%	315
Q50: I know how to take care of swelling.	2.5%	11.7%	63.7%	22.1%	317
Q51: I know how to manage physical pain.	5.3%	15.4%	60.1%	19.2%	318
Q52: My personal health practices can shape the practices of those in my close circle.	3.5%	19.6%	60.6%	16.4%	317
Q53: Physical health is the ability to fully engage in activities that promote and maintain body systems.	2.2%	10.8%	62.2%	24.8%	315
Q54: Taking care of physical health basics can help prevent injuries.	2.8%	9.7%	61.0%	26.4%	318
Q55: My physical health impacts my emotional health.	5.7%	17.9%	54.7%	21.7%	318

Field	Mean	Std Deviation	Count
Q43: I know the signs of a concussion.	2.8	0.8	321
Q44: I know what to do if I experience a rapid or irregular heart rate.	2.8	0.8	316
Q45: I know what to do if I experience shortness of breath (difficulty breathing).	3.0	0.7	318
Q46: I know how to stay hydrated during physical activity.	3.2	0.7	320
Q47: I know how to prevent muscle cramps.	2.8	0.8	317
Q48: I know the difference between sprains and strains.	2.8	0.8	316
Q49: I know how to take care of bruises.	2.9	0.7	315
Q50: I know how to take care of swelling.	3.1	0.7	317



Q51: I know how to manage physical pain.	2.9	0.7	318
Q52: My personal health practices can shape the practices of those in my close circle.	2.9	0.7	317
Q53: Physical health is the ability to fully engage in activities that promote and maintain body systems.	3.1	0.7	315
Q54: Taking care of physical health basics can help prevent injuries.	3.1	0.7	318
Q55: My physical health impacts my emotional health.	2.9	0.8	318

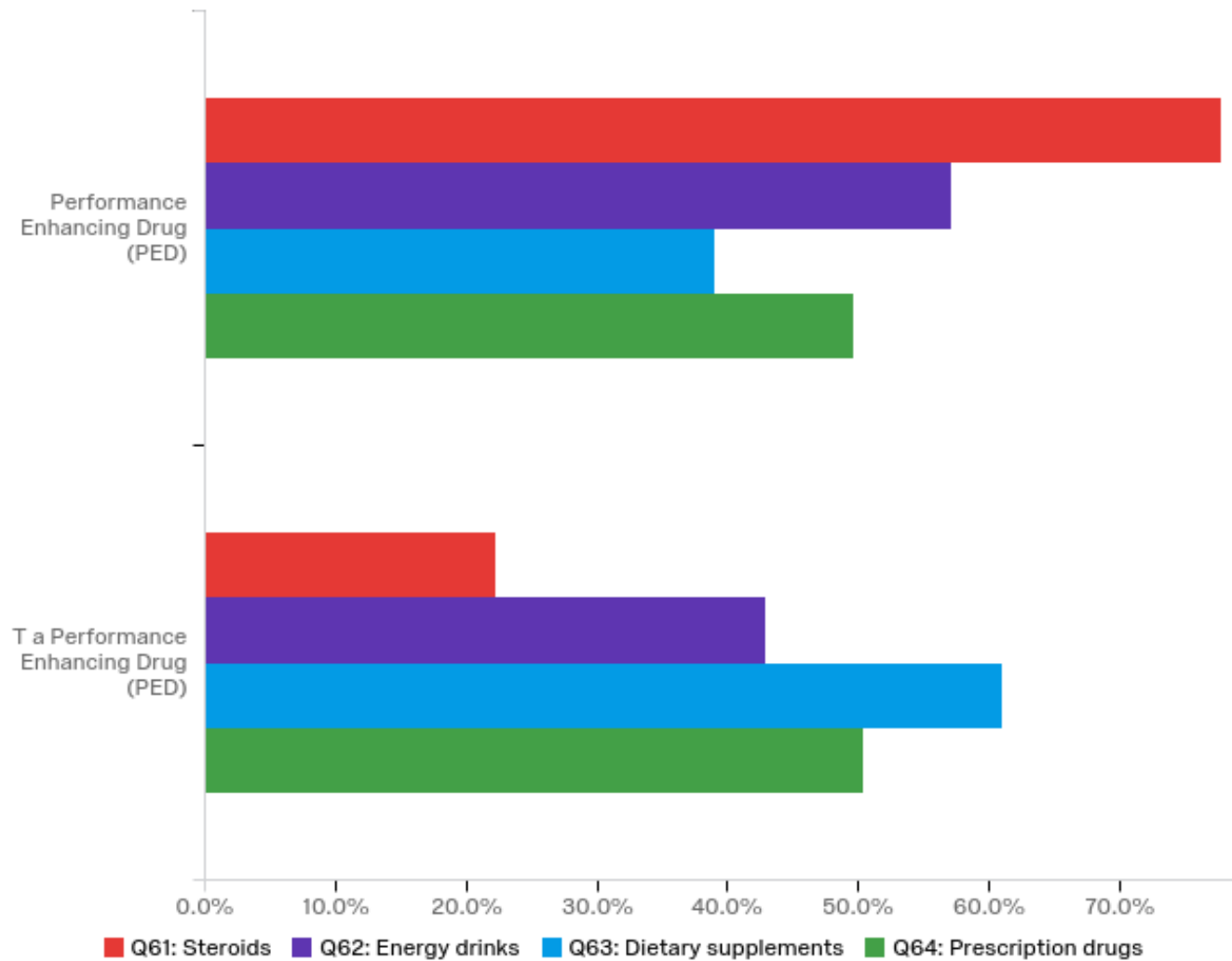
## How much do you get of the following?



Question	Not enough	Enough	Too much	Total
Q56: How much rest do you get?	29.0%	63.4%	7.6%	314
Q57: How much nutrition (healthy food) do you get?	24.7%	65.1%	10.3%	312
Q58: How much time do you spend doing self-care activities?	21.4%	66.5%	12.1%	313
Q59: How much time do you spend exercising?	29.5%	59.9%	10.6%	312
Q60: How much time do you spend doing activities to renew yourself?	28.4%	56.5%	15.0%	313

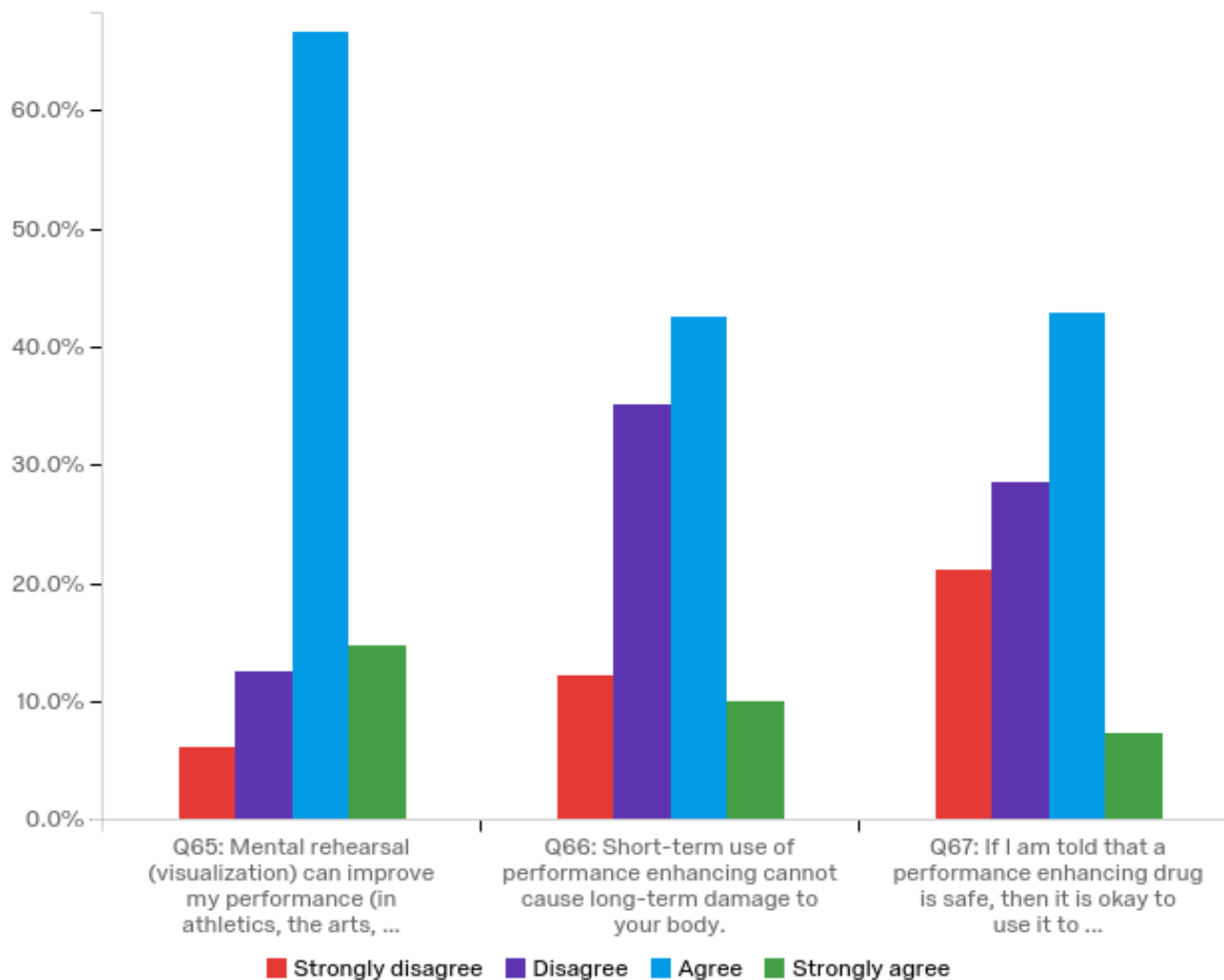
Field	Mean	Std Deviation	Count
Q56: How much rest do you get?	1.8	0.6	314
Q57: How much nutrition (healthy food) do you get?	1.9	0.6	312
Q58: How much time do you spend doing self-care activities?	1.9	0.6	313
Q59: How much time do you spend exercising?	1.8	0.6	312
Q60: How much time do you spend doing activities to renew yourself?	1.9	0.6	313

Which category would you classify each substance item as Performance Enhancing Drug (PED) or NOT a Performance Enhancing Drug (PED)?



Question	Performance Enhancing Drug (PED)	NOT a Performance Enhancing Drug (PED)	Total
Q61: Steroids	77.8%	22.2%	257
Q62: Energy drinks	57.1%	42.9%	261
Q63: Dietary supplements	39.0%	61.0%	236
Q64: Prescription drugs	49.6%	50.4%	246

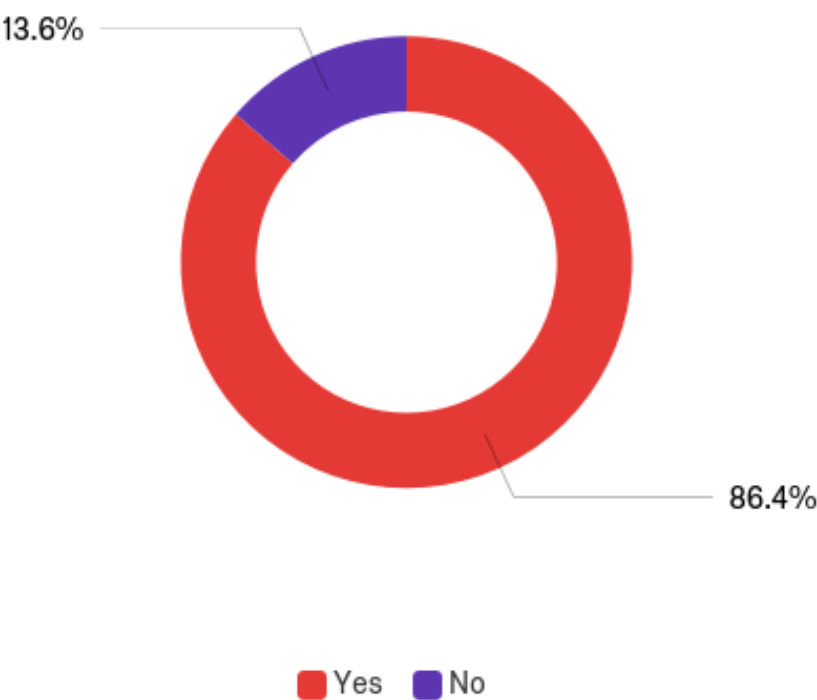
## How much do you agree or disagree with the following statements?



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q65: Mental rehearsal (visualization) can improve my performance (in athletics, the arts, or academics).	6.1%	12.5%	66.6%	14.8%	311
Q66: Short-term use of performance enhancing cannot cause long-term damage to your body.	12.3%	35.2%	42.6%	10.0%	310
Q67: If I am told that a performance enhancing drug is safe, then it is okay to use it to enhance my performance (in athletics, the arts, or academics).	21.2%	28.6%	42.8%	7.4%	311

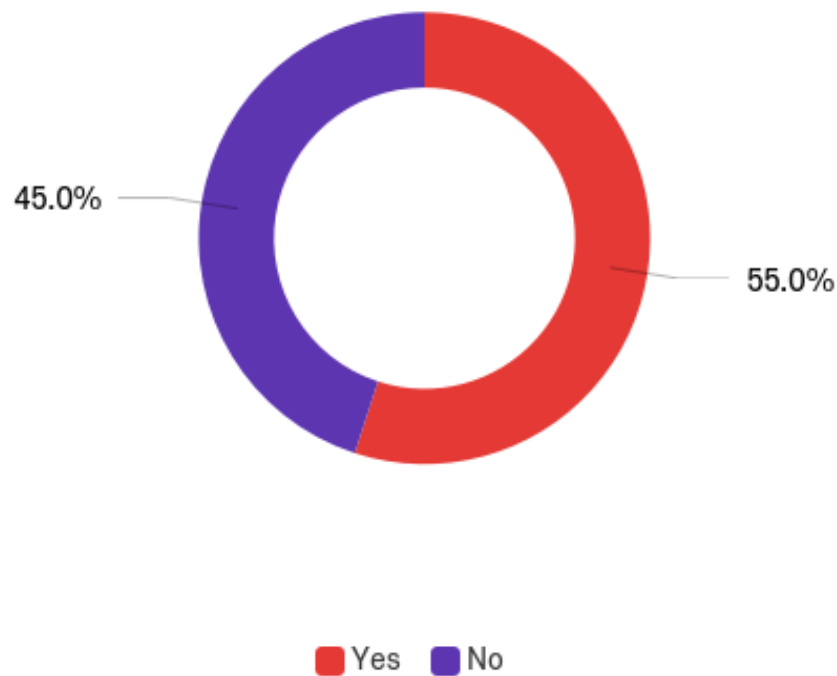
Field	Mean	Std Deviation	Count
Q65: Mental rehearsal (visualization) can improve my performance (in athletics, the arts, or academics).	2.9	0.7	311
Q66: Short-term use of performance enhancing cannot cause long-term damage to your body.	2.5	0.8	310
Q67: If I am told that a performance enhancing drug is safe, then it is okay to use it to enhance my performance (in athletics, the arts, or academics).	2.4	0.9	311

People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Physical exhaustion



#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	86.4%
2	No	13.6%
	Total	100.0%

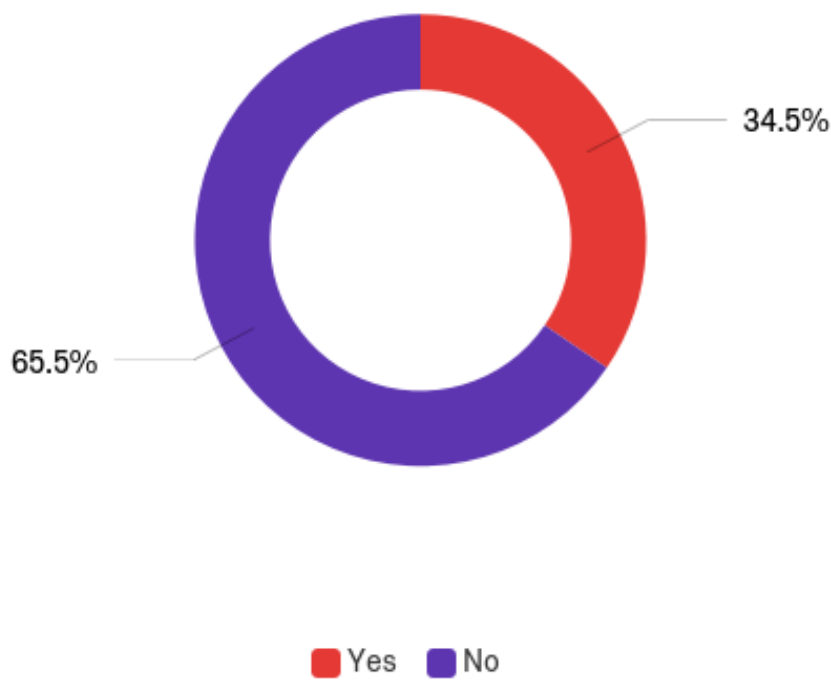
People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Emotional exhaustion



#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	55.0%
2	No	45.0%
	Total	100.0%

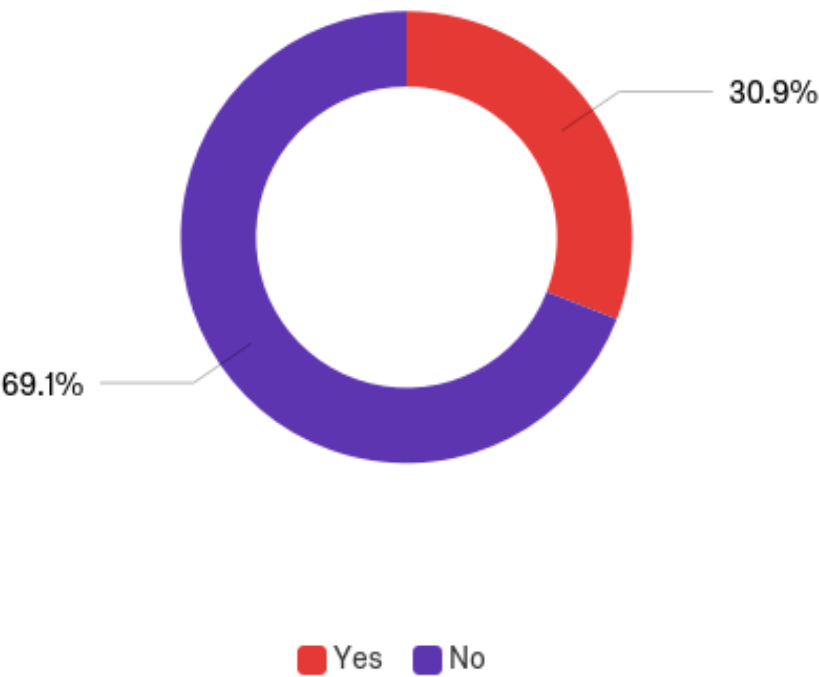


People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Feeling like you aren't as good (talented, skilled) as you use to be



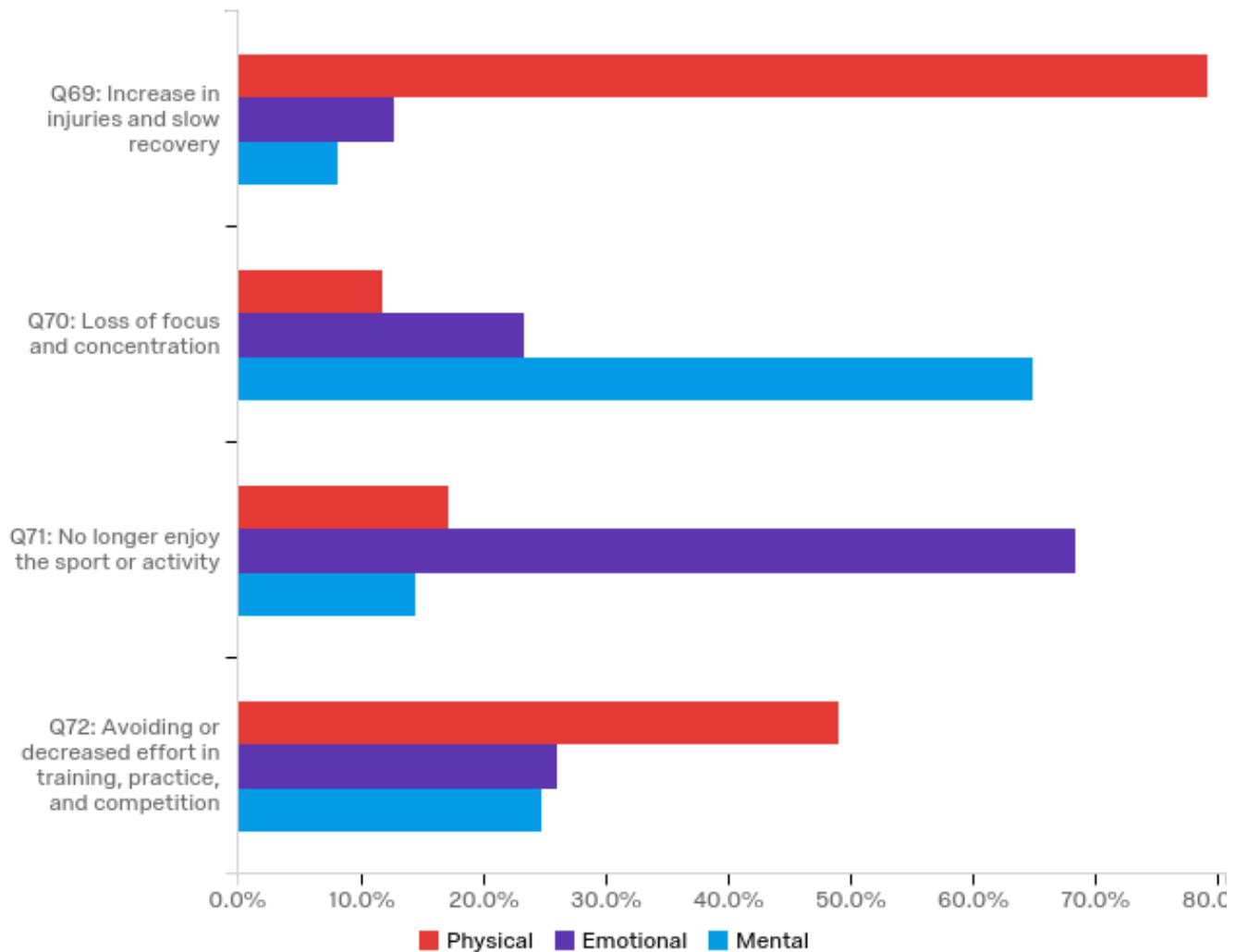
#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	34.5%
2	No	65.5%
	Total	100.0%

People (including athletes, artists, and other professionals) often talk about "burn out."  
What does burn out mean? (check all that apply)- Feeling like your participation (in athletics, the arts, or academics) is not as important as it used to be



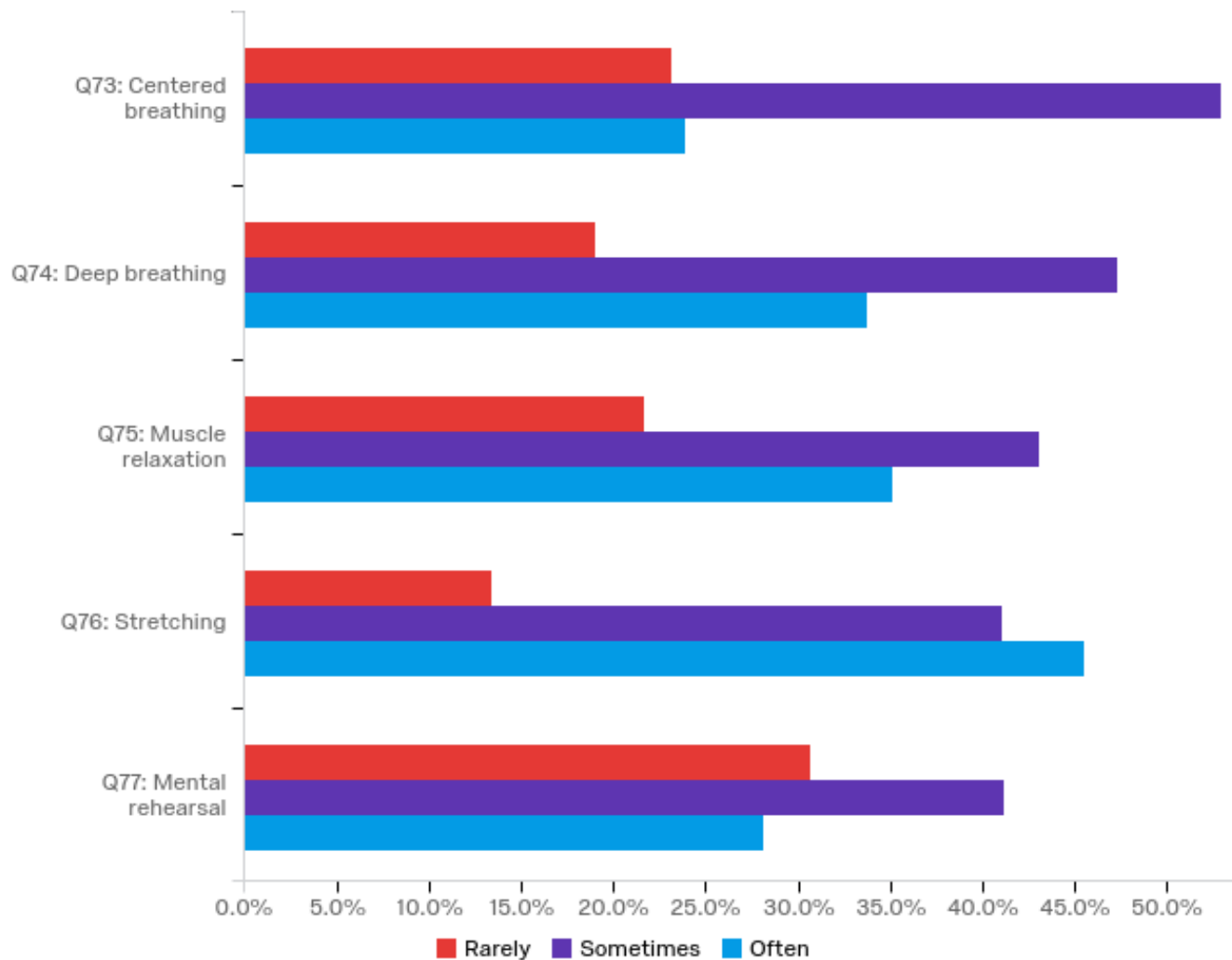
#	Q68: People (including athletes, artists, and other professionals) often ta...	Percentage
1	Yes	30.9%
2	No	69.1%
	Total	100.0%

Which "burn out" category does each symptom belong under? (Choose one category for each symptom.)



Question	Physical	Emotional	Mental	Total
Q69: Increase in injuries and slow recovery	79.1%	12.7%	8.2%	306
Q70: Loss of focus and concentration	11.8%	23.3%	64.9%	305
Q71: No longer enjoy the sport or activity	17.2%	68.3%	14.5%	303
Q72: Avoiding or decreased effort in training, practice, and competition	49.0%	26.1%	24.8%	310

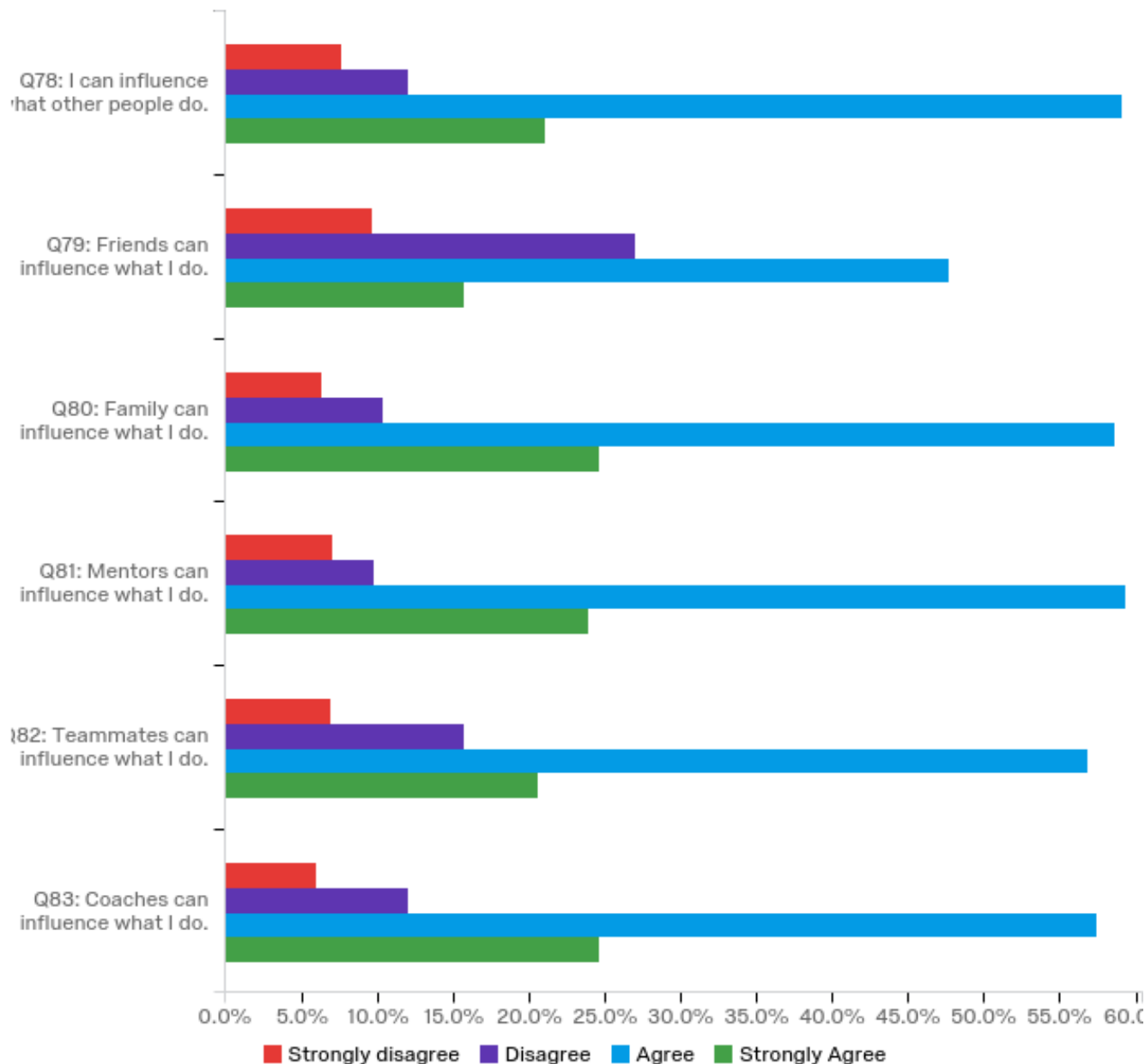
## How often do you use each of these techniques to help manage burn out?



Question	Rarely	Sometimes	Often	Total
Q73: Centered breathing	23.2%	52.9%	23.9%	314
Q74: Deep breathing	19.0%	47.3%	33.7%	315
Q75: Muscle relaxation	21.7%	43.1%	35.1%	313
Q76: Stretching	13.4%	41.1%	45.5%	314
Q77: Mental rehearsal	30.7%	41.2%	28.1%	313

Field	Mean	Std Deviation	Count
Q73: Centered breathing	2.0	0.7	314
Q74: Deep breathing	2.1	0.7	315
Q75: Muscle relaxation	2.1	0.7	313
Q76: Stretching	2.3	0.7	314
Q77: Mental rehearsal	2.0	0.8	313

## How much do you agree or disagree with the following statements about relationships?

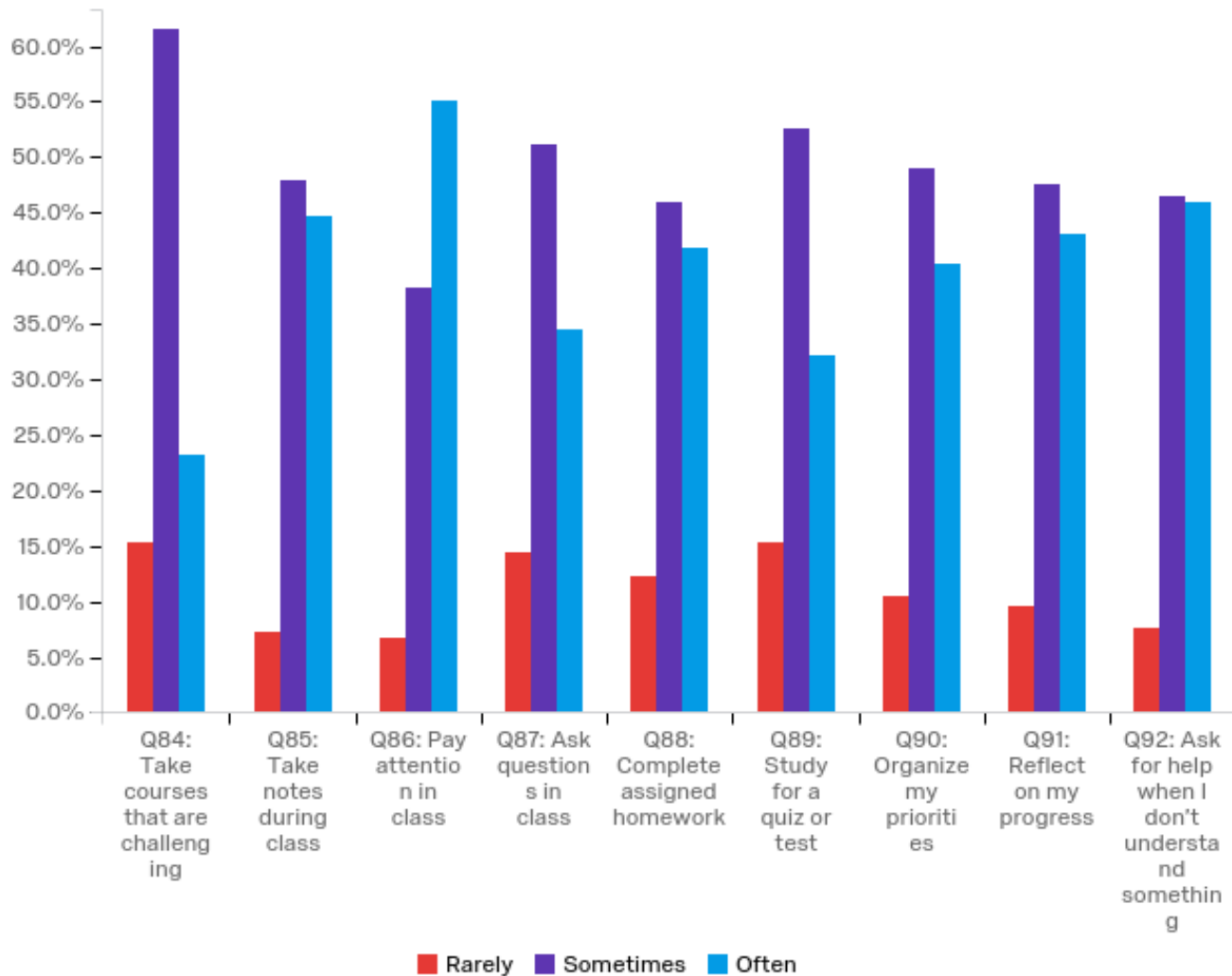


Question	Strongly disagree	Disagree	Agree	Strongly Agree	Total
Q78: I can influence what other people do.	7.7%	12.1%	59.1%	21.1%	298
Q79: Friends can influence what I do.	9.7%	27.0%	47.7%	15.7%	300
Q80: Family can influence what I do.	6.4%	10.4%	58.6%	24.6%	297

Q81: Mentors can influence what I do.	7.1%	9.8%	59.3%	23.9%	297
Q82: Teammates can influence what I do.	7.0%	15.7%	56.8%	20.6%	287
Q83: Coaches can influence what I do.	6.0%	12.0%	57.4%	24.6%	284

Field	Mean	Std Deviation	Count
Q78: I can influence what other people do.	2.9	0.8	298
Q79: Friends can influence what I do.	2.7	0.8	300
Q80: Family can influence what I do.	3.0	0.8	297
Q81: Mentors can influence what I do.	3.0	0.8	297
Q82: Teammates can influence what I do.	2.9	0.8	287
Q83: Coaches can influence what I do.	3.0	0.8	284

## How often do you use these techniques to prepare?



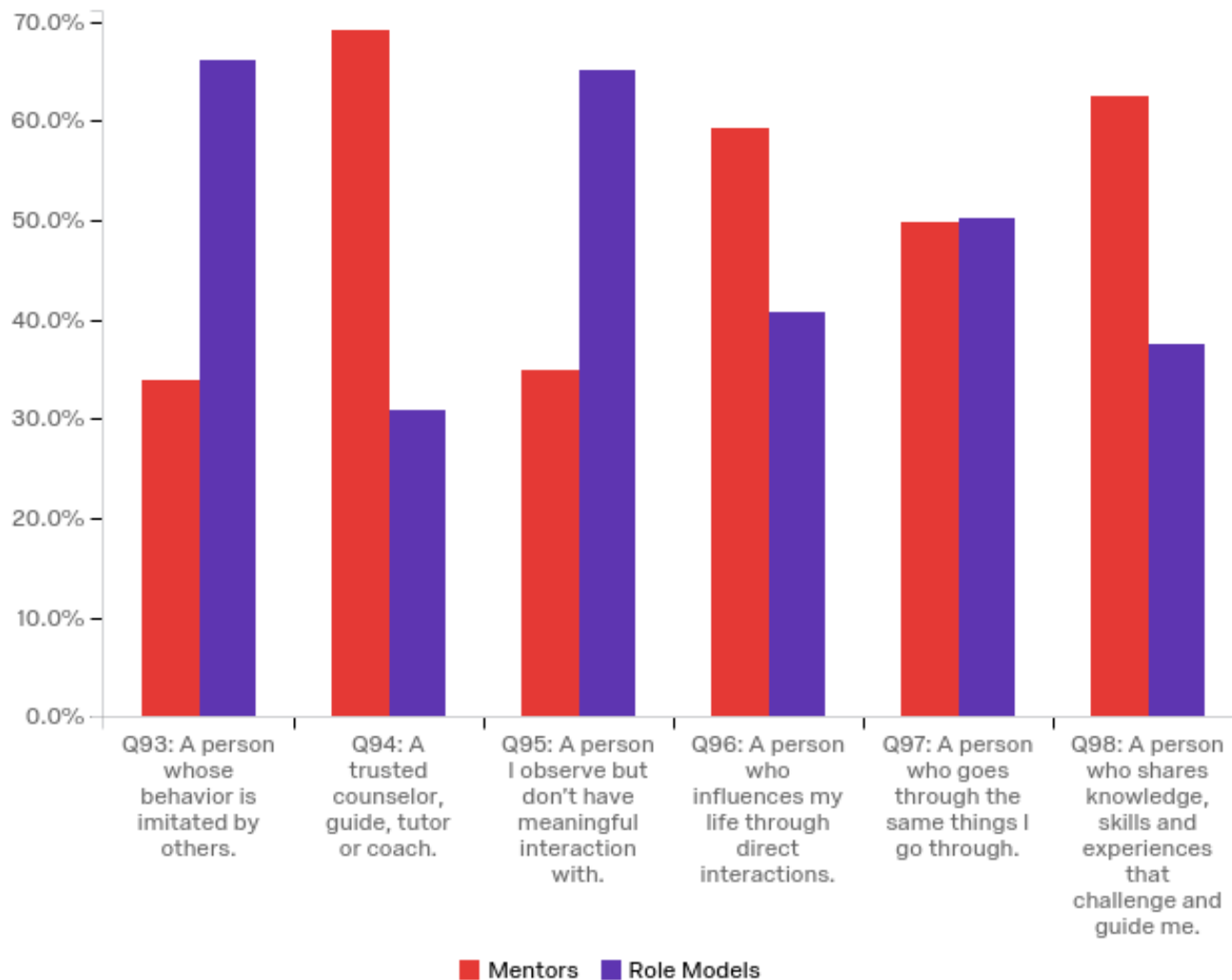
Question	Rarely	Sometimes	Often	Total
Q84: Take courses that are challenging	15.3%	61.5%	23.2%	314
Q85: Take notes during class	7.3%	47.9%	44.7%	313
Q86: Pay attention in class	6.7%	38.3%	55.0%	313
Q87: Ask questions in class	14.4%	51.1%	34.5%	313
Q88: Complete assigned homework	12.2%	46.0%	41.8%	311



Q89: Study for a quiz or test	15.3%	52.5%	32.2%	314
Q90: Organize my priorities	10.5%	49.0%	40.4%	314
Q91: Reflect on my progress	9.6%	47.5%	43.0%	314
Q92: Ask for help when I don't understand something	7.6%	46.5%	45.9%	314

Field	Mean	Std Deviation	Count
Q84: Take courses that are challenging	2.1	0.6	314
Q85: Take notes during class	2.4	0.6	313
Q86: Pay attention in class	2.5	0.6	313
Q87: Ask questions in class	2.2	0.7	313
Q88: Complete assigned homework	2.3	0.7	311
Q89: Study for a quiz or test	2.2	0.7	314
Q90: Organize my priorities	2.3	0.6	314
Q91: Reflect on my progress	2.3	0.6	314
Q92: Ask for help when I don't understand something	2.4	0.6	314

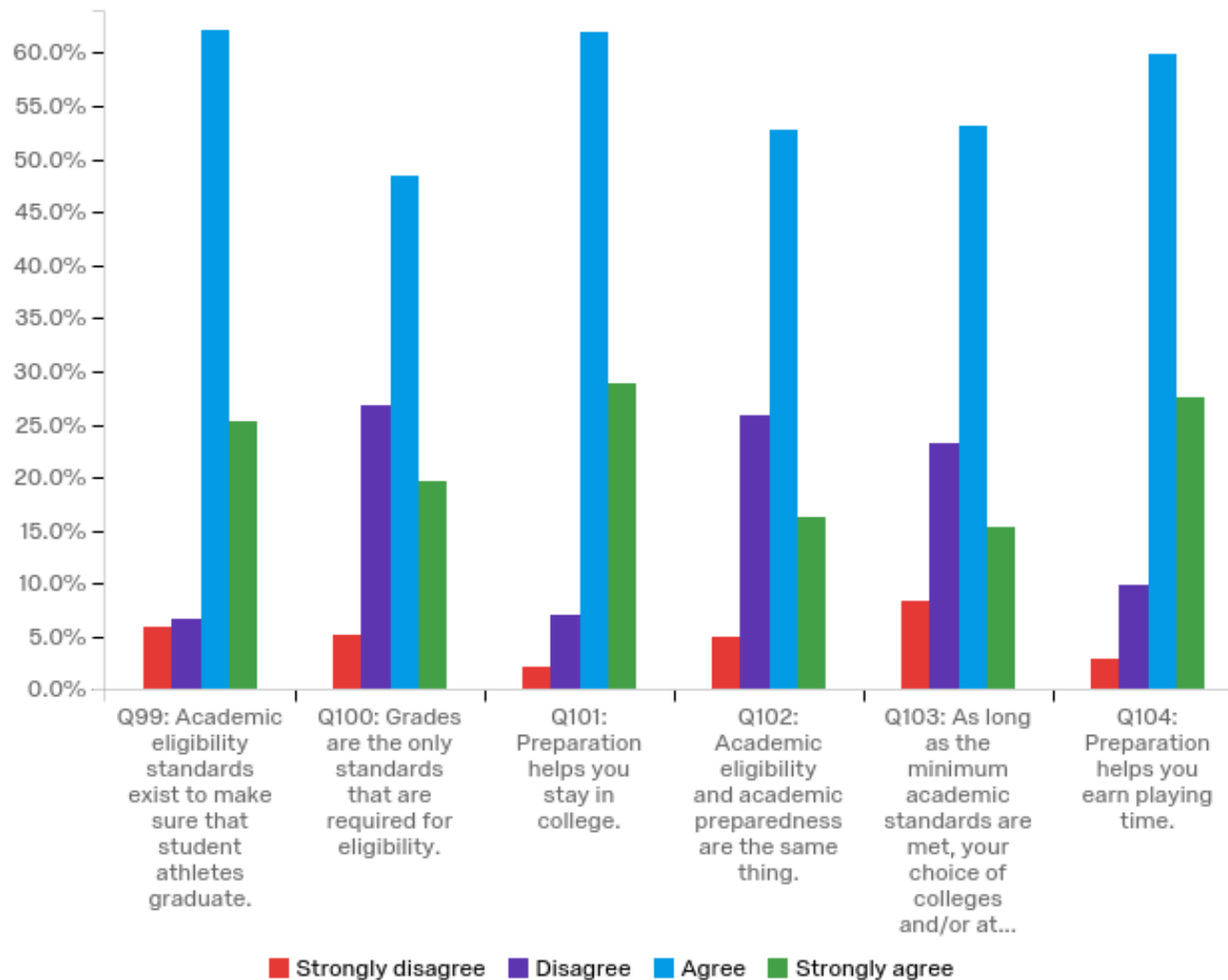
Which statements are about mentors and which statements are about role models? (Choose one category for each statement.)



Question	Mentors	Role Models	Total
Q93: A person whose behavior is imitated by others.	33.9%	66.1%	310
Q94: A trusted counselor, guide, tutor or coach.	69.1%	30.9%	307
Q95: A person I observe but don't have meaningful interaction with.	34.9%	65.1%	304
Q96: A person who influences my life through direct interactions.	59.3%	40.7%	305
Q97: A person who goes through the same things I go through.	49.8%	50.2%	307

Q98: A person who shares knowledge, skills and experiences that challenge and guide me.	62.5%	37.5%	309
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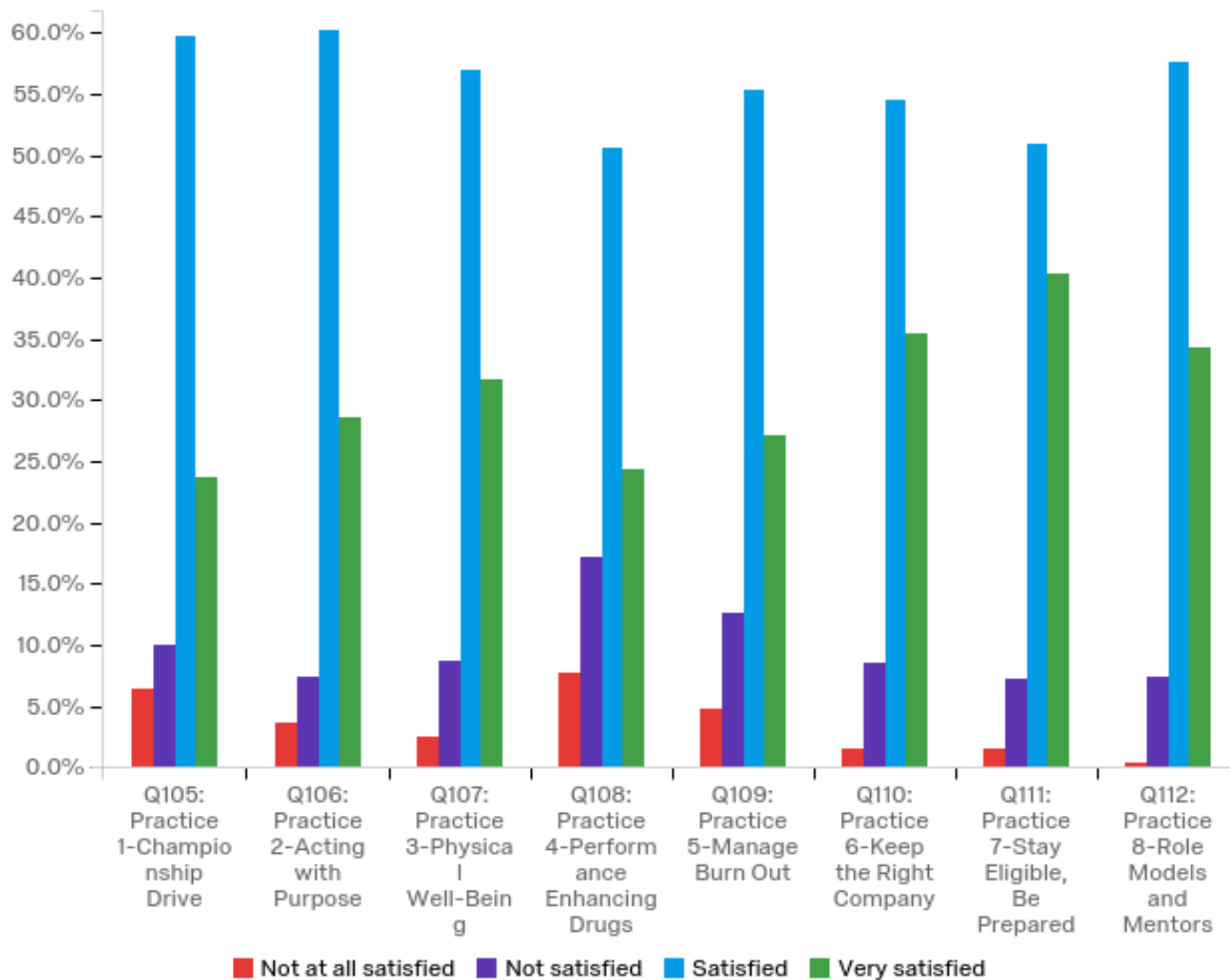
## How much do you agree or disagree with the following statements about academic eligibility and academic preparedness?



Question	Strongly disagree	Disagree	Agree	Strongly agree	Total
Q99: Academic eligibility standards exist to make sure that student athletes graduate.	6.0%	6.7%	62.1%	25.3%	285
Q100: Grades are the only standards that are required for eligibility.	5.2%	26.8%	48.5%	19.6%	291
Q101: Preparation helps you stay in college.	2.1%	7.0%	62.0%	28.9%	287
Q102: Academic eligibility and academic preparedness are the same thing.	5.0%	25.9%	52.8%	16.3%	282

Q103: As long as the minimum academic standards are met, your choice of colleges and/or athletic programs will not be affected.	8.3%	23.3%	53.1%	15.3%	288
Q104: Preparation helps you earn playing time.	2.9%	9.8%	59.8%	27.5%	276

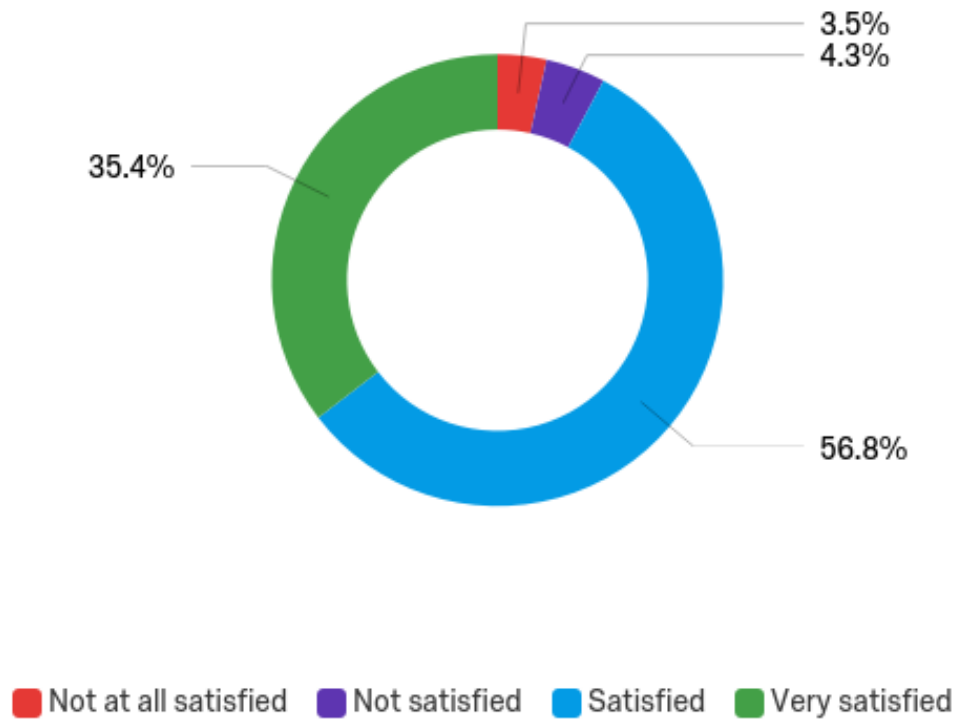
**POST ONLY: To what extent are you satisfied with the following areas of the Excel-U program?**



Question	Not at all satisfied	Not satisfied	Satisfied	Very satisfied	Total
Q105: Practice 1-Championship Drive	6.5%	10.0%	59.8%	23.8%	261
Q106: Practice 2-Acting with Purpose	3.7%	7.4%	60.2%	28.6%	269
Q107: Practice 3-Physical Well-Being	2.6%	8.7%	57.0%	31.7%	265
Q108: Practice 4-Performance Enhancing Drugs	7.7%	17.2%	50.7%	24.4%	209
Q109: Practice 5-Manage Burn Out	4.8%	12.7%	55.4%	27.1%	251

Q110: Practice 6-Keep the Right Company	1.5%	8.6%	54.5%	35.4%	268
Q111: Practice 7-Stay Eligible, Be Prepared	1.5%	7.2%	50.9%	40.4%	265
Q112: Practice 8-Role Models and Mentors	0.4%	7.5%	57.7%	34.3%	265

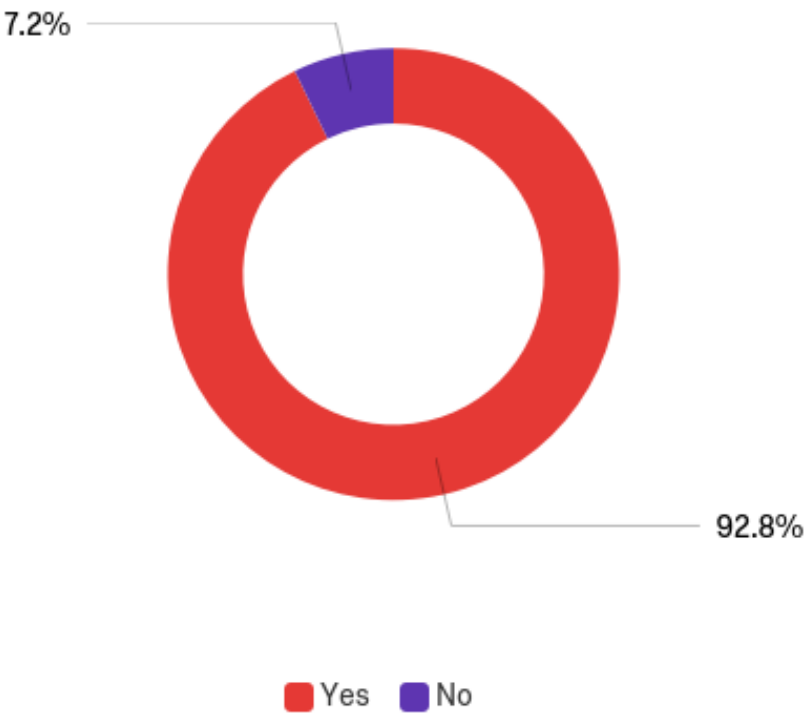
POST ONLY: Overall, how satisfied or dissatisfied are you satisfied with the Excel-U program?



#	POST ONLY-OLD VERSION Q113: Overall, how satisfied or dissatisfied are you...	Percentage
1	Not at all satisfied	3.5%
2	Not satisfied	4.3%
3	Satisfied	56.8%
4	Very satisfied	35.4%
	Total	100.0%

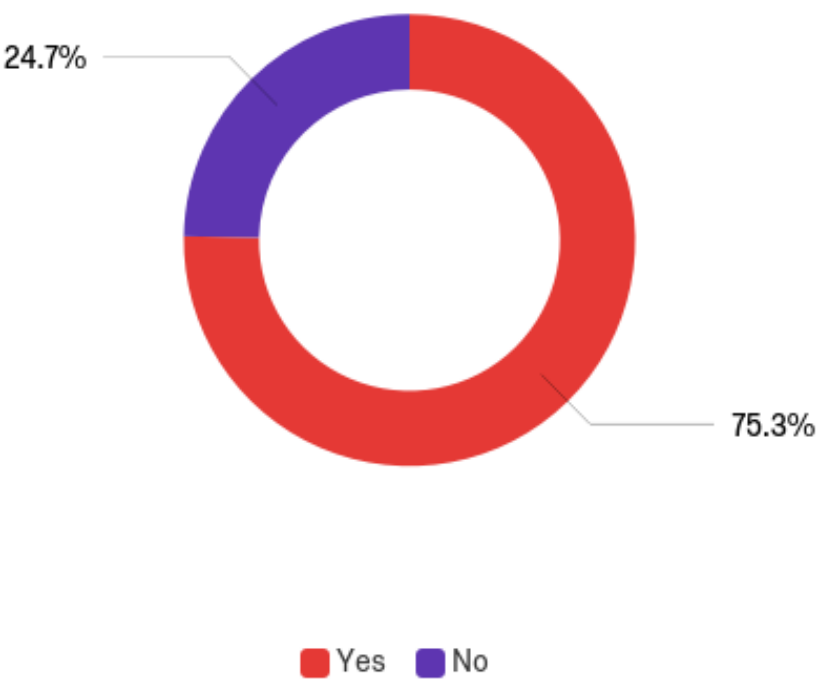


POST ONLY: Would you recommend the Excel-U program to others?



#	POST ONLY-OLD VERSION Q114: Would you recommend the Excel-U program to othe...	Percentage
1	Yes	92.8%
2	No	7.2%
	Total	100.0%

POST ONLY: Would you be interested in a program like Excel-U tailored to non-student athletes?



#	POST ONLY-OLD VERSION Q115: Would you be interested in a program like Excel...		Percentage
1		Yes	75.3%
2		No	24.7%
		Total	100.0%