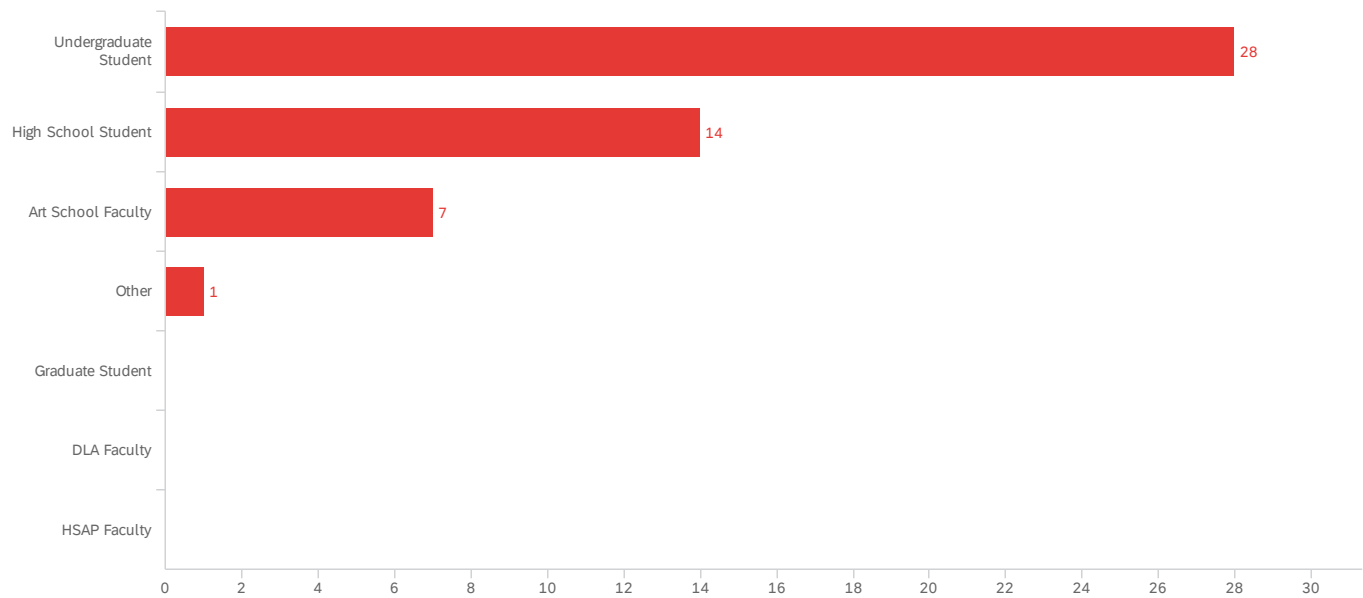


Results Report - Dance

CSI Survey

February 7, 2025 10:55 AM EST

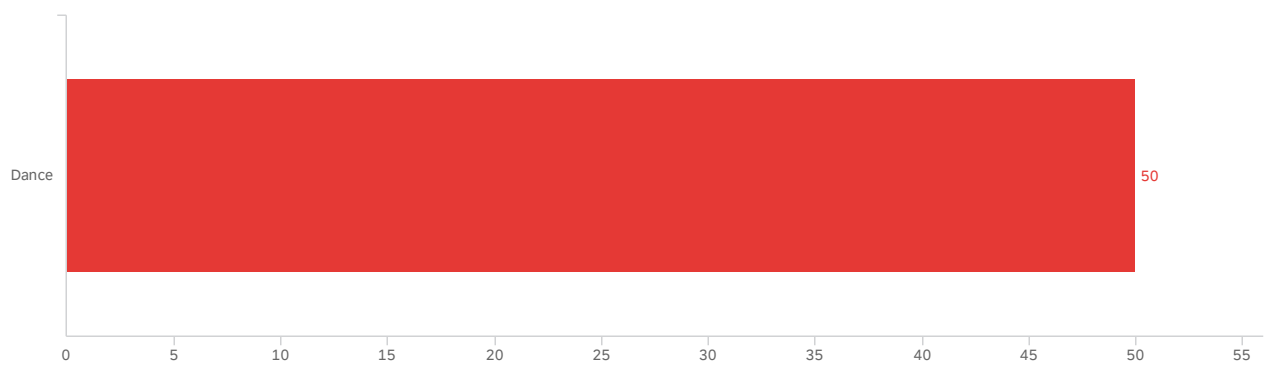
Q1.2 - Please select your level



Field	Choice Count
Undergraduate Student	56.00% 28
High School Student	28.00% 14
Art School Faculty	14.00% 7
Other	2.00% 1
Graduate Student	0.00% 0
DLA Faculty	0.00% 0
HSAP Faculty	0.00% 0
50	

Showing rows 1 - 8 of 8

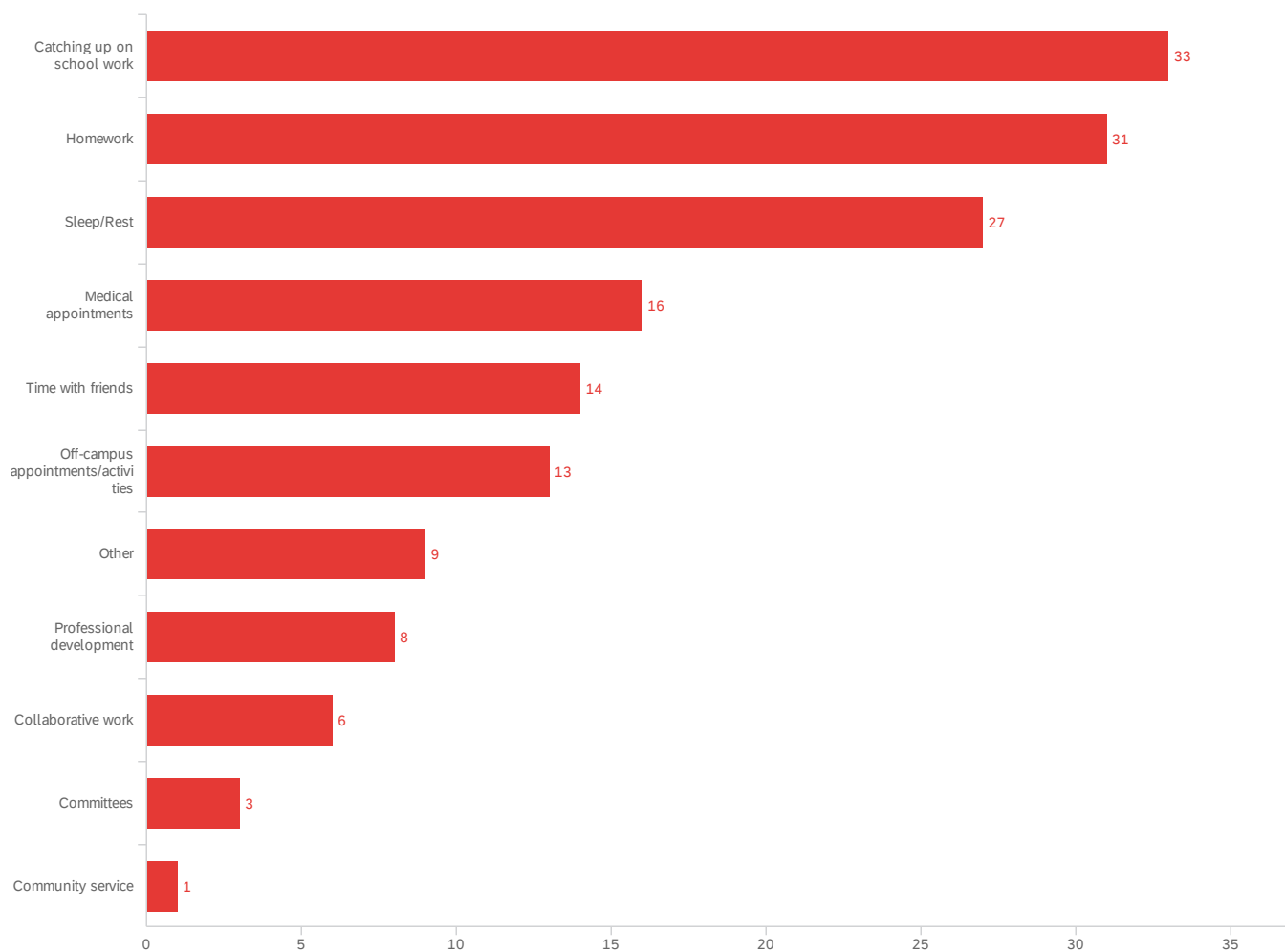
Q1.3 - Please select your art school



Field	Choice	Count
Dance		100.00% 50

Showing rows 1 - 1 of 1

Q2.1 - How do you use Intermission? Select all that apply.



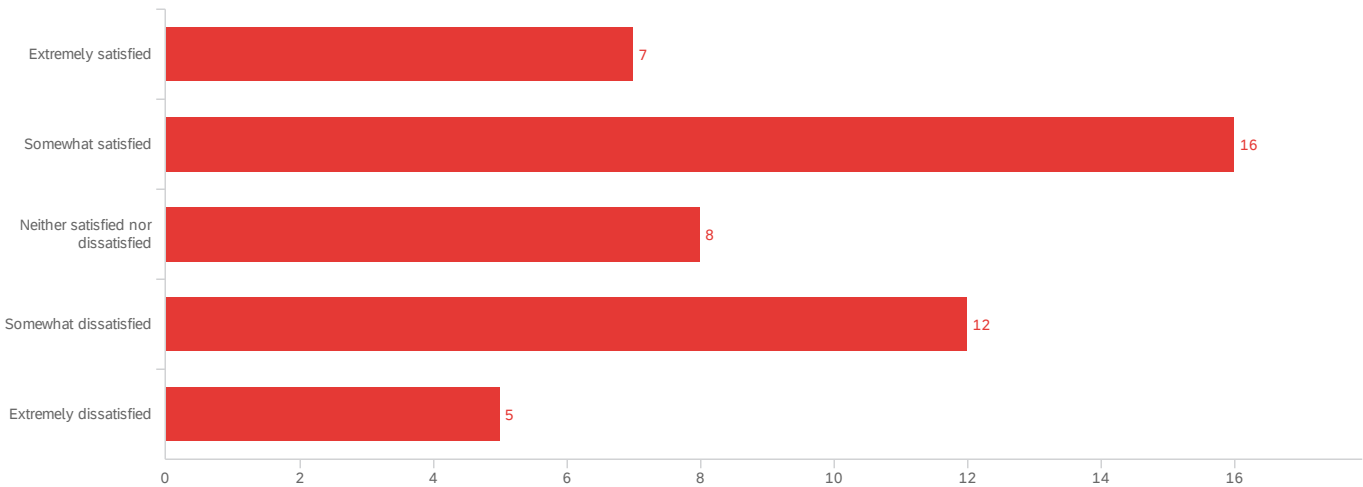
Field	Choice Count
Catching up on school work	20.50% 33
Homework	19.25% 31
Sleep/Rest	16.77% 27
Medical appointments	9.94% 16
Time with friends	8.70% 14
Off-campus appointments/activities	8.07% 13
Other	5.59% 9
Professional development	4.97% 8
Collaborative work	3.73% 6
Committees	1.86% 3

Field	Choice	Count
Community service	0.62%	1
		161
Showing rows 1 - 12 of 12		

Q2.1_11_TEXT - Other

Other
on-going work for the SOD
Working on mental health, mainly increased anxiety
Therapy appointments
NO!!!
Lunch
I am not a fan of the intermission. It's not long enough to get anything done, and it pushes our evening rehearsals later into the night.
Eating lunch
Eating
Eat lunch

Q2.2 - How satisfied are you with Intermission on Wednesdays from 12:30pm - 2:30pm?



Field	Choice Count
Somewhat satisfied	33.33% 16
Somewhat dissatisfied	25.00% 12
Neither satisfied nor dissatisfied	16.67% 8
Extremely satisfied	14.58% 7
Extremely dissatisfied	10.42% 5
	48

Showing rows 1 - 6 of 6

Q2.3 - What factors influenced your response?

What factors influenced your response?

Would be better if it was the whole day because for some of us that time is already a break

This is the only time a week I am able to meet with my therapist and it is so beneficial as a student to be able to have that second to breathe and work on my mental health. This is seriously the only minute we get to dedicate to our mental health and it is so incredibly important.

The lunchroom gets very crowded and they run out of seats and food most of the time. But I love the amount of time we have.

The School of Dance always respected the old 'Golden Hour' and did not schedule anything for students in that time, so this is not that different.

Sometimes it feels too short because it's the best time period on Wednesday's where, as a dancer, I can be productive. Those tend to be busier days schedule wise.

It's nice to have the long break but sometimes I just dont know what do with the time that I have.

It's weird that the Wednesday break is shorter than all the other days

It's a nice time in the day to do some schoolwork.

It would be better if intermission would be from 9am-12pm. Students and Faculty would benefit much more if they did not have to be up early to go to class in the morning then having all of this down time. It would allow a true restful morning and more productive.

It would be beneficial for faculty to be able to conduct meetings with students during the Intermission. It is typically the only time for students and faculty to meet during the week.

It is a lovely break and of course I would enjoy a longer break but it definitely provides enough time to relax and get things done instead of having to wait until the end of my day to have free time.

I love being able to have a definitive break in the day where I know I can see my friends of other majors and we can hang out/do homework together/go get coffee etc.

I find that for those who live off campus and commute it isn't much extra time

Having time in the middle of the week to catch up is very useful

Getting a small break during that time allows my body to rest and recover before my next classes.

Dance for the most part already had this break so didn't change much but I used to use this time to get help with school work especially math and intermission prevented math center from occurring so I had to skip lunch on other days to get help or wouldn't even have the opportunity. It would be better if we still were able to access these types of resources during this period.

Q2.4 - What factors influenced your response?

What factors influenced your response?

the fact that i can't utilize these two hours in being productive within my art and teachers cant help me. it forces me to end up trying to find time on other days much later at night and i get less sleep as a result and sometimes added stress.

The current intermission schedule poses a significant challenge for dancers. With morning dance classes and a packed daytime schedule, the 2-hour break can be detrimental to our physical preparation. After a prolonged period of inactivity, we require additional time to warm up and regain optimal physical condition, which can be difficult to achieve within a short timeframe. Alternatively, I propose allocating extra time at the beginning or end of the day. Allowing students to sleep in later would greatly benefit their physical and mental well-being. Conversely, finishing the day earlier would provide essential rest time, enabling us to recharge and pursue additional activities that support our dance education. Reconfiguring the schedule in this way would have a positive impact on our physical health, academic performance, and overall quality of life as dance students.

The compression in creates duringng the rest of the week.

Teachers incorporate this time only as a break from classes, but don't consider that we have to take the time during intermission to eat lunch. We get out of class at 12:30 and have our next class/ rehearsal at 2:30. It's also messy when it comes to getting food because with all the schools releasing class at the same time, everybody is trying to get food at the same time and the dining hall gets packed. It is a RACE once 12:30 hits to grab a table and then get some food. And with so many people in there it takes a long time to get my food and eat it so there isn't much time to do other things during my break.

Just a normal break in our schedule.

It's only a two hour break... not even long enough to do laundry or take a nap by the time you've finished class, packed up and headed home. And For anyone on campus it's just annoying because everyone is at the dining hall at the same time

It's kinda the same, but now we can't go office hours which is kinda annoying

It's directly in the middle of the day and week. I would rather keep the students moving through their schedules and let them out earlier to recuperate in the evening. It's not healthy for a dancing body to start and stop and then have to restart again. It's hard on the body and the mind. The best recuperation time is after the work is done for the day.

It's just a weird time for dancers to have an extra long break. I would prefer if Wednesday was a day where we cut all class off at an earlier time, instead of taking a longer break in the middle. For dancers the longer break means we have to spend much more time warming up before rehearsals or classes after intermission. If instead of the current time, we had a normal length lunch break and ended rehearsals earlier because of that it would be beneficial for dance majors, I cannot speak for other majors, but more time in the evening would be much better put to use.

It's basically the same as any other day i have.

It would be much more helpful to be off that night (having the intermission from 7:30-9:30pm). It's also not that helpful because I can't use it to meet with my faculty members (this used to be a very helpful time to meet with them). It's also not long enough to get anything really substantial done.

It should happen in the morning so we can sleep in (10-12)

It feels kind of random

It does not feel productive. 2 hours is not enough time for me to catch up on work or rest. It pushes the rest of my day back and now I do not get done with class until 9:30.

I still feel like i have no time for it to be called an intermission.

What factors influenced your response?

I really like the idea of intermission. In theory it is nice. However, it makes finding time to schedule anything difficult. This is the only free time we have and restricting faculty from certain optional meetings makes having these meetings impossible. Say I need to meet for office hours or things of that nature, there is not room in the schedule the other days of the week to schedule so the only option is Wednesday. But! we aren't allowed to schedule meetings on Wednesdays. This is the only issue I have run in to.

I feel like having only a 2 hour break, is somewhat useless. it's very short to eat, rest, take a break and do some homework all before getting to class. especially for dance because most of get out of class at 12:30 and then have to start preparing for class at 2 since class is at 2:30. i feel like it should be longer so those intermissions can actually be productive in resting, earring, making and getting to appointments, hanging with friends, catching up/doing homework, collaborating, etc.

I feel it is not long enough, and for the purposes of improving our technique as dancers, it would be better to have it in the mornings so we aren't having to pause for so long in the middle of the day, letting our bodies cool down too much and having to warm up again excessively.

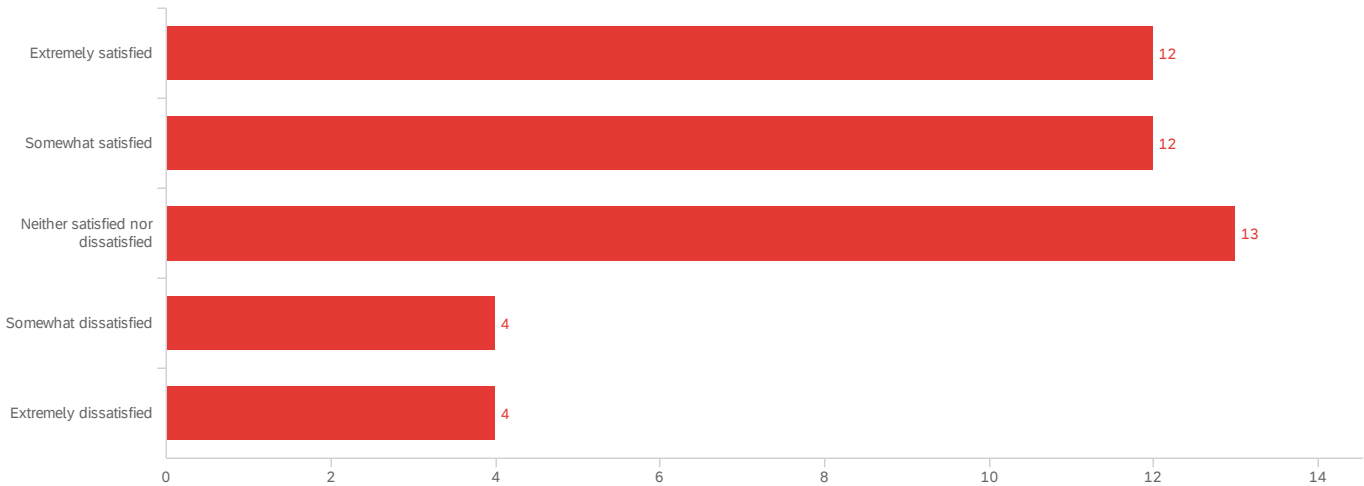
I am neutral because I am still quite new and learning the ropes. I imagine my goals later down the road would include using this time as a resource for health and wellness, as I believe it is intended for this purpose... For now, though, I normally would take my lunch break during this time and work independently on my responsibilities within the School of Dance and UNCSCA.

Even with two hours it barely gives me enough time to eat as well as strengthen and work on assignments.

Due to the implemented intermission, dance classes were pushed to an earlier start, and a later finish than our normal days. As well as, because everyone has that time period off, it's almost impossible to eat at the cafeteria, as every single department is there and food runs out.

2 hours is very short for an intermission. Early morning classes get out late and cut into the break all the time

Q2.5 - How satisfied are you with the day of the week (Wednesdays) and time of day
(12:30pm - 2:30pm) for Intermission?



Field	Choice Count
Neither satisfied nor dissatisfied	28.89% 13
Extremely satisfied	26.67% 12
Somewhat satisfied	26.67% 12
Somewhat dissatisfied	8.89% 4
Extremely dissatisfied	8.89% 4
	45

Showing rows 1 - 6 of 6

Q2.6 - What factors influenced your response?

What factors influenced your response?

Wednesday is a perfect day, but the time is not. Could it be moved to 9 am-12 pm?

Middle of the week is always good for a break, and Wednesdays are a heavy day for dancers.

N/a

good time of day

It's good just the lunchroom gets too crowded.

NA

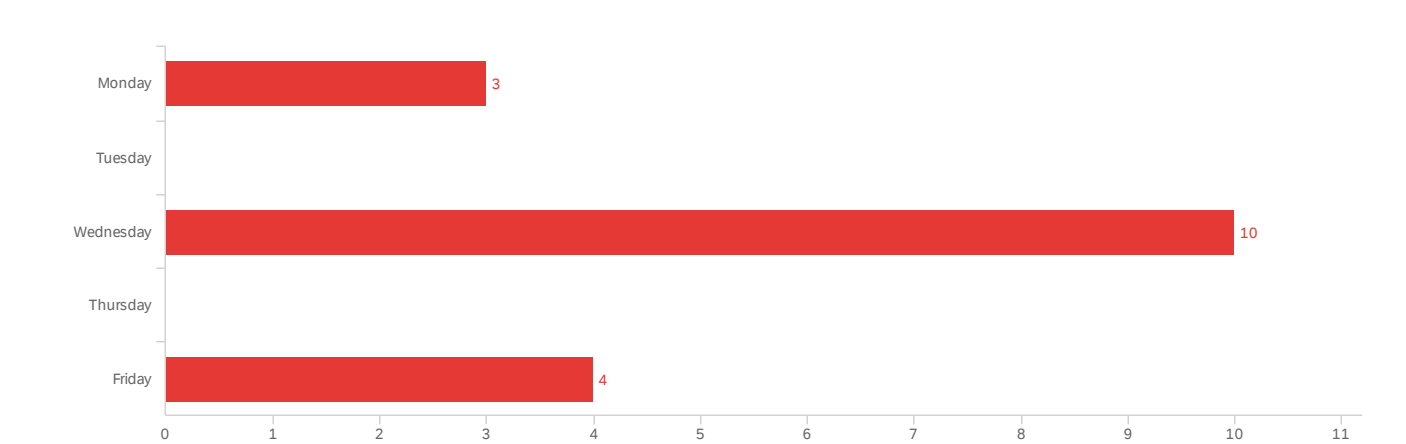
It is the perfect time to have a break for appointments because most offices are open at this time.

I enjoy the time so I can take my time at lunch. And I like that it's on an arts day.

high school academics the other 4 days a week make this the perfect day

My schedule (sometimes that's already a break so it would be helpful if it was the whole day)

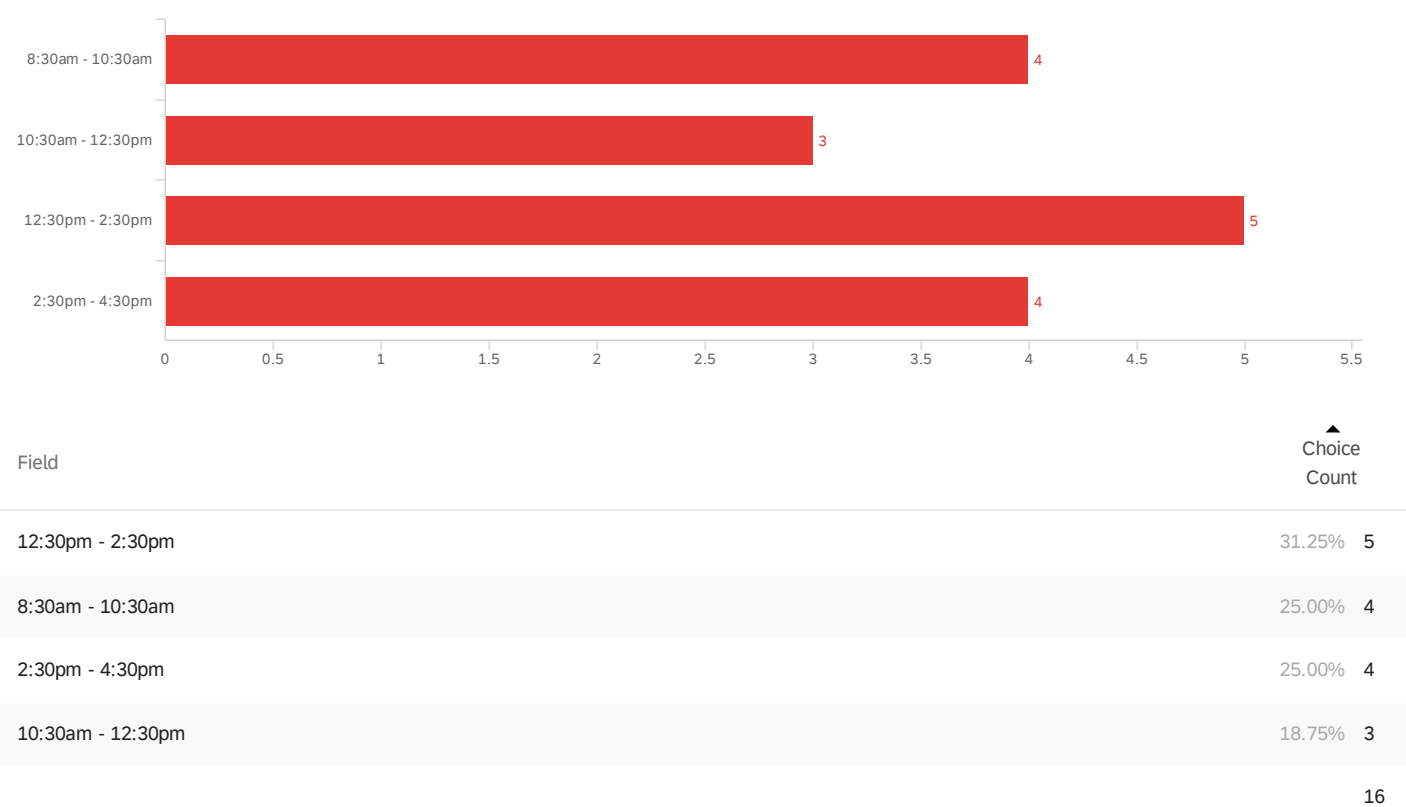
Q2.7 - What weekday would you prefer for Intermission? Select all that apply.



Field	Choice	Count
Monday	17.65%	3
Tuesday	0.00%	0
Wednesday	58.82%	10
Thursday	0.00%	0
Friday	23.53%	4
		17

Showing rows 1 - 6 of 6

Q2.8 - What time block would you prefer for Intermission? Select all that apply.



Q2.9 - What factors influenced your preferences indicated above for weekday and time block?

What factors influenced your preferences indicated above for weekday and ti...

Due to Arts Wednesday, our classes begin earlier but end later. For the students in the dance department, especially those involved in heavy rehearsal schedules, the intermission delays our classes and rehearsals, making our day more intense due to longevity. Additionally, the afternoon break for the dance department is 12:45-3:45 to accommodate the high school schedule. Undergraduate students are typically involved in dance classes from 2:00/2:30-3:30, and as such, the intermission does not provide any significant difference in break or schedule than a typical day. In the dance department, we typically don't have rehearsals scheduled on Friday afternoons but do have rehearsals on Saturday mornings/afternoons, so it would be helpful to give students some additional time to organize themselves - or eliminate Saturday/Weekend rehearsals as a whole.

I chose to remain it the same because I don't want them pushing our class times to even more extremes

I think it depends on each school's discipline to depict what time block could be beneficial to their training schedule. The School of Dance has very specific training methodology, and needs consistency in this. The afternoon block is that of a lunch break, which seems to flow alright thus far.

It would honestly be nicer to get done with rehearsal early one night, rather than having it in the middle of the day

I don't really care, the dance schedule would make anything impossible.

i think wednesday are a good day to do this on, since for dance it's our longest day. i just highly recommend extending the intermission a bit at the time it was at or extended it but at a little later time.

i can sleep in and utlize my day better

One day of sleeping in would be SO much nicer than a practically regular lunch break. I believe Dance is the only school that has to be up super early every single day

Having the intermission smack dab in the day gives me time to get cold and fall out of rhythm and then have to warm up again for the second half of the day. If we had a later start to Wednesday classes we could run through the schedule in just a couple hours and still end at the same time

It's unhealthy for dancers to have such a long break in the middle of the day that lets our bodies cool down too much and having to warm up all over again.

Get a day to sleep in a little bit

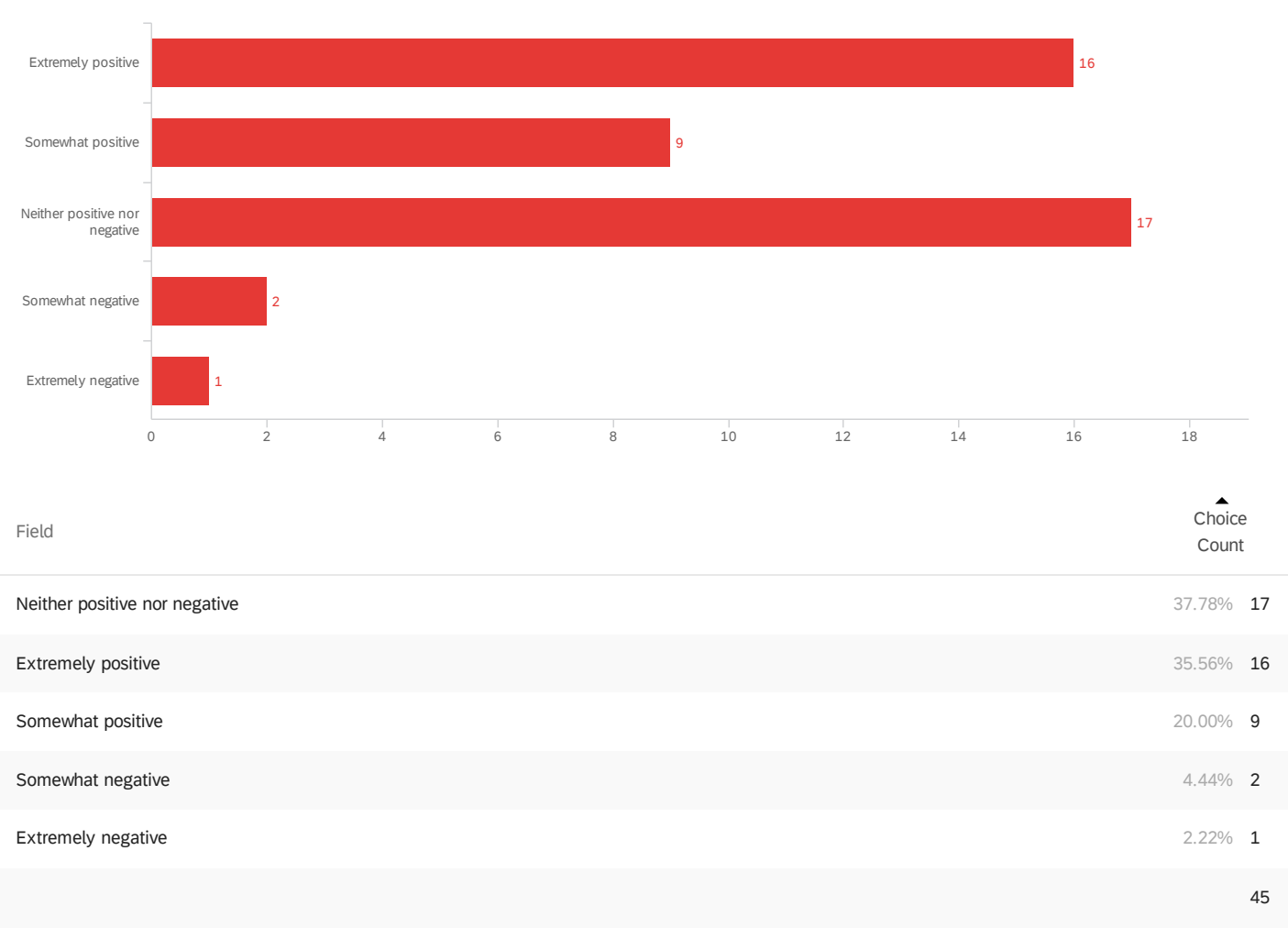
I don't think we need an intermission at all.

See last questions answer, I would prefer an earlier end to a day, than an intermission that means us dancers have to warm back up because we were not dancing for 3 or more hours

The current intermission schedule poses a significant challenge for dancers. With morning dance classes and a packed daytime schedule, the 2-hour break can be detrimental to our physical preparation. After a prolonged period of inactivity, we require additional time to warm up and regain optimal physical condition, which can be difficult to achieve within a short timeframe. Alternatively, I propose allocating extra time at the beginning or end of the day. Allowing students to sleep in later would greatly benefit their physical and mental well-being. Conversely, finishing the day earlier would provide essential rest time, enabling us to recharge and pursue additional activities that support our dance education. Reconfiguring the schedule in this way would have a positive impact on our physical health, academic performance, and overall quality of life as dance students.

Wednesday is a central day, and the time is perfect for getting lunch

Q2.10 - How would you rate the impact of Intermission on your health and wellbeing?



Showing rows 1 - 6 of 6

Q2.11 - What factors influenced your response?

What factors influenced your response?

previous response.

needed rest

again would be better with more time for those who commute

That one day right in the middle of the busy week is very helpful.

NA

It's a stress reliever. I can focus on anything I want to get done without having to go to classes.

It's nice to a little time to relax.

It would be extremely positive if it lasted maybe an hour longer and happened at a more convenient time, especially because having less time for any matter spikes my anxiety, which has already increased during my time in dance at this school.

I was able to breathe and find perspective and allow myself as a human to take the time needed for myself before retiring to the rigorous day.

I have a ton of time to catch up on work hang out and go to physical therapy appointments if needed.

I don't know how I would make it through the day without it

Q2.12 - What factors influenced your response?

What factors influenced your response?

The additional time between dance classes requires students to re-warm up, and for dance students that takes time! We can't take the full "break" because we are expected to be ready for our classes at/before their scheduled start times. Additionally, because the entire dance department observes the same scheduled breaks, space for appointments, especially walk-ins, is limited because we only have the 12:45-2:45/12:30-2:30 time block available to schedule them. We are not allowed to miss class, be late, or leave early to go to the wellness center so scheduling an appointment is highly competitive. This could also be solved by scheduling different intermissions depending on individual department needs!!

The intermission plays the part of a lunch break and preparation time for the rest of my day.

It's not long enough and it's at an awkward time. I feel like I can't get anything done.

Normal break

it is not an intermission for employees.

it just feels like a short normal break that i have every day. it's not long enough that i have to pack a lunch and stay at school, which means im there all day since i live off campus and more than 15minutes away

bad timing and the way it limits my productivity ends up being stressful in some cases

It doesn't do anything, there is no time for anything

Again it's not really helping or not

Like I said, it's literally just a regular lunch break

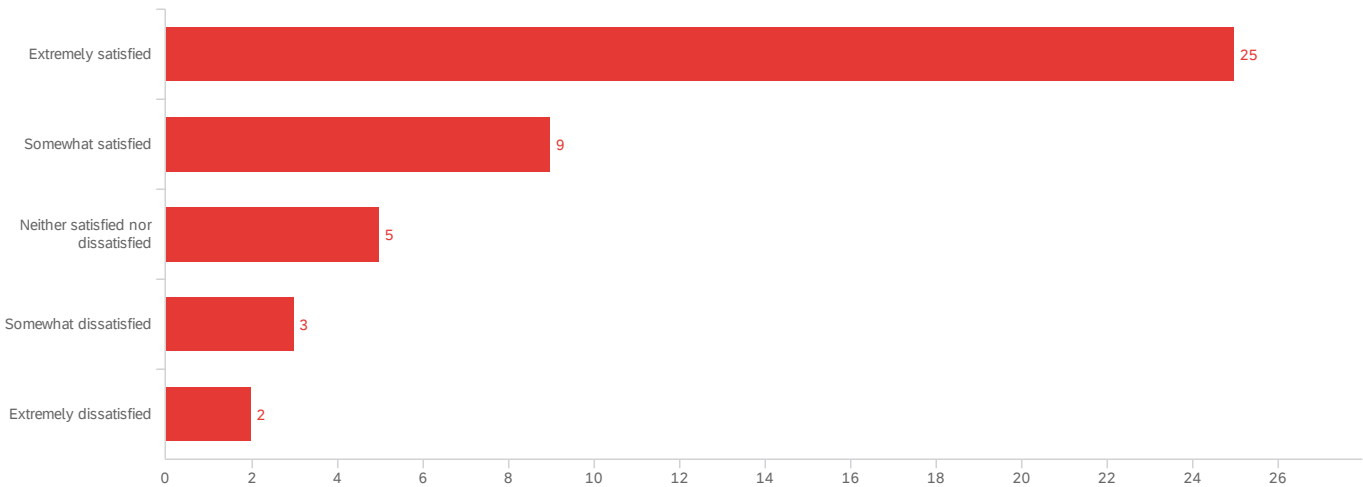
For me it's just dead time in between ballet classes I can't really spend on homework because I'm focusing on staying warm for the next class

Right now intermission doesn't do anything but make getting back to class harder for dance majors.

The current intermission schedule poses a significant challenge for dancers. With morning dance classes and a packed daytime schedule, the 2-hour break can be detrimental to our physical preparation. After a prolonged period of inactivity, we require additional time to warm up and regain optimal physical condition, which can be difficult to achieve within a short timeframe. Alternatively, I propose allocating extra time at the beginning or end of the day. Allowing students to sleep in later would greatly benefit their physical and mental well-being. Conversely, finishing the day earlier would provide essential rest time, enabling us to recharge and pursue additional activities that support our dance education. Reconfiguring the schedule in this way would have a positive impact on our physical health, academic performance, and overall quality of life as dance students.

It's not enough of a break so I can't fully or sometimes even partly mentally recuperate- also sometimes we're using that time to catch up on hw

Q3.1 - How satisfied are you with Collaborative Days?



Field	Choice Count
Extremely satisfied	56.82% 25
Somewhat satisfied	20.45% 9
Neither satisfied nor dissatisfied	11.36% 5
Somewhat dissatisfied	6.82% 3
Extremely dissatisfied	4.55% 2
	44

Showing rows 1 - 6 of 6

Q3.2 - What factors influenced your response?

What factors influenced your response?

we need more

more collaborative days are great with a typically loaded schedule it gives a nice reset and feels beneficial

i think it's nice to have these once a month. it allows us to collaborate and try new things while also giving us a day off of classes. i think it's essential so we don't burn out as fast.

having the full day off every now and then gives me a little free time to catch up on work, which is always a struggle for me. it also eliminates a few time restrictions for a days worth, which helps me keep calm while getting things done.

They provide opportunities for rest and work. Especially with Saturday rehearsals and shortened weekends. It gives us time to do things.

They didn't seem as beneficial if they occurred close to a break (before or right after) or if they were scheduled close together, but I think it was a good idea

The collaborative days are very nice!

THEY ARE SOOO GOOD!!!

Sometimes you just need a day off. I'm happy with them.

Sometimes breaks are needed when all we do at this school is grind. Especially as somebody that likes to get their hands on many different projects.

Schedule and mental health

Love the time to rest and catch up on work

I've need more purpose for these days. They are great to have but sometimes without much productivity.

It's a nice day to catch up.

I think Collaborative Days are so helpful. Having a full day to rest and catch up on work is so nice.

I love having some weekdays for activities and trips

I like collaborative days, it give an opportunity for social interaction we normally don't have time for, and rest that we desperately need. My only want for them is more events. Reach out to the student body, like you did for this survey, and see if people have ideas, or want to plan a small event on a collaboration day.

Gives students time to rest their bodies if the week has been tough.

Dance is very stressful for your body and getting those days off are important for injury prevention.

Collaborative days tend to help me catch up and take a breather every now and then

What factors influenced your response?

Being able to rest and catch up on school work especially when taking AP

Q3.3 - What factors influenced your response?

What factors influenced your response?

Suspension of school activities until 5 pm does the dance student body a disservice when rehearsals are scheduled. It requires us to plan our days around being available after 5 pm, which is inconvenient.

I think the Collaborative Days are in need of a production manager or curator... someone who can connect the schools in an organized fashion, or has a clear idea of what they want each school to invest in? There is weight on faculty and staff to bring forth innovative ideas for these days, and there is very little time in the already busy schedule to put efforts in this brainstorming. I hope that in the future, one of the collaborative days could be just a day to talk about the collaborative days -- to brainstorm and schedule the activities for the semester. The School of Dance could use that time specifically to decide what they want to bring to these days for that year. I also think that less is more, and that trying to fill these days with too much can have the opposite effect. I have noticed it creating a feeling of adding weight to the already full workload, while it should bring inspiration and excitement on campus! Would we be able to use one of these collaborative days in the future to meet with all the schools and schedule the events then, together, unitedly? Perhaps that would actually help develop genuine collaboration, giving us all an opportunity to meet with each other and find out what we all need (when normally our schedules do not offer much time for this) and invest in some beautiful collaborations!

The fact I have to go in after 5:00pm ruins it for me.

I don't think they are helpful or necessary. They are certainly not accomplishing the stated purpose - collaboration - as three random days throughout a semester are not adequate for any kind of in-depth foray into a collaborative project. They have become one more thing for the School to have to program, when we were assured that the arts schools would not have to program them. They interrupt the flow of regular classes, and seem pretty pointless, except as a day off, like a snow day.

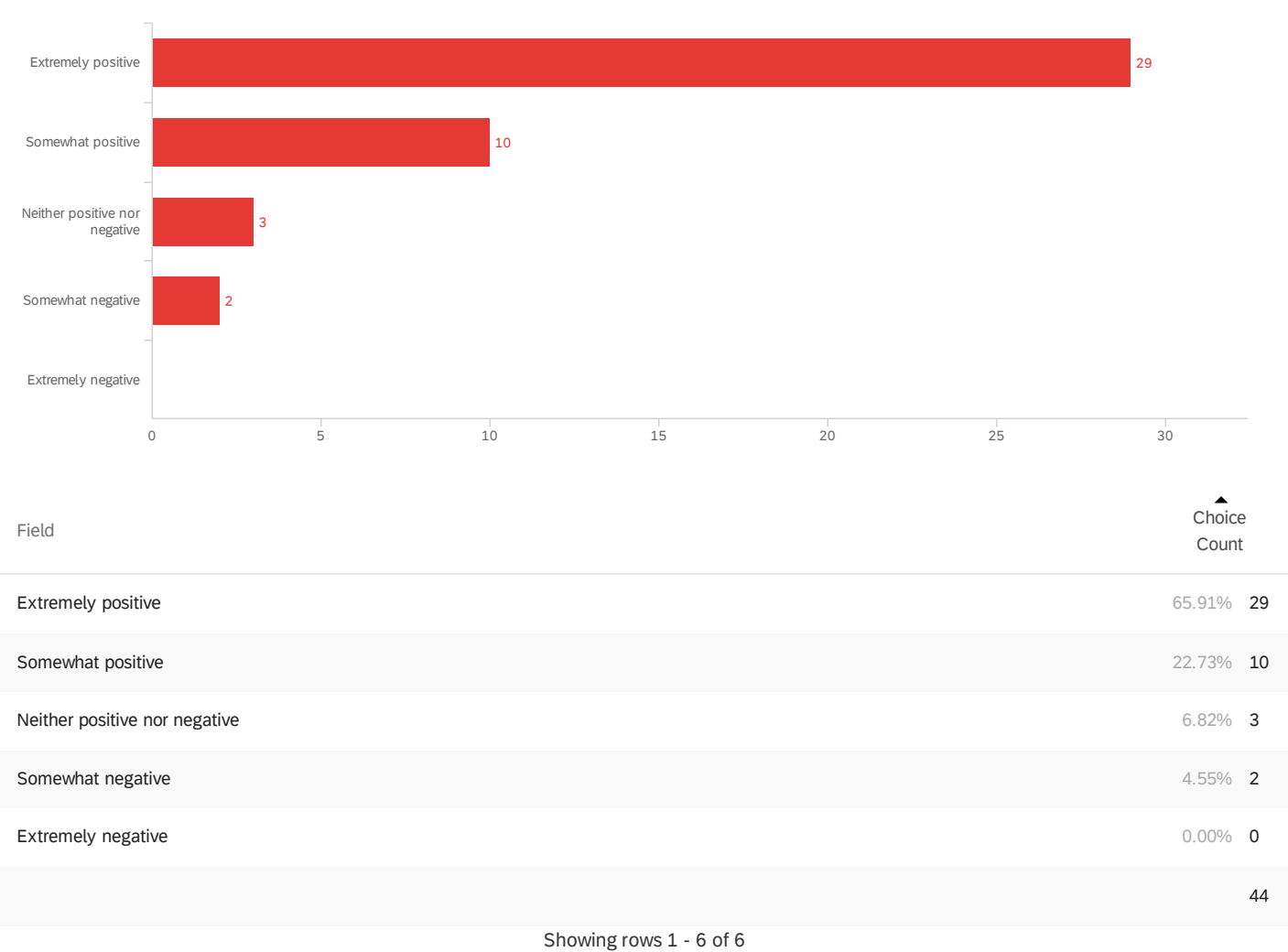
they should happen on Mondays or Fridays so that we can have three day weekends!!!!

Why put days in the middle of the week? Why not do Mondays or Fridays so we can have an extra long weekend for traveling if needed.

I've taught and have been in a participant in offered classes in which very few people showed up. It was a lot of extra effort on the part of faculty to program a new class with little success. Before Nutcracker the Monday scheduled day felt unnecessary. The students just needed to be with their instructors working on the big things that were closely right in front of them.

Inserting collaborative days in the middle of the week (Tuesday, Wednesday, or Thursday) significantly disrupts the continuity and progression of dance training. Our weekly dance curriculum is carefully structured to build upon previous days' work, with specific techniques and skills introduced on Monday and progressively developed throughout the week, culminating in a polished performance by Friday. Interrupting this flow with a collaborative day in the middle of the week forces dancers to pause their technical development, potentially leading to: - Reduced retention of newly learned skills - Decreased momentum in achieving weekly training goals - Negative impact on overall progress and performance quality In contrast, scheduling collaborative days at the beginning (Monday) or end (Friday) of the week would minimize disruptions to our dance training. This strategic placement would allow us to maintain continuity in our technical development, ensuring a more effective and productive learning experience.

Q3.4 - How would you rate the impact of Collaborative Days on your health and wellbeing?



Q3.5 - What factors influenced your response?

What factors influenced your response?

they help me rest so that's very good!

previous response

it helps us not burn out as fast by giving us a day off. very essential. lets us rest, socialize and reboot our working bodies and brains.

i use this time for getting ahead on homework and medical appointments

i get to take time for myself with such an insane and rigorous schedule

Very good! Love the time

They were really good! I do wish however they took place on fridays or Mondays more often so we could have longer weekends so that way we could get a consecutive break especially in dance.

They are great for having some time to rest and recuperate

Some days have a great productive meeting and other days there is not much to discuss.

Sleeping in is a luxury in these parts.

NA

My schedule, homework, and mental health

It's good for rest and recovery for dancers

It serves as a small break to catch up on things I'm missing

It gives me a day to catch up on what I need to do, get ahead on other things, or just rest

I make great use of my wellness days of course I use it to catch up or stay ahead of my work but knowing that my friends are also off on that day its nice to have the time to hangout with my friends that I don't see as often (friends who live off campus and have different majors).

I like when they are Mondays or fridays

I like the day off here and there.

I get decent sleep, allowing my body to recover by some amount. I also get to get academic work done without much excess stress.

Gives you time to actually find out what you need for your wellbeing

Gives me time to sleep in

What factors influenced your response?

As I mentioned earlier, it's a stress reliever.

Q3.6 - What factors influenced your response?

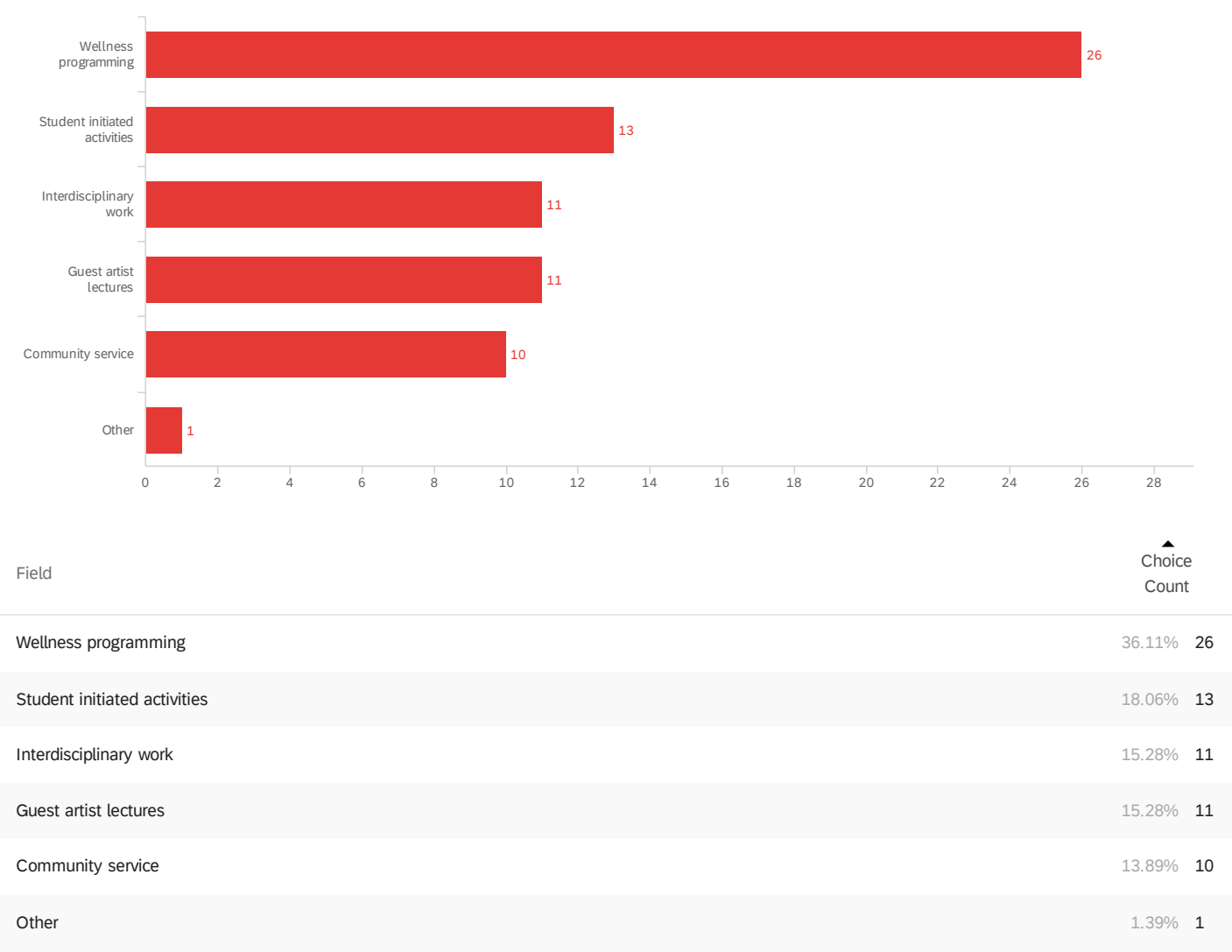
What factors influenced your response?

It largely depends on when the Collaborative Days are placed. In future planning, the committee should consider placing Collaborative Days during the months when observed university-wide closings are scarce. For example, a collaborative day is more effective if it takes place in October or late September rather than November or December (due to Thanksgiving and Winter Break).

Inserting collaborative days in the middle of the week (Tuesday, Wednesday, or Thursday) significantly disrupts the continuity and progression of dance training. Our weekly dance curriculum is carefully structured to build upon previous days' work, with specific techniques and skills introduced on Monday and progressively developed throughout the week, culminating in a polished performance by Friday. Interrupting this flow with a collaborative day in the middle of the week forces dancers to pause their technical development, potentially leading to: - Reduced retention of newly learned skills - Decreased momentum in achieving weekly training goals - Negative impact on overall progress and performance quality In contrast, scheduling collaborative days at the beginning (Monday) or end (Friday) of the week would minimize disruptions to our dance training. This strategic placement would allow us to maintain continuity in our technical development, ensuring a more effective and productive learning experience.

Again, they are not days off for me.

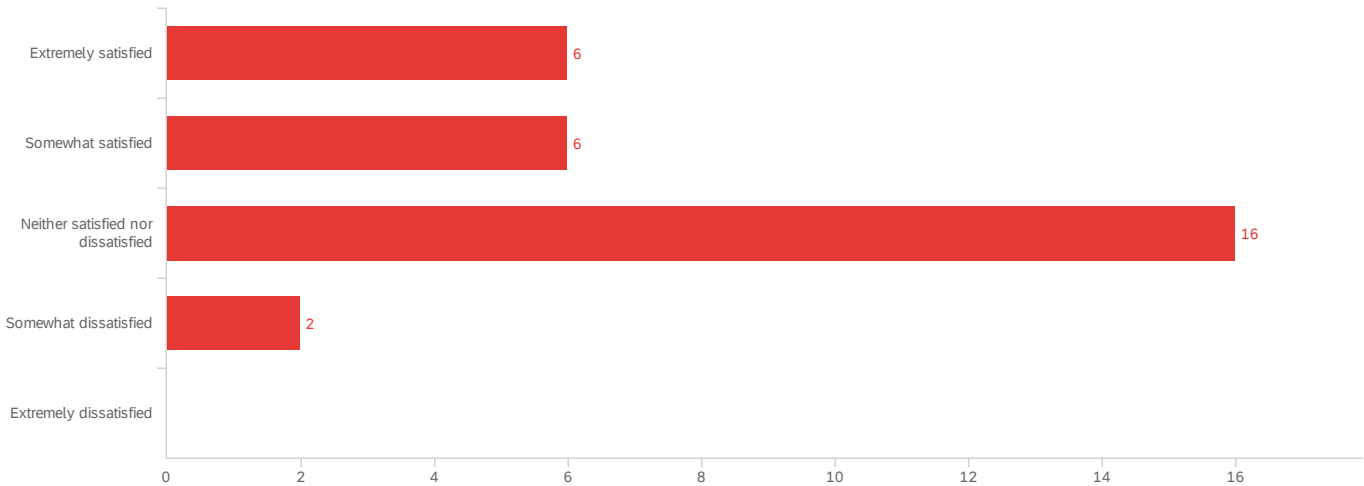
Q3.7 - What type of programming would you like to see for Collaborative Days? Select all that apply.



Q3.7_6_TEXT - Other

Other
Rest

Q4.1 - How satisfied are you with the Monday/Thursday and Tuesday/Friday DLA class schedule rotation?



Field	Choice Count
Neither satisfied nor dissatisfied	53.33% 16
Extremely satisfied	20.00% 6
Somewhat satisfied	20.00% 6
Somewhat dissatisfied	6.67% 2
Extremely dissatisfied	0.00% 0
	30

Showing rows 1 - 6 of 6

Q4.2 - What factors influenced your response?

What factors influenced your response?

there is mostly even time between sessions of each class, leaving somewhat equal time to get assignments done between.

It makes us not late to Wednesday classes anymore!

It is best to spread these around (if we have to have them), so classes that meet once a week are not missing more than one class period per semester due to Collaborative Days.

It gives decent time for work and reading to be done to be prepared for next class.

It feels the same as my first year even with those classes being M/W/F the DLA staff has done a great job implementing their courses into twice a week sessions

I think it a lot more than the Mon/Wed and Tues/Thurs rotation. It allows for more time in between classes to get work done.

As mentioned in one of my previous responses, it is nice to have time prior to classes (dance) to warm-up, which is essential for injury prevention and class performance. Because classes end at 9:50 and classes begin at 10:20 during the MON/THU and TUES/FRI schedule, it typically gives just enough time to warm up. Last academic year, WED classes began at 10:10 with a DLA class ending at 9:50 - which was quite stressful, so the change is a welcomed one!

Q4.3 - What factors influenced your response?

What factors influenced your response?

I don't have a preference, I would have class all of the days regardless.

I am not taking a DLA this year

I feel neutral about it, the Wednesday intermission is nice but dance does begin classes earlier that day anyways

Would rather have no dla on Friday

n/a

I don't find this to be something there is a lot of wiggle room on.

I'm thrilled to hear about the new rotation, which will undoubtedly have zero impact on the Dance Department's already packed schedule. I mean, who needs a consistent routine when you're already working five to seven days a week? It's not like we must plan rehearsals, performances, or classes around our 'days off.' And what a wonderful perk for DLA Faculty to have Wednesdays off, with no weekend work to boot! I'm sure it has nothing to do with the fact that we're expected to be available 24/7 to accommodate the demands of our department. Please, by all means, let's continue to prioritize the schedules of other departments over ours. It's not like we're already running on fumes.

Doesn't make a whole lot of difference to me

8am is really early

End of Report