WIN Student Focus Groups

Why have a focus group?
To learn students’ viewpoints about the following:
1. How does the WIN program benefit student athletes’ study habits/skills?
2. How have counseling and tutorial services influenced students athletes’ academic success?

Who participated?
- 45 students participated in one of the three focus groups.
- There was an even number of men’s and women’s teams represented at the focus groups.
- Teams that participated include: softball, women’s volleyball, women’s soccer, women’s golf, women’s track and field, men’s water polo, men’s track and field, basketball baseball, and football.

Procedure
- We asked students 14 questions related to their experiences at the WIN, with the tutors, and with WIN counselors.
- All the students were encouraged to express their honest opinions, regardless of whether their comments were positive or negative.
- No names were recorded to ensure confidentiality.

What did students say about…

1. The WIN Program

Resources
- “Everything you need is here.”
- Students appreciate the variety of resources, such as the textbooks and computers, which saves them money.
- WIN as an alternative place to study, minus all the distractions at home.
- The tutors are very helpful with homework and the counselors help them stay on track.

Environment
- The environment is unique at WIN where the staff is friendly and welcoming.
- Students feel comfortable asking staff members for help.
- “WIN has a more motivating environment.”
- The students feel motivated and more confident in their students.

Suggestions for improvement
- Bigger space would accommodate more students.
- The limited space and hours of operation (closed on Fridays) also makes it hard for students to complete their required hours.
- Another set of textbooks and more computers will make it easier to study.
- Regulate computer usage. Some students have to wait to use the computers while some students check Facebook.

2. Tutorial Services

Overall
- Students feel like they are working with one of their peers when working with WIN tutors.
- WIN tutors are more personable compared to other businesslike tutors.
- They appreciate the fact that WIN tutors go over problems in detail.
Changes in study habits/skills
- Students have developed the habit of not procrastinating.
- As one student said, “It’s nice to set up time to get work done at WIN. I can prioritize and manage my time.”
- As for study skills, some students said that the tutors have helped them with note taking techniques and editing papers to catch mistakes professors look for.

Changes in attitudes toward studying
- Change in study habits/skills influenced changes in students’ attitudes about studying.
  - “In high school, I hated studying. Now I find myself studying more and being late to something else because I’m studying…WIN motivates me.”
  - “I went to Fullerton College last year and didn’t have much help. Once I transferred to Mt. SAC, I became more motivated. I work harder and actually like to study now. I’m more disciplined and feel more confident because of WIN.”
- Overall, students said that the tutors’ motivation allowed them to motivate themselves.

WIN’s uniqueness
- Students appreciate the tutors’ ability to tutor a wide range of subjects.
- WIN tutors are more friendly and welcoming.
- At other tutoring locations, the students feel out of place and uncomfortable. At WIN, students feel like they are treated equally.

Suggestions for improvement
- Some students feel limited by tutors' schedules and the absence of subject-specific tutors at all times.
- Students would like to see more tutors since the ratio of students to tutors is 5 to 1.
- Tutors are scrambling between students, so more tutors will allow for more individualized tutoring.

3. Counseling Services

Overall
- Students appreciate the fact that appointments are readily available and walk-in meetings are available. It’s convenient to their needs.
- Students appreciate the adjunct WIN counselor’s ability clarify any information and to create education plans specific to their needs.
- The adjunct counselor immediately finds an answer to a student’s question if she is unsure.

Suggestions for improvement
- Students want counselors to provide students with education plans as soon as they start attending Mt.SAC.
- They also want counselors to provide more information on transfer requirements for majors other than Kinesiology.
- They would like more information on scholarships and how to play after transferring to a four-year.

In summary...
- Students love the WIN program and really appreciate all the services offered to them.
- Some students have a completely different, positive attitude about studying as a result of WIN's amazing work.
- Because of WIN, students have been able to keep their GPAs up and maintain eligibility to play sports.