



ASUW Results & Recommendations on Saddle Up (2022)

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Summary

The Saddle-up portion of the ASUW Fall Issues Survey received feedback from over 1,300 students thus far. Feedback on the Saddle Up portion of the survey was limited to students and staff only and the following report is comprised of 362 individual responses. We acknowledge this feedback is limited, but are confident it is a representation of student concerns.

On the whole, survey results provide productive feedback on areas of concern from both students and staff who participated in the program. Overarchingly, students who participated in Saddle Up were in support of the mission of the program but had substantial issues with how that mission translated into programming and scheduling.

Students/Participants

For students, we surveyed their opinions on the four Student Learning Objectives (SLOs). The responses to those questions varied in student responses for the completion of these learning objectives. Across all four SLOs, **70.78% of students responded that Saddle Up “did not meet the objective”, only “somewhat met objective”, or “no opinion”.**

Through qualitative data, students reported not having enough time to eat, feeling overwhelmed by the daily expectation, and not gaining any helpful skills from the required course. Students also mentioned that the information covered was repetitive and often did not reflect what they wanted from the program in terms of preparing for their first college semester. Additionally, through anecdotal reports, students’

wellness suffered from stress and burnout, as well as students dropping out due to the demands of the program. Overall, it is evident the majority of students were frustrated with the logistics of the program and would be in favor of substantive changes to the program.

Saddle Up Staff

When asked “Did you notice a change in student confidence/engagement over the course of the program?” 55% of student staff surveyed said yes.

Similar to student responses, Pokes Pack Leaders and Trailbosses voiced concerns regarding the demands of the programs on students and the overwhelming expectations it set for new college students. The most common trend from these comments regards the demanding schedule set for students with long days that were unrealistic. Overall, it is evident that staff noted an increase in community engagement for students with the “Pokes Pack” set up and organic conversations that occurred during the program.

ASUW looks forward to using this data as a way to support campus partners in bettering Saddle Up for students next year and in the years to come. Similar to other UW processes, ASUW would welcome an opportunity to help facilitate further conversation through a planning committee (or any other form of review) to include student opinions for future programming.

ASUW Recommendations for the 2023 Saddle Up Program

Using feedback from the 2022 ASUW Fall Issues Survey and the input of ASUW members who were either Resident Assistants or Pokes Pack Leaders, we have formulated the following recommendations on how to improve the student experience of Saddle-Up.

- 1. Reduce the daily and overall time commitment for student participants.**
 - a. Move-in day should not include any additional required programming besides getting moved in. Minimally-structured or optional fun events are fine, but students should have ample time to say goodbye to their family and become acclimated to their new environment.
 - b. The daily programming schedule should not exceed 8 hours. Students across the board reported feeling exhausted and not having enough time to adequately prepare for the beginning of the semester or eat meals.
 - c. Minimize programming on the weekend before the beginning of the semester. This allows students to rest and prepare for classes. Minimally-structured or optional events are fine, but Saturday and Sunday should not be as fully programmed as the weekdays. This shift also allows for students to attend religious services on Sunday if they so choose.

- 2. Intentionally and purposefully execute programming and workshops that students find engaging and relevant to their student experience.**
 - a. Programming should not repeat content that students were required to learn about during the summer. If necessary, Resident Assistants and Pokes Pack Leaders can facilitate reviews of the content during floor meetings or other small group check-ins.
 - b. Programming should be student-driven and relevant to student success. Involve students at every step of planning to ensure that the student participants are truly receiving the best experience possible.
 - c. Allow for more independent time periods for students to explore campus and interact with their peers

- 3. Restructure the class portion of the program so that it is relevant and helpful to every single student, regardless of major.**
 - a. Consider having students attend a first week of their class so that they can start meeting their real classmates and professors, and engage with a class that is already structured to provide tools and advice for first-year students.
 - b. Ensure that all classes are going over similar content. Students are interested in learning about study skills, time management, and tips that will help them succeed in college life. The content of the class should be comprehensive while also promoting engagement and being a realistic experience for students in terms of content and study loads.
 - c. Ensure that instruction of courses is fair and equitable. There were numerous complaints of unequitable workloads between different courses.
 - d. Expectations about what constitutes a “Pass” grade versus a “Fail” grade should be clearly communicated from the beginning of the week.

Feedback from Students/Participants (301 students)

Saddle Up was structured around four learning objectives to gauge student engagement and participation. The following questions gauge your experience with the program.

On a scale of 1 to 5, how did Saddle Up programming meet the following learning objective in your experience: "Students are developing a sense of community at UW"?

1	1 – did not meet objective	13.91%	37
2	2 – somewhat met objective	34.59%	92
3	3 – met objective	39.47%	105
4	4 – exceeded objective	10.53%	28
5	5 – no opinion	1.50%	4

On a scale of 1 to 5, how did Saddle Up programming meet the following learning objective in your experience: "Students demonstrate the ability to navigate coursework"?

#	Field	Choice Count	
1	1 – did not meet objective	27.44%	73
2	2 – somewhat met objective	41.73%	111
3	3 – met objective	25.19%	67
4	4 – exceeded objective	3.01%	8

On a scale of 1 to 5, how did Saddle Up programming meet the following learning objective in your experience: "Students are able to establish study skills"?

1	1 – did not meet objective	45.86%	122
2	2 – somewhat met objective	36.47%	97
3	3 – met objective	13.16%	35
4	4 – exceeded objective	3.01%	8
5	5 – no opinion	1.50%	4

On a scale of 1 to 5, how did Saddle Up programming meet the following learning objective in your experience: "Students are able to identify and access UW resources."?

#	Field	Choice Count	
1	1 – did not meet objective	46.62%	124

2	2 – somewhat met objective	34.21%	91
3	3 – met objective	14.29%	38
4	4 – exceeded objective	3.01%	8

Do you have any feedback as a participant to improve the program in the following areas?

Housing & Dining:

“Make sure you make more time for kids to eat and that they are prepared for us to come, they ran out of food lots of times and there were days I only had like 10 minutes to eat dinner or lunch. Also making sure there is time in between lunch and dinner.”

“Scheduled meals were difficult and left little free time for homework and getting adjusted/”

“I was forced to pay for a dining experience plan that I literally could not eat. Also it was extremely hard to do all the activities as an off campus student.”

“Allow any extra money not used during saddle up to be transferred back into the student's account.”

“I would adjust the move in and dining times to be more spread out and organized. I had no time to move in on the first day.”

Academic components (class, college sessions, PASS study sessions)

“I do feel that the college session, class, and PASS were all very helpful, however, I feel like during these times they talked more about how to take notes and what study skills would be helpful. The stuff that will really make or break how we do well in our classes or not.”

“PASS did not accomplish anything- my session did nothing relevant to college or success. The PASS session was supposed to help with study tips, but it just showed us apps we can download, not something useful for our success. The class itself was a waste of my time. As an Exploratory Studies student, my class did not help me at all when it came to discovering different UW programs like it should. The College Session through ACES was somewhat helpful, but it used more personality-based tests instead of discovering and exploring the various programs UW has to offer. The "Final Exam" also added unnecessary stress for a program that is supposed to make the transition to college smoother. You don't learn enough information in a week to test on, especially in Saddle Up.”

“Didn't feel like I got anything out of this.”

“This was the only necessary component to Saddle Up, most everything else seemed like we were just doing it to fill time.”

“Taking a class that may be more interesting or involving compared to a general class.”

“Don't overload the homework and pick if the course counts or not as being told it didn't but being treated like it did made the classes frustrating.”

“This feels like a waste of time and energy. Many of my peers were placed in courses that did not pertain to their major or current classes at all, as was I.”

“Having a fake class does not prepare you for actual classes. PASS sessions were useless as there was nothing to do. Instead of a fake class information about how college classes differ from high school classes would have been much more helpful as going to class is something even hard classes is something everyone has done in high school. A fake class can never replicate the stress of a real class.”

“Having more free time to explore and have time to eat (not just a set hour when some of us aren't hungry. I really enjoyed the college sessions though!”

“It was a little excessive. A week of fake classes doesn't have a huge impact.”

“I liked the pass time, and i felt like i got some decent study tips from my leader, but it would be nice if the class related to our interests and majors rather than random.”

“Although the class I had for Saddle Up did what felt like a really good job at simulating an actual college level class, it sounded like a lot of the other classes were mostly killing time. Maybe it'd help to have more oversight and structure in that regard.”

“Make sure everyone is organized into the right class. My nametag had me in a different class than my wyocourses, so I missed the first two sessions of the class I should have been in.”

“I did the create & explore session in the coe library and the one in the makerspace in the EERB. Both of the create& explore sessions that I went to were good and the people that led them did a good job and were good at explaining what we were doing. I had a good poke pack and it went well. I have remained friends with some of them. The class that we had to do was very boring and wasn't suited to our majors

that much. It was a review of already learned stuff and we didn't learn anything important like study skills or time management. The entire situation seemed very rushed and like nobody really knew what they were doing. We were also being ushered around and didn't really have any free time. Our day went for almost 12 hours every day and we had no say. We also didn't have a schedule with times or where things were located, so if somebody were to get lost then they would not be able to find where they were supposed to go. The sessions that we had to go to in the morning before everything else was a waste. It didn't really give us anything useful and just had us all gather in a hot room. It also delayed our class starting time. The sessions throughout the day were not very insightful and mostly was just time of us sitting and not doing much.”

“Classes should have been more closely related to students major.”

“Giving us more free time to actually study the actual topics and making the class something we are interested in, and not making undeclared majors feel like they are the mutts of the whole program.”

“I would have liked to actually meet some of the professors from my classes and as an ag ed major I would have liked to be more involved in the agriculture portion rather than the education sessions.”

“If the academic classes pertained more to the students degree plan, they would be more beneficial.”

“Shorter classes/shorter days.”

“Give the students a time to see all their classes.”

“Having actual homework and lectures before school starts wears students down. Especially when students are excited, having the stress of going to saddle up 8 am through the night makes it hard to move in and adapt to Laramie.”

“Less math classes!! I am an art ed major and got put in Calc 1.”

“PASS was honestly not good our leader made us do extremely complicated work no one knew how to do and would not help us.”

“Do more then one college class so you can understand managing which class work to do.”

Engagement Components (Poke Pack times, Residence Life floor meetings, etc.)

“Too structured. It felt forced, or like being at a summer camp.”

“Residence Life floors meetings were few and far between; I still haven't interacted with many of the people that live on my floor. The Create and Explore session were probably the best engagement component, as we actually got to choose what we wanted to do.”

“Create and explore sections were fine. The wellness activities could've been an email instead of a whole hour long session. Inclusion discussion could've been replaced with a session on self worth and value.”

“Poke Pack time was good but usually for too long. Not everyone showed up anyway. Residence meetings were good, create and explore was also good. Wellness pillar groups were not great. Many complaints that it was dumb and a waste of time.”

“Since we already had to complete the wellness pillar objectives online, it wasn't the best use of our time. Most poke packs didn't actually do anything together, and our QR code didn't work so there is no way for me to get credit even though I attended each session.”

“I did not like a lot of the wellness sessions. I also did not like the mental health and alcohol sessions because we already did those over the summer.”

“Many of the lectures/sessions felt very unnecessary.”

“I feel that there are some groups that disregarded the poke pack time and I feel that more groups should have went with what they were supposed to do.”

“They should have put way more emphasis into creating community then everything else they did.”

“The Poke Packs were a good idea and awesome.”

“The structured days were very overwhelming and provided students very little time to explore or learn on their own.”

“The presentations at 8 am I felt not very necessary and the presentations on the weekends was also unnecessary. I believe that the weekends should be more relaxing to students and give them more time for themselves.”

“I think the poke pack times were a good idea as were the wellness pillar groups. I think those were the most interesting and useful classes we did during saddle up. The create and explore kind of fell flat because a lot of students just didn't show up. It was a good idea in theory but wasn't enforced.”

“I wish there was more group time so we could have gotten closer as a group.”

“Most of the time we spent doing "engagement" activities was very structured, and it often forced students to do stuff that they did not enjoy. I understand that cannot be avoided all the time, but it would have been nice to have a little more input on what we did during these times.,

“I would include more time where multiple poke packs interact.”

“Since it only let me pick one answer, I'll write all my responses here. The Sunday dinner with parents was pretty packed. Also, often the groups that had the earliest lunch then had the latest dinner, which was

terrible. Then the next day that same group had late lunch and early dinner and so were eating three hours after they had just eaten. The academic portions were really well done, at least for engineering students. I heard other groups had college sessions that did not pertain whatsoever to their major so maybe that needs to change. The Wellness Pillar groups were over-the-top. Some felt like indoctrination of ideologies by the University, while others were just flat out boring. These were really the only thing I hated about Saddle Up. The technology Wellness pillar was extremely helpful; the other three were trash. Also, bystander intervention should not pass out swag bags full of condoms at the end of the session. That's not what supposed to be in a swag bag. The other reason I know Wellness Pillar was terrible is by the end of the week, about 90% of our poke pack didn't attend

"Not enough down time; too much going on to settle into life on campus."

"I would recommend that we give students a bit more time to adjust and relax. It was a lot at once."

"Coming from a student who did Summer Bridge I did not have a great experience at Saddle up. First of all breakfast is one of the most important meal of the day because it wakes you up and gives you energy and prepares you for class. The food provided I wash a key during the saddle up week not substantial enough to allow us to go and focus in class. The academic session was too long and did not fit my interests. I recognize that as a student in exploratory studies that psychology is one of the best starting classes however I would have appreciated the opportunity to explore. Similarly the college session with aces did not help m move towards picking whit i want to study and instead focused on what I want to do in 30 years. More freedom to chose college sessions for exploring students would have been more helpful. Finally I found pass slightly irrelevant since we were going over previously said information. I also found poke pack time irrelevant and more like babysitting I get it we are freshman who are going from no independence to lots of independence but we do not need a babysitter for 14 hours of the day. While sometimes poke pack time was nice because it gave me community it also took way too much time out of the saddle up schedule. I did enjoy the create and explore and wish there were more opportunities like that throughout saddle up. Wellness pillar was also something I didn't like because like I said I am a student who did summer bridge and the wellness sessions felt like a broken record. Finally because I was constantly being babysat and carted to irrelevant information sessions I did not get any time at all in my schedule for my self. This meant that I did not study my mental health decreased throughout the week and when all I wanted was to take a 30 minute nap I couldn't. Settle up was meant to mimic the college experience but instead felt more like middle school. I do recognize how satellite can be a good way to get involved on campus as freshman. However many things need to be changed before the full potential of saddle up can be realized. There were many good things throughout my week such as the create and explore sessions However there was no time at all to myself and it did not feel like college. The advertisement of saddle up sad that it would be a time to experience college without having the full experience of college like dipping your toes in a pond this advertisement was not actually what the program was. Many of the sessions were irrelevant such as The adulting one oh one class that did not go into adulting at all and it instead was about washing of negative energy? I also did not enjoy the feeling of being babysat constantly because our hours were 14 hours long and that is not what colleges I go for about 5 to 7 hours a day it is much easier to stay awake and maintain good mental health. Settle up did not give me a accurate experience of college."

"Offer more additional and varied programming & allow students to have the free time to relax/study/explore the town on their own. create & explore was the best aspect of the scheduled programming, everything else was a 50/50 mix of good and bad."

“If you are planning on giving us work to do outside of the classroom to be due in a week, then make all of these activities that are just time fillers optional so students can go back to their dorms and actually get that work done. The majority of students don't have that full of a schedule in their regular classes, and we should have the option of opting out of these activities.”

“One of the largest detriments to student engagement could be attributed to the excessive hours in a day and a unnecessary redundancy in lectures.”

“Felt very packed and felt like the entire week was centered around personal health and mental health. I think both are important but did not need to be jammed down our throats for a week straight.”

“I would say let the RA's support saddle up more, they are leaders of our local communities especially when we first get here. If they are willing they should be asked to lead us on the community aspect of college while the poke pack leaders take the academic roles.”

“A lot of activities felt like a waste of my time.”

“All of these were unnecessary and no one enjoyed them.”

“Keep things more organized and set up different workshops that students can choose to go to if they find them interesting rather than set up a whole packed schedule to create immense stress for new students. Plan out the activities rather than where students should go and learn about.”

“Do not make these activities so crunched into a day. Allow for more free time to explore the campus independently.”

“It went well but student engagement was difficult to maintain as the saddle up experience dominated most of the day every day. Students wanted free time to adjust and sleep and be in college and instead it was just high school all over again.”

Please provide any additional comments on Saddle-Up (select responses, all can be provided upon request):

“Saddle Up was truly the worst week of my life. Having an overwhelming amount of Information thrown at you all at once is an awful system. The system itself may have worked, but not in the fashion they carried it out with. Saddle Up has given me anxiety, fear, and a harder time adjusting. I learned nothing useful or anything that pertains to my college success. Poke Pack was such a waste of time. Why were students forced to hang around their Poke Leader as if they were kindergarteners? We walked around and played games. This is nothing like college life, nobody is holding your hand the whole time. Having so many activities stacked upon each other set us up for failure as we were exhausted even after day one as we went from 7am-9pm every day. Residence Life, at least for me, did nothing. It made me feel more castaway from the people on my floor. Plus, the last thing people want to do on the weekends is attend mandatory events after doing it all week. Create and explore should have actually taken up part of the day so that people would actually want to attend. Wellness sessions helped some, but not a ton. After Saddle Up, I considered dropping out in full because of how bad the week was. I know I can handle the academic rigor as I have taken many AP classes and college classes throughout high school. Saddle Up did great if its goal was to make students question if UW is the place for them. This program needs to be cut or revamped in a way that students actually have free time and some built in time for relaxation. The Saddle Up leaders said we have so much free time, then where was it in this week? This experience was truly like being back in elementary school. Lastly, the QR code system was awful. Often times, we didn't even know they existed, or they were inaccessible for us. Who cares if you skip? That is a part of college too. QR codes put fears of failing Saddle Up in students minds. Looking back, 90% of the information could have been in an email or an hour long zoom call. Why put students through this? Saddle Up put me through unnecessary sessions, gave me stress and anxiety that I still deal with today, and has made me question my future at UW and its sense of community.”

“The entire schedule was very overwhelming, with too much to do and not enough time for essential things like sleep, eating, studying for our class, homework for our class, as well as just resting. It was a very draining experience and a lot of the activities seemed very useless and not helpful at all, and there were things that should've been focused on more.”

“I think saddle up was a valuable time as I made the transition to college but I do have some suggestions. First I think it could have been completed in 2 or 3 days instead of week. I also think that students needed to be provided with more free time. We moved in and on that day we still had a schedule. More time needed to be allowed to move in and get settled. Also we were never allowed a break before school even on Sunday hours before the first day of school. I also think a lot of the speeches were repetitive and lost some of their meaning the 5th time I heard it in as many days. Overall I think it was a really good experience. It allowed me to meet people, go to class, and get to know the campus all with help from upper classmen.”

“There was no time for people who had just moved in on Sunday to rest, get to know their roommates, or relax and set up their rooms. I get that Saddle Up is supposed to be a program designed to prepare freshman for college life, but it was entirely inaccurate. There was no time to rest or do homework because we were ran around from 8 in the morning until 9 at night. It was not made to be friendly for those of us who have jobs, I work until midnight most nights. I had no time for homework, lunch or dinner, or even to get decent sleep. If this program was less packed every day, ended by 2 at the latest so that people have afternoons and nights to work on themselves, and was relevant (adulting 101 was the

stupidest thing I've ever had to watch) this program would've been worth something. I also think that kids who did Summer Bridge should get an automatic exemption, as we've already heard everything we were told AS WELL as already have ourselves established on campus Overall, I see where it was heading, but it did not do anything it was meant too..”

“Needed to be more organized and more focused on students actually getting to know the campus and having their own time to explore.”

“The price hike in the bill for the semester for this mandatory course was not well received by many students. School is already expensive, and having to cough up near a thousand dollars for orientation was not pleasant the slightest. I participated in all events and felt although the only things Saddle-Up did for me was make friends and learn campus, which I could have done for free.”

“The days were way too packed full. We never had a break, and they had us going from 8 in the morning to sometimes 9 at night. I learned about some stuff on campus, but other than that I didn't really get anything out of it.”

“Saddle Up overall was really well thought out. Despite the groaning of my peers, I actually thought it was a pretty awesome program. I also think Alex Weber reconciled a lot of the event for many people on Friday. He was awesome. The only real comment I have is that Saddle Up should be orientation, not indoctrination. It should be exposing us to all aspects of college life without telling us that opinion is fact. For example, teaching students that “casual consensual sex” is perfectly fine is wrong to teach. Of course I don’t believe that, but I think it was wrong to teach because it was taught as fact. If the person said, “Many students believe “casual consensual sex” is perfectly fine, then great. That’s exposure. But to tell kids throughout the week that these opinions are fact is wrong. It is blatant disregard for the political and religious affiliations of your incoming students. Do better UW. We don’t have to be grooming our students for the world. We should be preparing them to conquer it.”

“Saddle up has good intentions; it was just not well executed. One thing that can use some work it giving more free time so us students can go ahead and meet new students and create new friends. It also it just not the best that students were being expected to go for 12 hours a day and then expected to go out and have fun around Laramie. i jsut ask for the students next year, give them more free time and do not try to throw so much information in one day becasue all the information is not absorbed.”

“The one thing that stood out to me about Saddle-Up was the fact that it felt like a summer camp instead of college. The group that was chosen by major was also good in theory, but it ended up just creating friendships of convience. Also, the best parts of the experience were where I got to choose what I was doing, which was not often.”

“It was a good idea, but it wasn't necessary to have a 14 hour day planned out minute by minute for incoming students. It didn't quite represent how college was going to be. It might be a better idea to use the first half of the day to do "Saddle Up" stuff and the next half to allow the incoming students to explore alone or maybe have some normal freshmen activities.”

“Overall good program. I got to meet people on campus, make friends, know where my classes are, where buildings are, and how to navigate the dining hall. RA's should have been much more informed about what we needed each day, what the schedule was, and overall Saddle Up expectations. Warm breakfast would be nice, grab and go was not great. Should be a little less structured so that it is more like real college. NOT 12 hours a day. Start early and finish by lunch or start later and finish by dinner. Give

students resources but don't hold their hand through it all. PASS was a waste of time. I wish we had more free time like actual college so we could get used to that but also make connections and learn to manage our time well. Class was not consistent. Mine was super chill and we barely did any work but my roommate was worried and studying for her final the night before. It also would have been helpful if we had the full schedule instead of just our Poke Pack leaders so we knew where and when we needed to be."

"You should not do it again or if you are going to do it make sure that you actually get prepared for it and make it appropriate for an adult. As pertaining to the engagement activities, it was super dumb to be treated like a child to get around and be taught how to study and it missed a ton of the important information like getting your books for school."

"More than anything, Saddle-Up felt like a bootcamp. It was stressful and exhausting."

"I thought the program itself has good intentions. I think the program will one day excel and prepare students in the way it's meant to. However I think it should've been more individually based. What I mean is that the participants should've had more of a say in what they were doing. I also think having less packed days and a later class would've been more beneficial. Most kids slept through my class since it didn't really count. I think it's a good program but I hope to see it improve over the next few years."

"I think that the math/science class included in everyone's schedules was really pointless and unnecessary because it felt silly to study for one class for a week. It just didn't do anything helpful for me. Secondly, I think that many of the lectures/sessions could have been eliminated because they seemed very useless and a waste of time. My poke pack was great, but I heard of others who had mentors that were unkind or irresponsible. Overall, I think that Saddle up could have been condensed into like a few days rather than a week."

"My biggest piece of advice would be to have no events on move in day!!! This made the whole day a lot more overwhelming and just made orientation start off on the wrong foot. I would also appreciate having the weekends free so we can explore Laramie and get to know others before school starts. Another thing would be not having such long days (but it could be more acceptable if we had weekends off). I just found it all very draining so by the end of the week I was barely able to retain any information because I was more focused on how exhausted I was."

"I didn't feel like any of the important parts of becoming a college student were touched on. It was a poorly planned and even more poorly executed event. I wish I would have had a class on time management and study skills, or a tour of the campus, all things that weren't touch on during the saddle up program. The entire week was an expensive waste of time and I didn't learn any useful information or skills. If the program were done right it could be condensed into one day."

"Many Students felt as though we were put into a high school setting instead of college setting. We were put into structured days and were continuously provided information on how "college is not like high school" but having full schedule days felt a lot more like high school instead of college. I was also personally in the Honors Summer Bridge Program and I felt that a being in a program like that I should not be required to take Saddle Up. Beginning with students going to dinner all at once was overwhelming and put too many people in Washakie at once. When a staggered lunch and dinner was put into place many students had the second lunch session and the first dinner session, meaning we would only have like 3 hours between lunch and dinner. Move-In day was also a mess because so many people were put into a small amount of space and time all at once and it became very overwhelming and had to deal with so many people all at once. Many students were put into a class that many people would not take normally. I was put into a Biology class and I am a Education and Mathematics major. The PASS session

was also not very helpful all together because the PASS leader was very structured trying to teach us how he would study and not how we would study on our own or in our own way.”

“Saddle up was a wonderful experience. I think most students will tell you the same thing. “I loved meeting people and the social aspect but it was boring and I don’t think I needed it” now granted a lot of students don’t realize how lost they’d be if they hadn’t done saddle up. It was a bit rough but college is never perfectly organized and so I think that the program was an overall success. There’s a couple changes that could be made but for a first run it was a success. Students benefitted from it more than they realize.”

“I don't know that having it for a week, for 12-15 hr days was the best idea. We were all really tired just after the first couple days. I know that the pokes packs leaders and people in charge were on the same adventure of doing this for the first time with the students, but I feel like parts of our days were a waste of time. While other parts where somewhat beneficial.”

“I think that we shouldn't have had to pay over \$400 for a mandatory week. There was the main saddle up fee which was \$200, why didn't that encompass dining and housing? Why did we pay another \$220 for dining and housing but we were forced to be here anyway? Also, move in day was a complete disaster. It would've been better if there were scheduled times we could come in instead of everyone coming at once and fighting over elevators and moving carts. It would take 15 mins just to get on an elevator so the 30 minute parking was horrible. The work load for different classes wasn't proportional throughout the classes. In the psychology class we had one test at the end of the week and that was mainly it. However, other classes had actual homework and difficult assignments. Also, some of the presentations we had to watch didn't seem useful to our majors. Why were psychology majors watching a presentation on vertical dancing? Finally, I feel like we weren't given the time each day to decompress. We had very little free time per day. We were told this is the start of out adult life and then we were led around like children. Dining times were a mess. A lot of kids didn't get lunch or dinner because they didn't have time to eat within their poke packs allotted time frame.”

“The schedule was just a mess. The program was very repetitive and not very helpful. Make us do a whole day of classes to actually understand a typical schedule. Poke pack time was useless, we used it to buy books and look on campus since we didn't have any other time to do so.”

“Communication is a must! There was next to no communication between my group, my leader and my RA. I barely ever knew when I was going and where, this was beyond frustrating and made the experience completely miserable.”

“My roommate literally dropped out bc her first impression of this school was being placed in a group with a bunch of people she shared literally no similarities with. nothing would have been better than this for A Lot of people.”

“The days were very long and non-stop. More breaks or downtime without our pokes packs would have been nice. Or just shorter days in general. It also felt very rushed and difficult to really move in. We had mandatory stuff the same night as move in. I just wish there was more time that day to really settle in and unpack.”

“Poke pack time, especially during the evening was redundant and excessive. The best way to support fine academics is through a solid social backing. In the broadest terms we had no time to make friends.”

“The entire purpose of Saddle Up was to try and teach us how to be independent adults capable of managing our own time, yet our entire schedule during Saddle Up was micromanaged. I think the

program was very successful in a variety of ways, but future iterations ought to provide more opportunity for independent growth.”

Feedback from Pokes Pack Leaders/Trailbosses (61 students)

<i>Did you notice a change in student confidence/engagement over the course of the program?</i>			
1	Yes	55.17%	34
2	No	34.48%	14
3	Unsure	10.34%	5

From your perspective, how did Saddle Up enrich student experiences at UW?

“I think all Saddle Up did was put unnecessary stress on freshman and did not prepare them for college.”

“It didn't. Many students dropped out, and put them under the same amount of stress regular students receive during finals week as a STEM student. It taught them that the University actually doesn't give a ____ about its students, and that they only want their money.”

“I actually led some workshops as a GA for Saddle Up, so I didn't see much of the students until late in the week when they were too exhausted to interact with me meaningfully.”

“They got to know campus and were able to connect with others.”

“A lot of information about campus.”

“I thought it was good overall, some aspects were redundant and treated the incoming students as children.”

“It did not.”

“The student got to meet/hang out with others in their major which will definitely help them later on. The students also got to tour campus and ask any questions about the freshman experience they had.”

“Saddle Up allowed the students to make connections with others that may not have happened otherwise.”

“It did not. In fact, it went the opposite way.”

“I think it was far too much, students did not get a chance to really engage and explore.”

“Giving them a taste of college classes before classes start was beneficial for them to understand how classes work.”

“I think it did more harm than good.”

“As an RA helping with the pokes packs, the only positive impact I encounter led was relationship development.”

“I think it was nice for students to be able to make friends and learn about UW resources.”

“Saddle Up helped enrich student experience by allowing them to explore the University and what its all about before real classes started. This also gave them an opportunity to make friends with other in the similar majors to them!”

“It was oversaturated with things that the students didn't want to do. There was very little autonomy granted as well.”

“Saddle Up did not have an overwhelmingly positive impact on enrichment.”

“Saddle Up provided students with an immediate group of friends to connect with as well as connections to upperclassmen.”

How did Saddle Up impact students you worked with?

“It stressed them out, they barely got to know their roommates, they didn't get to cope with the fact they were away from home for the first time, they didn't really get to explore campus, they felt like children or cattle that needed to be herded, they had too long of days, and little to no off time.”

“They were exhausted and just wanted a break. They enjoyed some parts but mostly wanted a little more relaxation and time to settle in.”

“It was very packed and somewhat overwhelming.”

“They enjoyed when we gave them tours around our part of campus and things that they would be seeing.”

“It made them stressed and want to never actually attend college. It made them sick and they hated it.”

“My students loved getting to meet others in their field and participate in the College of Engineering car challenge. However, the long days and "babysitting" soured the experience. They felt that since they are adults they could find their own way to class especially after being shown where it is on the first day.”

“They enjoyed meeting with our Poke Pack but did not like the other aspects of Saddle Up.”

“Very over worked or tired.”

“I think most felt just frustrated and exhausted.”

“Very negatively, particularly in mental health.”

“The students I worked with complained the entire time.”

“The students were able to come out of their shell and have been utilizing me as a resource since then.”

“They enjoyed meeting others, but they were also incredibly stressed and many even got sick from it. Most didn't have enough time to eat, sleep, study, or have fun.”

“They were exhausted with no break. Saddle up was another stressor on top of the ones they already had just coming to college.”

“It impacted my students (especially a certain one) by allowing them to get comfortable with others and being able to make friends. One specific student, by the end of the week was talking to the whole group and visibly enjoying his time.”

“Negatively. Most of my students did not want to be there and were exhausted by day 2 or 3. The idea behind Saddle Up is good, but it needs to be dialed back so that it is more enjoyable for the students.”

“Saddle Up allowed the students that I worked with to really feel connected to the University and start building their community.”

“Students were very stressed.”

Please provide any additional comments on Saddle Up you may have:

“Saddle Up could be good. However, the program they put on this year might look good on paper, but in reality, all it did was make students hate college before it even started.”

“Saddle up is too rigorous for students.”

“It was a good idea, but there was too much. Events needed to be spaced out more and students given more freedom. It also seems a little unfair to have a mandatory week, that they paid for, that has nothing to do with their degree program.”

“Better scheduling and communication across the board. Not as long of days, more time for students to relax and eat.”

“The long days were really the hardest part since, being tired = being grumpy. This was true for the students and everyone else. Also the introverted students really struggled with the constant socialization.”

“Drop this program, or actually adapt the Nevada version. This? A waste of money and time.”

“Felt that it was too much, made these students feel over whelmed.”

“Should have more support for students who are anxious already, less activities and events because it’s too much and sends a message that we value working yourself to death (does not encourage healthy life/school/work balance habits), and the approach should be less punitive and more supportive, not focusing on what will happen if they fail or struggle, but in what support we can provide as an institution when they face challenges.”

“Scheduling needs to be done by someone who has the capability of putting forth more effort than a two-year old drawing a picture for the creepy old woman next door.”

“I think the idea of Saddle Up wasn't bad, but it was executed and received poorly.”

“It was too much. Students were stressed and overwhelmed and don’t have time to take care of basic needs like hygiene, eating, and sleeping. I really love the idea but they had too many filler activities that added to their stress, and the classes were too hefty.”

“The days NEED to be shorter. None of the students liked that at all.”

“Too long of programming, not enough free time or time for the students to get settled in.”

“all of my students hated it. they were scheduled for over 12 hours a day and that is just too much, college isn't like that.”

“It needs a lot of work, you cannot expect freshmen to act like an adult when their entire first week was them being babysat.”

“I think Saddle Up is an amazing thing that is going to help incoming freshman learn more about campus and the resources, clubs, etc. without having to do it as they are struggling with new class experience that is so different than high school!”

“Much of the general programming could be eliminated. College-specific programming seemed the most impactful.”

“I think that the overall goal of the program was good, but it was too hands-on.”

“Saddle up SHOULD NOT BE A WEEK OF MANDATORY EVENTS.”