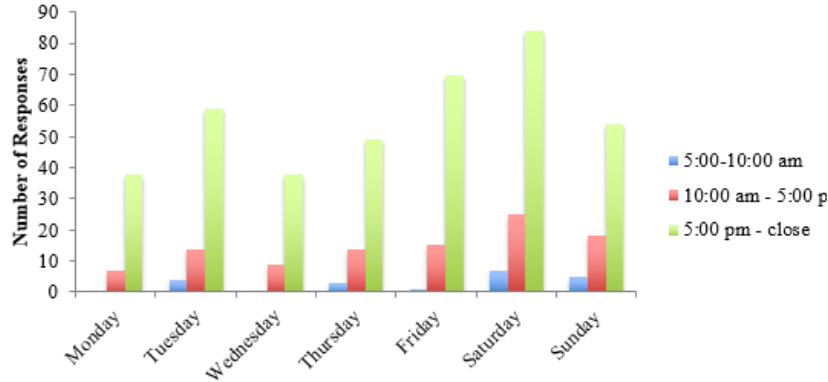


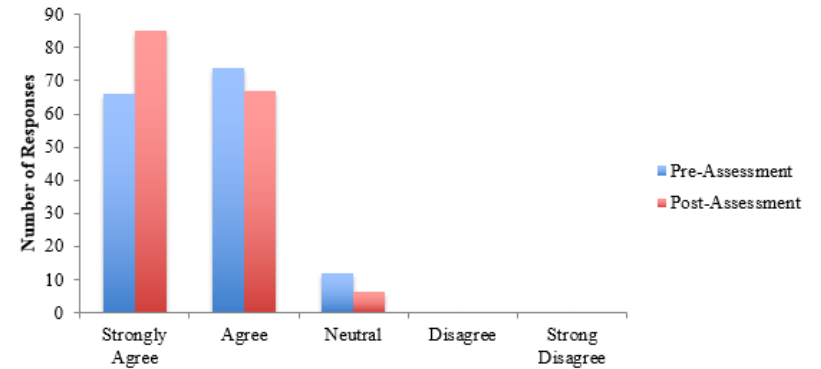
**International Welcome -a description of what the funds purchased**

1. Purchases were used to pay for the marketing materials for the event, as well as, incentives:
  - a. \$535 in gift cards to UNL Campus Recreation – these gift cards were given as random prize drawings with the majority given as “Group” incentives (aka Winner + 9 Friends at the Leadership Training Center; \$50 towards team fee for intramurals, five 30-min group training sessions (3 people) with personal trainer) and two individual prizes (Wellness Assessment Package and Elkhorn River Canoe Trip Package). We found the students really excited about the Group incentives vs the individual incentives.
2. N= 160 International students, 104 were freshman, 130 were Chinese. Recruitment primarily came from partnering with EdPsych 121: U.S. Education in the Age of Globalization. Other partners included: Intensive English Program, International Student Scholar Office and Student Involvement
3. From the comparison data of the pre-post assessment below, this grant helped us to make a powerful and positive impact on the experience that our international students who participated in these events received from the Campus Recreation Center.

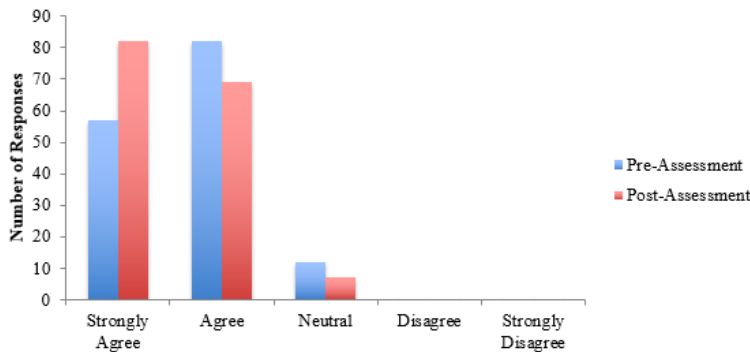
**When are you normally in the Campus Recreation Center?**



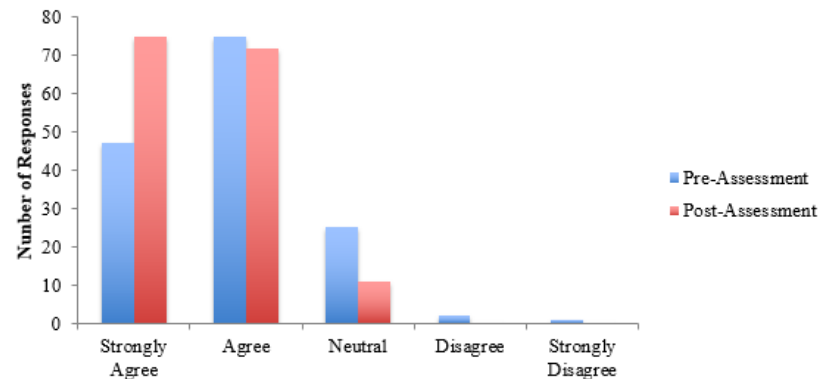
**I feel respected by the Campus Recreation staff**



**I feel the Campus Recreation Center meets my needs**

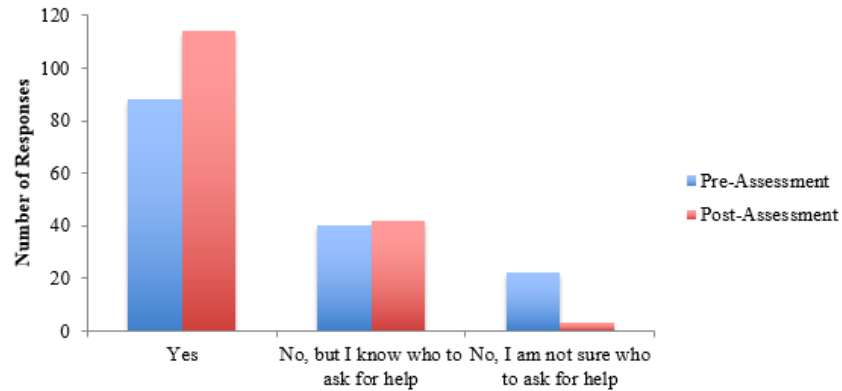


**I feel confident being in the Campus Recreation Center**

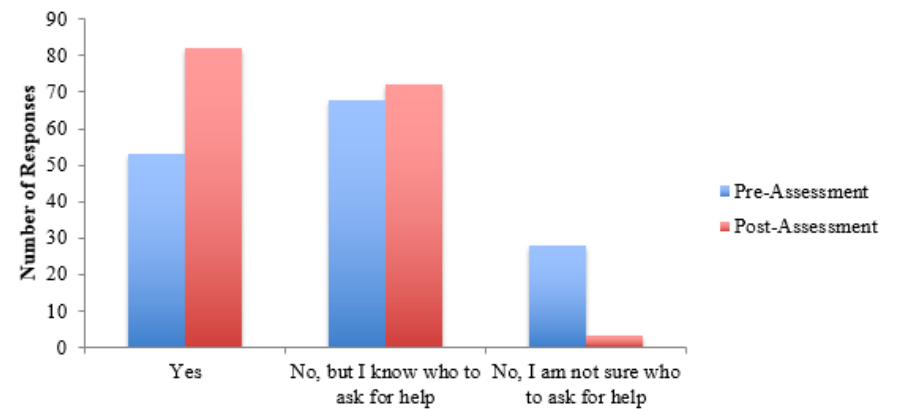


## Knowledge Impact

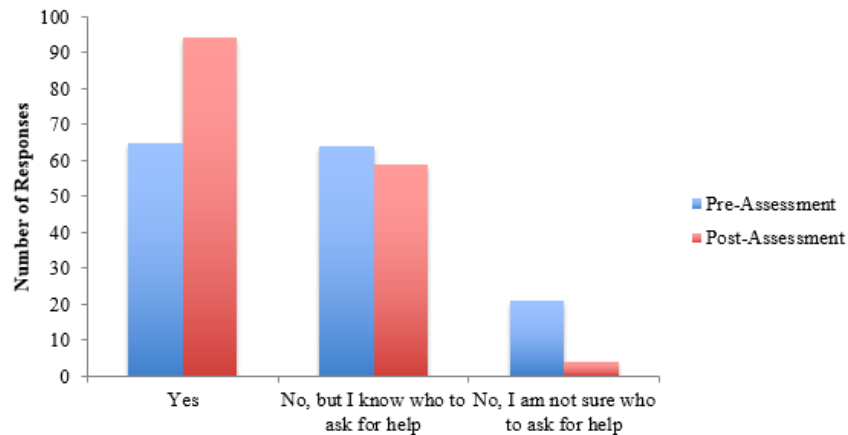
### I know how to use the strength training machines



### I know how to use the cardiovascular training machines



### I know how to use the free weights



Area	Which areas of Campus Recreation do you use? (Pre-assessment)	Which areas of Campus Recreation do you plan to use as a result of this tour? (Post-assessment)	Trend
Strength and Conditioning Room	52	67	↑
Super Circuit	4	20	↑
Swimming Pool	63	82	↑
Cardio Zone	9	41	↑
Treadmill Loft/Track	7	16	↑
Cook Pavilion	10	10	=
Group Fitness Classes	16	26	↑
Combative Arts Room	2	12	↑
Wellness Classes	3	8	↑
Personal Training	25	27	↑
Outdoor Adventures	12	31	↑
Nutrition Services	3	11	↑
Climbing Wall	13	49	↑
Message Therapy	2	10	↑
Table Tennis	34	41	↑
Intramurals and Club Sports	5	12	↑
Basketball/Volleyball Courts	61	56	↓
Injury Prevention and Care	4	23	↑
Badminton Courts	65	61	↓
Racquetball/Squash Courts	6	4	↓