

Frequently Asked Questions

What would I need to bring?

A great attitude along with an open mind. Comfortable clothes and shoes. If you are staying for a full day, you might want to bring your own lunch. We provide plenty of drinking water and cups.

How does my group/organization benefit?

Different groups benefit in different ways, however, your group will enhance in:



- ▶ Communication skills
- ▶ Trust levels among team members
- ▶ Problem solving skills
- ▶ Leadership and listening skills
- ▶ Group cohesiveness
- ▶ Personal awareness

Do I need insurance?

We do not require insurance to participate. However, we do highly recommend that your group have adequate insurance to cover any emergencies that may occur.

Do I have to be some kind of athlete to survive the course?

No. The purpose of the Tarleton Challenge is to challenge individuals mentally, not so much physically.

What happens if the weather is bad?

Unless notified by a Tarleton Challenge facilitator, plans will stay scheduled.

Does the Tarleton Challenge offer multiple day programs?

Yes. The Tarleton Challenge can accommodate an enthusiastic group for multiple days.



Tarleton State University

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Tarleton State University

Tarleton Challenge Course

The Tarleton State University Challenge Course is an energizing learning experience. By combining high and low elements, the facilitators/staff will provide clientele with a safe, fun, unique and innovative opportunity to promote group and personal growth, team building as well as communication and trust.



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Goals

The goals of the Tarleton Challenge are:

► Provide training in areas of problem solving, interpersonal skills, communications and values explored through a series of unique, solvable and incremental initiatives and elements.

► Increase confidence and self-esteem along with the individual's sense of community, and through this, individuals should realize that they matter to others in their community.

► Build groups and organizations into cohesive, well-functioning units by developing a sense of community and commitment through the use of experiential, individual and group learning.

► Help students deal with the stress and ambiguity of college life by providing a motivational bonding opportunity that is an alternative to negative coping mechanisms and inappropriate social outlets.



► Provide development opportunities for university students, staff and faculty.

► Create a healthier learning environment and contribute to increased student retention at Tarleton State University.

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What is it all about?



Being Safe
Having Fun
Taking care of self and others
Building trust
Learning to work together
Challenging self and stretching personal limits
Improving communications and cooperation
Relating experiences to the real world
Rediscovering the fun of creative play



Reservations

To reserve a date, contact the Tarleton State University Recreational Sports office at (254) 968-9910 or (254) 968-9912.



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