

Alamo Heights ISD Gr. 3-12 Student Survey October 2022

Fall Feedback is a confidential student survey that provides students an opportunity to give feedback to their campus. In February, students will take another survey to provide direct feedback to their individual teachers. Fall surveys were completed in elementary homeroom classes or secondary advisory classes. All results are presented as percent favorable for each question. There was a robust 77% response rate for 2022-2023.

What is "Percent Favorable"?

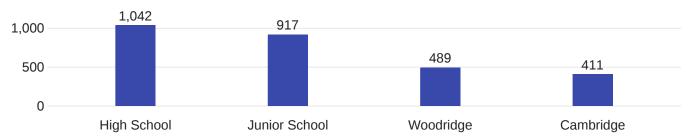
A score of "81% favorable" means that 81% of respondents selected a favorable answer choice. Most often, the top two answer choices are favorable for a question with five answer choices, and the top three answer choices are favorable for a question with seven answer choices.

Example question: How excited are you about going to this class?



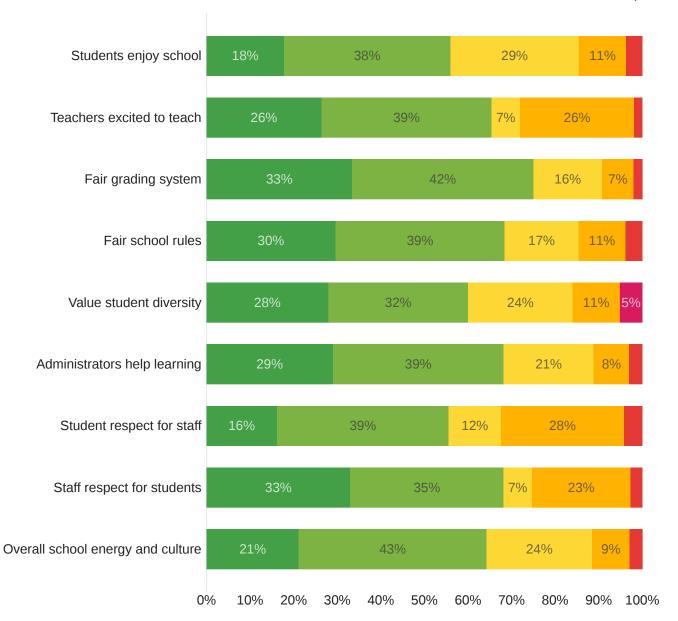
Campus Response Rates





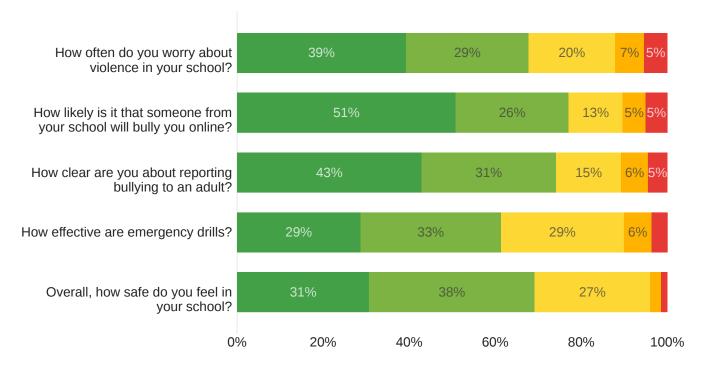
School Climate

2850 Responses



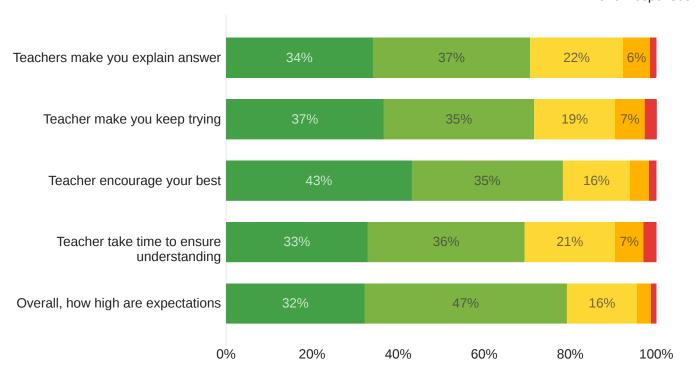
School Safety (Q1 & Q2 are reverse scored)

2736 Responses



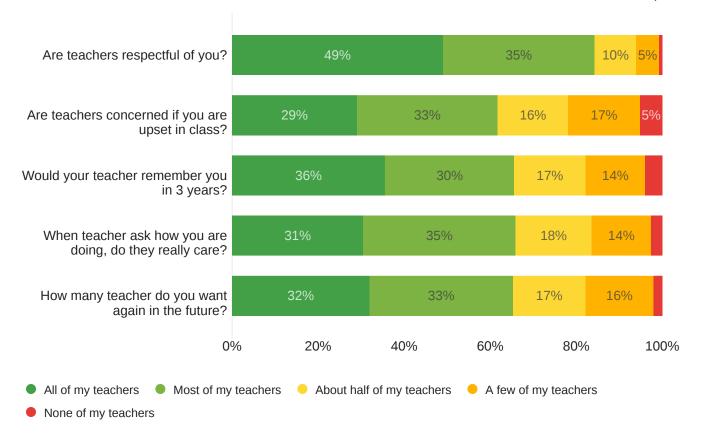
Rigorous Expectations

2818 Responses



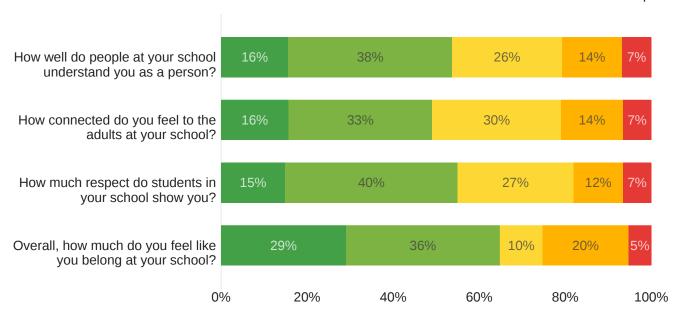
Positive Relationships

2782 Responses

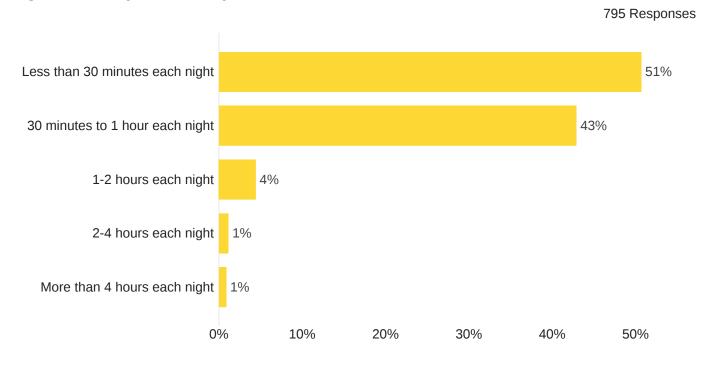


Sense of Belonging

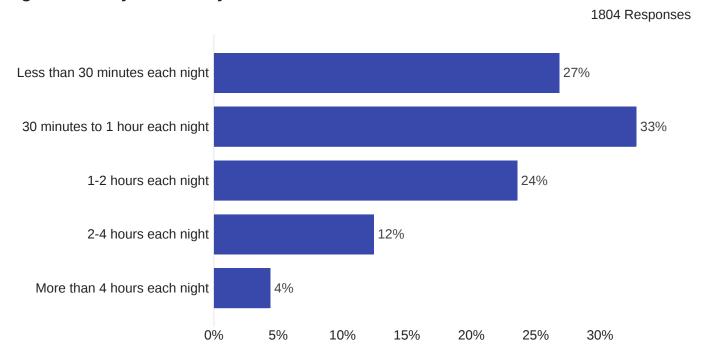
2754 Responses



ELEMENTARY - About how much time do you spend on homework each night Monday-Thursday?



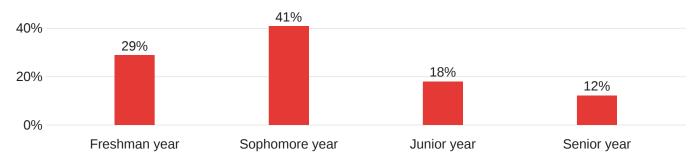
Secondary- About how much time do you spend on homework each night Monday-Thursday?



High School Only Questions

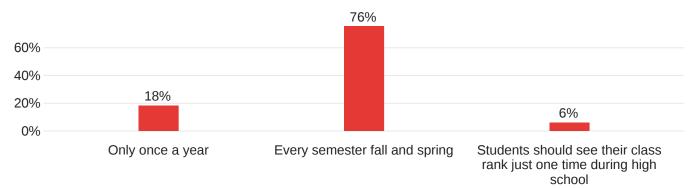
Currently, high school students first find out their class rank in October of their sophomore year. When do you think is the best time to first find out your high school class rank?

1008 Responses

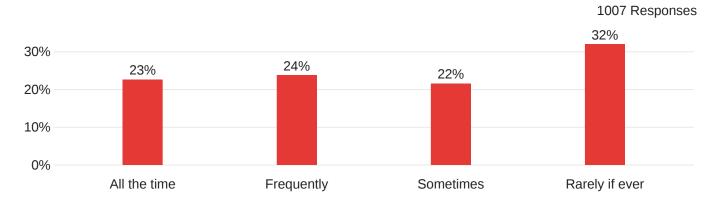


How often do you think class rank should be updated and available for students to see?

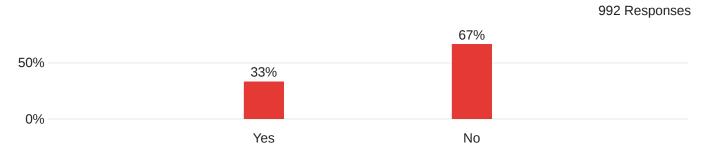
1009 Responses



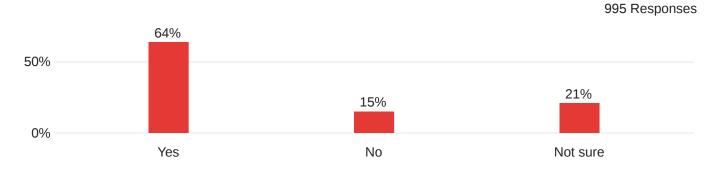
How often do you consider your class rank when selecting your classes?



Have you ever not taken or dropped a class you were interested in because it was not a multiplier class?



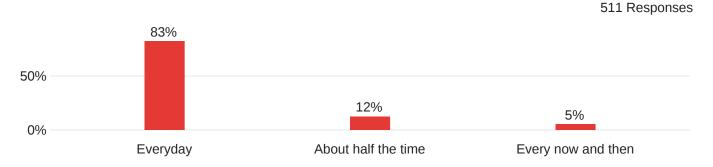
Would you be more likely to stay in a fine arts, PE, or athletics class if it would not hurt your GPA and class rank?



Do you bring your own laptop or tablet to school to use in class?



How often do you bring your own device to use at school?



Open Ended: What is one thing you think your school does really well and should keep doing? 2511 Responses

Cambridge	I think they should keep doing good at being respectful and kind to others.
Cambridge	The recess time
Cambridge	The school does a really good job at water day, mule games, balloon fest and all kinds of other stuff like that.
Cambridge	Having some time to settle down and take a break.
Cambridge	How the staff makes rules for the school like the rules are really fair
Cambridge	Helping every student to learn in there own way.
Cambridge	I think our school is best at not bullying
Cambridge	That are teachers make learning fun for all of us
Cambridge	One of the things that the school does is making shore we are comfortable in what we are doing.
Cambridge	I think the school is very good a making sure the kids fell safe and that they want the here no matter what and the care
Woodridge	Always like have people in the front for drop off cause that keeps people safe
Woodridge	Strings
Woodridge	They have good lunch time
Woodridge	I think that the school does really well at having Enrichment.
Woodridge	Telling people to be the WE and making people that feel like they belong.
Woodridge	I think that our school deals really well with when kids do something like get mad at each other we deal with it really well and help them stop it.
Woodridge	Hiring teachers every one of the teachers I've had cared about me and everyone in my class to
Woodridge	The carnival is so much fun every year
Woodridge	Teachers patrolling the track at recess (I know there just walking but there watching everyone, and I think they do a good job)
Woodridge	Having the best teachers:)
Junior School	I believe that our school accepts everyone , they are very kind and make us feel safe.
Junior School	I think the drills are really good like fire drills and that stuff i also like recess.
Junior School	the teachers are really nice and give fun but still informational asighnments
Junior School	letting us go to different classrooms for advisory
Junior School	Having a break right after lunch wear students just get to hang out in the library or just chill outisde
Junior School	Having organized schedules and a clear non chaotic system.
Junior School	They have great teachers
Junior School	This school does a lot of things very well, it's almost hard to name all of them. Probably the athletics, it's really well done and I enjoy doing it
Junior School	Help my eduacation
Junior School	They do really well on keeping the school safe as possible the administrators and the principal care about us like a lot and i appreciate that. :)
High School	One thing that the school does really well is school spirit. Being in the band, it is really cool to be on the field and to see the stands at a football
	game and to see everyone jumping up and down having a great time
High School	I think personalization is a good class because sometimes I need more time to do homework or study. If I only did this at home I don't think I'd do
	as well in school.
High School	I think the A and B days are really nice means you get to have more time in classes you love.
High School	I think the school does really well in providing freedom to the students, such as letting us have our phones, freedom to walk around.etc.
High School	Our school is really good at making accommodations for the people who need them
High School	Providing morning and after school tutoring, it is really helpful especially if we have after school practice, therefore it provides an option.
High School	Pep rallies, advertisement of school events, connection with teachers and admin is strong
High School	I love that juniors and seniors can go off for lunch and the long lunches
High School	Alamo Heights has so many opportunities ties when it comes to clubs and extra types of classes other schools don't have
High School	We have great teachers who are passionate about what they teach

Open Ended: What is one thing your school could do to improve? 2453 Responses

Cambridge	Snacks for the kids, like the snack trey the teachers get but for kids, we want cookies too
Cambridge	Extra recess once a month
Cambridge	The hights classes they need more opportunities for people not heights
Cambridge	I'm not sure I love this school the way it is
Cambridge	Make bathrooms more sanitary AND GOD SAKE PUT DEVIDERS BETWEEN THE URINALS
Cambridge	I think something the school could do better is not making 3rd grade the last grade to have lunch.
Cambridge	Help me fit in.
Cambridge	The basketball hoops, there really bad.
Cambridge	I think that Cambridge should make all the swings different heights so that different people of different sizes can go on without
	not being able to reach, or scrapping their feet on the ground.
Cambridge	They should do a ADHD Awareness month
Woodridge	My school should maybe build some more classrooms or get more teachers because there might not be enough chairs to sit in or
	not enough space
Woodridge	Something the school could do to improve is if some one needs to go to the nurse don't say no because that can escalate.
Woodridge	Woodbridge can improve by the level of loudness in the cafeteria.
Woodridge	I think they could let us eat outside because it's really fun and it's so nice outside
Woodridge	They could start to make bullies have harder Punishments like cleaning a toilet.
Woodridge	Better schedule I'm hungry
Woodridge	I think the school could probably get more books about animals.
Woodridge	I think the school should get better security.
Woodridge	I think they could improve with letting kids be more social with there friends because whenever we talk them about something
	and the teacher cuts us off it's disappointing and frustrating because we could be talking about something important.
Woodridge	A bigger variety of food in the cafeteria.
Junior School	u can just take a kids phone away for a week. and keep it when we arent even at school. its the dumbest thing ive ever even
	heard and its out property not even yours
Junior School	Betgter soccer funding and longer seasoning
Junior School	the snack shack line, i think there should be two lines or a bigger snack shack line. i also think if you have a library pass you
	should go with your table not at the begining because it just makes eveyone loud again.
Junior School	I think they could be better at being more united as a school I see lots of people who are very lonely and people that have so
	many friends I think It could be better to balance it out
Junior School	Passing periods, sometimes I am nearly late to my classes because I don't have enough time in Passing periods. Also the bells
	ring two minutes early in every class.
Junior School	School bathrooms. There are shoeprints on the toilet and a vent right above. And graffiti on the walls.
Junior School	Make sure teachers understand the students feelings and give a decent workload that does not overflow
Junior School	i love my school but i have this one teacher that is just so mean
Junior School	Have more reasonable and fact based rules such as dress code, we shouldn't have rules discriminating against girls when boys
	too should be taught to behave more appropiatly.
Junior School	I think my school could improve by not actuly having a real live mule so the teachers can kiss it. the mule has no choice and it is
	totaly unfair and unnessary.
High School	Having teachers communicate about how much work they give their students. I wish my teachers would talk to each other and
	realize that each class giving us a test on the same day is unreasonable.
High School	supporting all of the athletics teams equally and enforceing sticter punishments upon misbehavior
High School	I wish the school would not lock the gates/door right at 845 and sometimes earlier. I feel we should get a 10 minute allowance
	of right of entry, that would cause students to not be even more late.
High School	dress code and grading policy also the multipyer policy is so stupid a studant should not worry about taking rocetry and that it
	buchars my gpa
High School	More school spirit, feel we should have more pep rallys to make every football friday more exciting especilly when we go to
	playoffs
High School	The school could probably have better parking, especially since there will be even less soon due to the main hallway expansion.
High School	I think that fire drills are a waste of time because they are not realistic.
High School	Let freshman go off campus.
High School	I know the some students have troubles with teachers not answering their emails which needs to be improved
High School	Improve the main building because some of the facility is run down
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Code	Theme	Example	HS	JS	WE	CE	Total
Positive Culture	There is a positive	TOP THEMES One thing Alamo Heights does really well is community events. This school district comes	167	111	57	21	356
Tostive culture	school spirit and school	together like no other—pep rallies between all campuses, sporting events, parades, etc.	107	111	37		330
	pride. Student enjoy coming to school.	I really love that when its passing periods teachers stand outside their door to greet the students. JS is making everyone BE AMAZING!!!!!!!					
		Woodrige feels very safe and I feel like I'm apart of my school's family.					
		The atmosphere and school events really make me feel like I WANT to go to school, like I'm gonna have a fun day! Please keep doing school events.					
Discipline	Changes are needed with school discipline.	I don't think that behavior is dealt with accordingly, both by teachers and some of the admin. In some of my classes, there are constantly some students who shouldn't be able to get away with their behavior. For me personally, it is very annoying and distracting.	46	170	30	39	285
		They shouldn't make us be quiet before going outside. Its just a stupid rule and isn't accomplishing anything (JS 28 comments about lunchroom dismissal)					
		They could start to make bullies have harder Punishments like cleaning a toilet.					
Teachers	There are strong teachers.	The teachers for the AP classes really know their stuff and are excited to teach the class, and this excitement rubs off on the students	104	71	53	45	273
		I like that almost all the teachers are very supportive of their students and are very helpful, too. The teachers also help you try your best at everything and they are also very good at teaching.					
		I think they have great teaching plans and a great environment because the teachers make kids feel comfortable and happy					
Opportunities	Students benefit from all the different opportunities at school.	One Of The Greatest Things The School Has Been Able To Do Is Provide A Large Variety Of Electives You Can Do. I Think This Is A Really Good Way For People To Get Better At What They Are Passionate About. I Also Enjoy The Variety Of Clubs You Can Be In. For Example Im in the D&D Club & The Mountain Biking Team. They Are Both Really Fun And Im Glad The School Gave Me The Oputunity To Do Them	60	39	77	79	255
		Alamo Heights has so many opportunities when it comes to clubs and extra types of classes other schools don't have.					
		I think we should keep doing school clubs. Club that the school runs like roller skating, archery and Spanish Immersion, strings, mule games, balloon fest.					
Schedule	Students like their schedule.	I really enjoy the block schedule. It lets us have enough time in class to get most of the homework done and more time to ask questions. The lunch periods feel like they are they right amount of time.	93	96	24	14	227
		how long each period is i think 45 min is a good amount					
		The schedule. It functions great and everybody can learn it easily.					
Facilities	Changes are needed to	I think the school could improve on food pricing.	46	56	52	34	188
	the quality and/or price of food in the cafeteria.	the school lunches are horrible. I used to eat them but i would rather eat nothing.					
		Bringing back the ice cream and cookies					
Facilities	School security is good.	I think the overall safety, like having the doors automatically lock, is done very well because I feel safe. The police man at the school is very cool so I want the school to keep him	47	72	38	29	186
		I think what Woodridge does really well is emergency drills like fire drills we do those really frequently which would help a lot. One thing that I think that the school does really well on is how they would handle emergencies.					
Positive Culture	Changes are needed to improve the school culture.	School spirit is really awful. Nobody even goes to the football games because they're not fun anymore. We need to have more themed days and events to get people going. I want people to want to be involved and want to participate. I'm not sure how to make this happen, but it would be great if people cared more.	53	81	28	0	162
		I think the general school culture is a major issue. Students don't really respect teachers or in general care for their school work, and the teachers don't push their students or do enough to discipline their students.					

Code	Theme	Example	HS	JS	WE	CE	Tota	
Teachers	Improvements are needed to teaching quality.	Some teachers are really bad at teaching and explaining some of the work. I think the school should really pay attention to teacher's teaching styles to make sure it actually helps the students and allows them to learn. We need nicer subs.	69	43	15	13	140	
		Not taking 9 weeks review something we already learned, and 5 weeks to learn something that should only take 5 days to teach.						
Schedule	Student want changes to the number of lunch period or the length of lunch. This includes recess time.	Longer lunch would be way cool, because 50 minutes makes it hard if your trying to eat and study, especially for students that don't get as lengthy of a personalization time due to double blocked classes. I feel maybe taking 5 minutes off each class and adding it to lunch could be benifics! for productiveness during the time. One thing the school could improve is giving the kids a break. A longer recess time would be nice. We have 7 hours of school and only 30 minutes of free time outside so I think we should have 1 hour instead. I think something the school could do better is not making 3rd grade the last grade to have lunch.	18	31	59	26	134	
Overall Quality	AHISD schools provide	Providing an amazing education and challenging students.	46	27	27	33	122	
Overall Quality	an overall high quality of academic education.	I think it focuses a lot on the education of all of the students. I like that they make it the top priority to make sure everyone understands the material being taught.	40	27	21	33	33	133
		Oue thing I think my school does really good is Education. We do a good job at learning						
PTO	Students benefit from the special fundraising events.	I think carnival is sooper fun and they should keep doing it! :) I really like mule games and I think it should stay for a long time	0	0	72	59	131	
		I think balloonfest because they plan it really well						
Schedule	General changes are needed to the schedule- like off periods, passing periods, adjusted start and end	I think that students should have a fifteen minute passing period like we did my freshman year. I think that we need to go back to block schedule. We don't get a lot of time to work on things in class and than we get more homework than we did last year.	30	60	19	15	124	
	times.	The school could improve blue gym and music. Why do we just have 30 minutes of both classes						
		Give each subject more time or give the teacher more time to teach us						
Facilities	Students are concerned about school security.	One thing the school could improve is the locked doors. I understand they have to be locked all day because of potential outside dangers, but I feel like since we have the fences maybe the doors could be unlocked or students could have a code or key to open the doors when locked out.	73	19	14	5	111	
		The locking of the school could improve because you can get locked out if no one is with you and if there is a lockdown you can't get in at all.						
		For dismissal don't let everybody run out so nobody gets hurt.						
		There could me a little more camera.						
Discipline	School discipline is fair	They do well with rules	11	63	12	15	101	
·	and under control.	The school notices problems quickly and fixes them.					101	
		I think that our school deals really well with when kids do something like get mad at each other it/we deal with it really well and help them stop it.						
		I think the principal is doing a great job on the rules here at Cambridge and we should keep on following them.						
		Notable Themes	<u> </u>	L	<u> </u>	L		
Facilities	The food served on campus is good.	I think that the food in the cAfeteria is amazing and the chefs do a great job even if they had 1000 more students I think the food would still be great	24	38	10	16	88	
Discipline	Changes to the dress code are a concern for students.	Have more reasonable and fact based rules such as dress code, we shouldn't have rules discriminating against girls when boys too should be taught to behave more appropiatly.	45	28	3	0	76	

Code	Theme	Example	HS	JS	WE	CE	Total
Opportunities	More opportunities are needed for students.	Include an elective about finances/taxes/investing/etc and have better options for a fine art credit that aren't art, theater or music. Being able to do something like cooking or photography as a fine art credit would be good for those who don't want to do art or music and would actually appeal to students' interests.	11	6	33	22	72
		they can have an art pass when the students are going to recess or the library after lunch					
		At Woodbridge we could probably have more people in the WNL and that way everyone will have a blast.					
		The hights classes they need more opportunities for people not heights					
Athletics	We have a strong athletics program.	One thing that the school is doing really well is giving a solid amount of time towards sports. I think the sports teams and team facilities are phenomenal.	46	24	0	0	70
		One thing our school does well is the variety of sports you can do. They should keep adding sports and letting kids tryout for multiple sports.					
Belonging	Student have a strong sense of belonging.	Inclusion is such a big thing at Alamo Heights and i absolutely adore that, being left out is NEVER a good feeling and we do a really good job at making sure no one does feel that way.	26	27	9	7	69
		One thing that I think that my school does really well is making me feel like I belong. I admire how they teach us about the school's core values and cyberbullying awareness because I believe that is very important.					
Grading	Changes are needed to the grading system.	I think there is a culture of obsessing about grades and rank, and it should be more about actually learning the material.	53	9	0	0	62
		Grading, actually putting something in the gradebook after they say they will. Not purposely failing certain students					
Homework	Changes are needed in homework practices.	Limit the amount of homework students have to do for the core classes. As a junior involved in different after school activities, I often don't find time to actually do it and it can be stressful.	24	25	1	11	61
Student Support	The school provides	No. homework on Monday And Thursday. I think that Alamo Heights does a great job in providing different resources for struggling	24	11	7	11	53
	strong academic support for students.	students. For example, most teachers here are willing to set up times in the morning or after school to teach students.					
		how they help the students when ever they are confused or they don't understand how it works.					
Technology	Students want to use their phones at school	They can lessen the phone policy. I understand that some people are very distracted by their phones but I just think its better if they were at least allowed to have it in their pocket and could use it after they were done with work.	24	23	3	0	50
		Maybe we can improve on the phone policy a little - like the highschool. At least allow us to use them during lunch or recess, to an extent.					
		MInorThemes					
Autonomy	Students want more autonomy during lunch.	let freshmen and sophomores to go off campus for lunch PLEASE.	23	22	4	0	49
	autonomy during runen.	they might be able to improve on making things more fair. For exmple when your in the caffeteria you cant get up and throw away your garbage.					
		There should be one day of the week where we can sit wherever you want in the cafeteria					
Facilities	Upgrades are needed	Improve the main building because some of the facility is run down	9	6	21	11	47
	to the school facilities.	Having shelter between the main building and science building. Specifically the walkway next to the trees.					
		Better ad brighter lighting. Make the class rooms bigger.					
Facilities	Upgrades are needed to athletic and	At the football games let the students bring speaker so they can play music it helps the football players energy makes the student section fun	3	19	7	17	46
	playground facilities.	Have better gym equipment because are track has holes and I feel like I will break my ankle					
		I think we should improve the playground (add tether ball)					
		The swings. Because they are very low and when the tall kids get on them they hurt their ankles. So I think they should have different sizes.					

Code	Theme	Example	HS	JS			Total
Facilities	Improvements are needed for bathrooms.	Please make new bathrooms, and make sure they are monitored properly. I thought there were sensors in the bathrooms. I honestly think the bathrooms could be taken care of much better, some of the bathrooms go for over a week without soap/towels.	25	14	3	3	45
		One thing the school could do better is improve the school bathrooms, because sometimes they are dirty.					
		Make bathrooms more sanitary AND GOD SAKE PUT DEVIDERS BETWEEN THE URINALS					
Autonomy	Students appreciate the level of autonomy.	I think they've been very good about the ratio of freedom vs like important rules and things like that. Like how we are able to not feel entirely restricted but theres some control to where its not always just complete chaos	40	4	0	0	44
Belonging	The school needs to do more so all students feel a string sense of	It could improve by making sure everyone is included and make them feel like they are apart of everything. Even if its just as little as a lab group.	17	14	6	7	44
	belonging.	I think they could be better at being more united as a school I see lots of people who are very lonely and people that have so many friends I think It could be better to balance it out					
Diversity, Equity, and Inclusion	The school needs to do more to support a diverse student population well.	I believe our school should work on what actual punishment for hate speech should be. Pride progress flags being taken down is entirely unnecessary. There is no reason for their being taken down at the start of the school year. I want to hear the reasoning behind it and have a discussion about it	30	5	4	5	44
		They should do a ADHD Awareness month					
Facilities	We have great campus facilities.	Nice classrooms and the new buildings that provide a very free and calming enviorment	30	5	3	4	42
Facilities	The campus is clean.	It does well in keeping the school clean and organized for us students to have a decent work space.	18	21	1	2	42
Expectations	Expectations are too high.	I think maybe asking less of students. Sometimes I feel so burdened to do amazing and it stresses me out.	10	17	6	7	40
		Make sure teachers understand the students feelings and give a decent workload that does not overflow					
Wellness	More attention is need to student overall wellness.	Give more wiggle room to students who have a lot on their plate because people who are struggling feel trapped	26	9	3	0	38
Resources	Additional resources are needed.	More funding for fine arts and possibly expand books in library. I've looked at a book that had book two but no book one	10	9	14	4	37
		I would maybe improve the extra headphones they are a little uncomfortable for my ears and they do not make that much sound					
Communication	Stronger communication is needed.	It could improve by making sure everyone is included and make them feel like they are apart of everything. Even if its just as little as a lab group.	19	7	3	6	35
Clara and a second	O	Having really clear instructions for every day of the week on Monday mail My school needs to keep doing Sparks and , be the WE	0	0	10	1.0	
Character	Our school has strong character education.	Our school is incredible at showing our chore values	0	0	18	16	34
Grading	The grading system is fair.	I think the school should continue the reassessment policy into the future, and I think it encourages learning over going for a grade without being unfair.	26	3	3	0	32
		having the test grades not be the most important thing to ur grade					
Wellness	There are strong wellness supports in place for students.	I think my school is good about checking in on people when they seem like something is going on.	12	7	3	8	30
Resources	The school has adequate resources.	resources, teachers are comprehensive with the material, and they are lots of tools to help one keep on top of things	14	8	4	2	28
		I think they do a good job at providing equipment and tools for students.					
		I really like how we get iPads					
Student Support	Additional academic support is needed for student.	Our school should have more opportunities for students to improve their desired goal, like having more one on one time in class	19	5	2	2	28
Expectations	Expectations are too	AP classes vs. Grade Level are such big differences.	11	2	8	4	25
	low.	I think the school should make the math problems harder.					

Code	Theme	Example	HS	JS	WE	CE	Total
Autonomy	Student want more autonomy.	restricting the learning corses/ websites spisificly historical or websites that have coding or desining	16	7	1	0	24
Expectations	Expectations are balanced and fair.	Keeping the homework level as it is. Its enough to continue learning outside of the classroom, but shouldnt be any more than it already is	6	12	6	0	24
		I think that the school makes school really fun like we don't have to do work every second sometimes we do learning games.					
Diversity, Equity, and Inclusion	The school support diverse student populations well.	I believe my school shows tremendous support and understanding when it comes to self expression and is very good at making the atmosphere a safe space for all walks of life.	22	1	0	0	23
Administrators	Campus administrators are effective.	I think we have a very good admin, they all are always asking how I am doing and are always smiling.	11	6	2	2	21
Facilities	Improvements are needed for parking.	I think the admin do a great job staying connected and available improve some of the parking situation, too many big cars and too many compact spots. also maybe change some of the requirements for personalization, allowing students to go to other places if they have no work to do.	19	1	0	0	20
Grading	Changes are needed to the grading system for exam exemptions.	I'm not too sure, I wish the absences wouldn't count against you if you're excused instead of just ABX'd, because I and my friends have medical conditions which often affect our attendance and we are often unable to exempt exams even though we do really well in our classes and would be able to otherwise.	18	0	0	0	18
Facilities	Students love the Mule Stall and want it to be open as much as possible.	Having the mulestall it provides food during times where you cant eat lunch yet.	16	0	0	0	16
Administrators	Campus administrators are not effective.	I think that the school could improve on having the administrators interact more because the survey makes it seem like that is a goal of the school, and I almost never see the administrators.	9	0	3	3	15
Communication	There are strong communication systems for students.	I like mule tube and how it helps everyone know every activity and stuff that is going on.	10	0	0	0	10
HEIGHTS	Students appreciate the HEIGHTS program.	I like The heights program the most.	1	0	3	4	8
Athletics	All sports deserve equal attention.	The school could improve on the reconsecration of the band. They never show enough gratitude to them.	7	0	0	0	7
Athletics	Coaching staff is great.	I think our Coaches really care about us and are really helpful and try and make us do our best	5	2	0	0	7
Athletics	More athletic opportunities are needed for students.	6th graders could play sports and not have to wait until 7 grade	3	4	0	0	7
Facilities	There are concerns about the temperature in the buildings.	Please make the temperature in the building not too cold to survive. I literally can't write or play my instrument because it is so cold. Please make it hotter. Having a more comfortable temperature would be great for the history rooms down the hall upstairs	3	4	0	0	7
Scholarships	The school does a good job of providing financial support for students.	the school district is very good at helping students financially, they are very accomadatijng when prompted.	4	2	0	0	6
Athletics	It can be difficult to balance academic and athletic responsibilities.	I think one of the biggest things that needs addressing is the personalization requirement for athletics. I do understand why it's here, but as an athlete with very little free time, I still have no problem getting my work in on-time without using the personalization in my athletic period. It just takes away from the time I could be getting better at my sport.	2	1	0	0	3