Campus Recreation Assessment Summary

Campus Recreation evaluates and assesses multiple aspects of its facilities, operations and programs. Below are some samples of the assessments and key findings of that work, highlighting efforts around Graduate Assistant development and the impact of our programs on participants. Analysis is currently underway and being coordinated with Institutional Research on the demographic breakdown of Ping users and the correlating GPA and retention figures. Results will be shared when available.

Campus Recreation Graduate Assistant Core Competency Survey

Campus Recreation Graduate Assistants completed a pre- and post- experience assessment self-reporting their confidence related to each of NIRSA’s eight core competencies and the competency’s importance to their graduate assistant experience. The survey resulted in 14 individual respondents answering 146 questions.

Highlighted Results

<table>
<thead>
<tr>
<th>Confidence</th>
<th>Not at all Confident</th>
<th>Confident</th>
<th>Very Confident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facilitate student development and learning through intentional programming and planning</td>
<td>0%</td>
<td>57%</td>
<td>43%</td>
</tr>
<tr>
<td>Professionalism and ethics are at the core of one’s actions</td>
<td>0%</td>
<td>43%</td>
<td>57%</td>
</tr>
<tr>
<td>Be adaptable and show effectiveness when change occurs</td>
<td>0%</td>
<td>29%</td>
<td>71%</td>
</tr>
<tr>
<td>Think critically; be a problem solver</td>
<td>0%</td>
<td>31%</td>
<td>69%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Importance</th>
<th>Not at all Important</th>
<th>Slightly Important</th>
<th>Moderately Important</th>
<th>Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehend and integrate Health &amp; Wellness theories, models, and frameworks</td>
<td>0%</td>
<td>50%</td>
<td>25%</td>
<td>25%</td>
</tr>
<tr>
<td>Recognize and be familiar with student affairs issues and theories (N=7, graduating GA’s)</td>
<td>14%</td>
<td>43%</td>
<td>14%</td>
<td>29%</td>
</tr>
</tbody>
</table>

Bobcat BarBelles & OHIOFIT Exercise Programs

Pre- and post-program surveys were distributed to 95 participants from the Bobcat BarBelles Women’s Strength Training Program and the OHIOFIT Exercise Program Design Series.

Of the 71 participants in Bobcat BarBelles:
- On average participants felt 75% more confident in using the weight room space at PING following participation in the program.
- Participants also showed on average a 60% increase in comfortability in performing barbell strength movements safely and effectively following their participation in the program.

Of the 24 participants in OHIOFIT Exercise Program Design:
- 72% identified that they had increased confidence in their abilities in the PING Recreational Facility following participation in the program.
Outdoor Pursuits New Adventures
New Adventures is a wilderness expedition program for first year students. Last year, three crews went to three distinct locations for different expeditionary programs: backpacking in West Virginia, rock climbing in Kentucky, and canoeing in Minnesota. Participants (n=25) were required to participate in a focus group two months after returning from the trips in which they shared salient points of their reflection papers (also required).

Information gathered was qualitative, and questions asked included: How did the New Adventures program challenge your assumptions about yourself and other? Do you feel New Adventures is impacting your success at OU, if so, how? What aspect of New Adventures has been most impactful during your first semester at OU?

Responses included statements such as:

“The most important impact of my New Adventures trip was starting college with an open mindset. (The trip) helped me deal with a lot of the changes between my daily high school life and my daily experience this first semester of college. I think that being able to adapt to change has helped my academic performance and boosted my social experiences this semester."

“Being able to help out in a situation where many couldn’t gave me confidence that I would be up to the task of dealing with group work and I have a diverse enough skill-set to succeed during my time at OU.”

Adventure Learning Program for Success
Adventure Learning Program for Success (ALPS) is a weekend-long challenge course and wilderness camping program restricted to students in their first semester at OU, in particular those who were identified by the Bobcat Student Orientation office as being at risk of not persisting. We partnered with BSO to tackle these specific problems: Two Hundred and Fifty student do not persist from Fall to Spring, and 20 percent of the first year class is not retained after year one. Our intervention was aimed at creating a positive community embedded in safe, frank conversations about student life at OU.

We collaborated with Dr. Andrew Byrne formerly of the Counseling and Higher Education Department to gain quantitative data to examine the effectiveness of the program.

- In our first year, FY16, persistence rate of ALPS participants was 95% while persistence rate of remainder of the first-year class was 81.5%.
- In FY17, ALPS participants showed a 93% persistence rate and at the time of data collection, the persistence rate of the remainder of the class was unknown.
- In FY 17, 33 first year students participated in ALPS and 11 completed surveys. Of those 11, the coded themes that emerged in their responses included increased resilience, increased self-esteem, and increased confidence and connections.

Future Efforts
While the highlighted efforts above have provided quality insight to our work, Campus Recreation continues to develop more coordinated department-wide efforts and macro-level data. Initiatives for 2017-2018 include the assessment of the participant learning outcomes for Campus Recreation programming areas that were developed in 2016-2017. Collection of facility usage data will continue to be refined and where possible, analyzed with other student data points such as GPA and retention to better understand our users.