**COUN 2970-003**

**Life Skills for Student-Athletes**

***Fall 2008***

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**College of Education**

Instructor Information:

**Matthew Sacco, MS**

**Life Skills Instructor**

**SADC 315**

**mfs0002@auburn.edu**

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Office Hours:

Tues: 9-12

Thurs: 2-3



**COUN 2970: Life Skills For Student-Athletes**

**Fall Semester 2008**

*Updated 8/19/08*

**1. Counseling 2970-LIF, 3 credit hrs.**

**Instructor: Matthew Sacco**

**Office: Student Athlete Development Center, Room 315**

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**Email address:**[**mfs0002@auburn.edu**](mailto:mfs0002@auburn.edu)

**Office Hours: T: 9-12**

**TR: 2-3**

**Class Meeting: T/TH, 12:30-1:45**

**Location: Smart Classroom Student Athlete Development Center (SADC 19)**

**2. Required Texts:**

1. **Eric Denson and Trent Petrie, A Student Athlete’s Guide to College Success: Peak Performance in Class and Life. Copyright 2003.**
2. **Auburn University’s Student-Athlete Handbook/ Planner**
3. **Auburn University Undergraduate Bulletin**
4. **Auburn University Tiger Cub**

**3. COURSE DESCRIPTION:**

To provide freshmen student-athletes with a variety of Life Skills components necessary to maximize their educational successes in college and in life. This course will provide opportunities for student-athletes to explore issues relevant to first year students in the university setting through discussion, activities, guest speakers and Life Skills Seminars.

**4. COURSE OBJECTIVES:**

**When the course is complete, the student-athlete should be able to:**

1. Cope with the transition to college using resources and support services available to Auburn University students;
2. Effectively manage time within the constraints of a competitive athletic and academic schedule;
3. Make informed and educated choices and decisions regarding health issues, many of which relate to the intercollegiate athletes;
4. Identify and use coping mechanisms and campus resources for personal/emotional issues;
5. Successfully navigate academically through Auburn University with an understanding of the academic policies and procedures, SEC (Southeastern Conference) and NCAA rules, regulations and standards;
6. More fully appreciate diversity and intercultural communication;
7. Discover methods and resources for improving academic success;
8. Make an informed and educated decision on a major, leading to career exploration

###### 5. COURSE CONTENT:

###### Examinations

There will be two examinations during the semester; a mid-term and a final. The examinations will cover assigned readings and class discussions.

**About You Paper**

Students will write a minimum of 600 word paper covering the following topics

1. Your name and where you are from.
2. Why did you choose Auburn?
3. What you hope to accomplish while here.
4. Something you would like people to know about you

Papers are to have 1 inch margins, size 12 Times New Roman Font, and a Cover Page (name, class, instructor). Double Space. **PAPERS MUST BE SUBMITTED VIA BLACKBOARD BEFORE THE START OF CLASS ON THE DUE DATE.**

**Student Services Presentation**

You will be required to research a student service that is available to you at Auburn University. You will then be required to give a 5-10 minute informative presentation about the service you researched to the class. Detailed instructions for this assignment will be provided by the instructor.

**Advocacy Project/Presentation**

You will be required to research a service organization or charity that is of interest to you, and give a 5-10 minute presentation about this organization/charity to the class. A detailed description of this assignment will be provided by the instructor.

**Student Resource Binder/Notebook**

You will be required to maintain a binder with lecture notes, handouts, and any other information utilized in the course. **You will need a binder at the beginning of the semester and the course Power Point presentations will be on Black Board**. You are to print the slides in handout view, 3 slides to a page, punch them and put them in your binder. At the end of the semester your binders will be collected and graded based on completeness, neatness, and organization.

###### Study Guides

There will be ten graded study guides assigned during the semester. You are required to complete all ten study guides. **STUDY GUIDES ARE ON BLACKBOARD AND MUST BE SUBMITTED UNDER THE ASSIGNMENTS TAB. IF YOU HAVE QUESTIONS ABOUT THIS, PLEASE SEE ME, OR ASK SOMEONE WHO KNOWS HOW TO DO THIS.**

# Life Skills Seminars

Students are expected to attend three Life Skills Seminars throughout the semester (except for summer semesters). If you cannot attend a seminar due to competition or class conflicts, you will need to notify the professor as soon as possible. Points for seminars are on an all-or-nothing basis. You will receive 30 points for attending 3 seminars. If you attend fewer than 3 seminars, you will receive 0 points.

**Class Participation**

*Participation* (60 pts). Because this course relies heavily upon the ongoing experience of class members with one another in understanding in-class exercises, every effort should be made to attend all class sessions, to be punctual, and to reflect on your experiences. Because theory may only become useful to the extent that it is put into practice, students are expected to participate fully in discussions and in practice sessions of techniques derived from selected theories. All students will be involved in role-plays and experiential exercises and should be prepared to participate in class discussions and activities. Active participation is essential and will be evaluated in the following way:

*Excellent* (56-60 pts) - Proactive participation: leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration as well as a demonstrated ability to listen to and build upon the ideas of others.*Satisfactory* (46-55 pts) - Reactive participation: supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion rather than study, thought, and contemplation.*Minimally Acceptable* (36-45 pts)- Passive participation: present, awake, alert, attentive, but not actively involved.*Unsatisfactory* (35 and below) - Uninvolved: absent, present but not attentive, sleeping, irrelevant contributions that inhibit the progress of the discussion

## SYLLABUS CALENDAR

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **TOPIC** | **HAVE**  **READ** | **ACTIVITIES/**  **ASSIGNMENTS** |
| **1/12** | COURSE INTRO & Technology Crash-course |  | Review syllabus; check out books; review Blackboard procedures |
| **1/14** | Choosing a Major/Developing you Plan of Study |  | Exploring major requirements & Create 4-year Plan of Study  (in class) |
| **1/15** | Learning Styles/ Personality Styles | Ch. 2 | Lecture: Learning styles **CH. 2 STUDY GUIDE DUE!!!** |
| **1/19** | Forming Your Own Informed Opinion |  | In-class movie! |
| **1/21** | Forming Your Own Informed Opinion (cont) |  | In-class movie! |
| **1/26** | Self-Regulation & Forming Relationships with Instructors | Ch. 1 | Brief lecture & in-class, assign campus resource presentation **CH. 1 STUDY GUIDE DUE!!!** |
| **1/28** | Memory & Concentration | Ch. 3 | Lecture: Memory, Attention, & Mnemonic Devices; In-class activity: Practicing Memory Enhancement Techniques **CH. 3 STUDY GUIDE DUE!!!** |
| **2/2** | Campus Resource Presentations |  | STUDENT PRESENTATIONS ON CAMPUS RESOURCES TODAY!!! **ABOUT YOU” PAPER DUE** |
| **2/4** | Campus Resource Presentations |  | STUDENT PRESENTATIONS ON CAMPUS RESOURCES TODAY!!! |
| **2/9** | Tentative Library Tour |  | **Meet at Mell St. Entrance of Library** |
| **2/11** | Effective Note Taking | Ch. 4 | Lecture: Note Taking Tips; note taking practice (handouts) |
| **2/16** | Effective Reading | Ch. 5 | Lecture: Guidelines for Effective Reading; In-class SQ4R activity **CH. 5 STUDY GUIDE DUE!!!** |
| **2/18** | Test Taking Strategies & Test Anxiety | Ch. 6 | Lecture: Test Taking Tips / Dealing with Test Anxiety; In-class handouts  **CH. 6 STUDY GUIDE DUE** |
| **2/23** | Midterm review |  | Midterm review |
| **2/25** | **MIDTERM EXAM** |  | **MIDTERM EXAM!!! (Ch. 1-6, 13)** |
| **3/2** | Motivation & Change | Ch. 9 | Lecture: The Process of Change. |
| **3/4** | Motivation & Change (continued) |  | “Who Moved My Cheese?”**CH. 9 STUDY GUIDE DUE!** |
| **3/9** | Motivation & Change (continued) |  | “Who Moved My Cheese?” |
| **3/11** | Respecting Diversity | Ch. 10 | **CH. 10 STUDY GUIDE DUE** |
| **3/15-3/20** | **SPRING BREAK, NO CLASS** |  | **SPRING BREAK, NO CLASS** |
| **3/23** | Respecting Diversity |  | In-class diversity exercises, lecture |
| **3/25** | Diversity |  | In-class diversity exercises, video clips |
| **3/30** | Diversity |  | In-class movie |
| **4/1** | Diversity |  | In-class movie |
| **4/6** | Goal Setting | Ch. 7 | In-class “achievement strategies” activity |
| **4/8** | Managing your Time | Ch. 8 | Time management assessments; **CH. 7 STUDY GUIDE DUE!**  Scheduling activity |
| **4/13** | Health & Performance/  Personal Safety | Ch. 11 | Brief lecture, In-class video, & discussion **CH. 11 STUDY GUIDE DUE** |
| **4/16** | Stress and Coping | Ch. 12 | Brief Lecture & in-class activity **CH. 12 STUDY GUIDE DUE!!!** |
| **4/20** | Advocacy Presentations |  | **STUDENT PRESENTATIONS ON ADVOCACY PROJECTS** |
| **4/22** | Advocacy Presentations |  | **STUDENT PRESENTATIONS ON ADVOCACY PROJECTS** |
| **4/27** | Final exam review |  | Final exam review |
| **4/29** | **FINAL EXAM!!!** |  | **FINAL EXAM! BOOKS AND BINDERS ARE DUE!!** |

**The due dates for assignments and readings are subject to change WITH notification from the instructor. The pace at which we cover material often changes from semester to semester, occasionally necessitating minor changes in the schedule. In most instances I will give you at least one week notification of any change.**

**6. COURSE REQUIREMENTS/EVALUATION:**

Final grades will be assigned based on the cumulative number of points from all requirements of the course. Total points will be based on:

|  |  |
| --- | --- |
| REQUIREMENTS | **POINTS POSSIBLE** |
| **In-class participation/assignments** | **60** |
| **About You Paper** | **25** |
| **Student Service Presentation** | **25** |
| **Advocacy Project Presentation** | **25** |
| **Binder/Notebook** | **35** |
| **Life Skills Seminars** | **30** |
| **Study Guides (10 @ 10 pts. Each)** | **100** |
| **Exams (2 @ 50 pts. Each)** | **100** |
| *TOTAL* | ***400*** |

|  |  |
| --- | --- |
| **FINAL GRADE** | **NUMBER OF POINTS** |
| **A (90%-100%)** | **360-400** |
| **B (80%-89%)** | **320-359** |
| **C (70%-79%)** | **280-319** |
| **D (60%-69%)** | **240-279** |
| **F (below 60%)** | **239 and below** |

All assignments are due at the beginning of the class period on the day it is due or as otherwise indicated by the instructor. Late work will be accepted for **half credit** for up to *one week after the original due date*. Work will **not** be accepted more than one week after the original due date. If an assignment is not turned in due to a university excused absence, then the day you return to class becomes the original due date for that assignment. You all have your schedules…please notify the instructor ***AT LEAST ONE CLASS PERIOD PRIOR TO THE DATE YOU ARE GOING TO BE ABSENT FOR SCHEDULED EVENTS (NOT INCLUDING MIDTERM AND FINAL EXAM…see under MAKE-UP EXAMS).***

**7. COURSE POLICIES:**

**Attendance Policy**

Attendance is required and necessary. Students will have the opportunity to earn 2 points for participation in each class period. Students will not be allowed to make up points for missed classes, except in the case of a university approved excused absence or a medical emergency as detailed in the Tiger Cub. **In the case of a university excused absence, all assignments will be due at the beginning of the next class attended.** You are allowed ONE unexcused absence without it affecting your grade in class. However, as freshmen and first year athletes, the SEC attendance policy still applies and you will be held accountable in regard to eligibility for competition for ANY absences according to SEC regulations. **Each unexcused absence after the first will result in losing 2 participation points, and you will receive a 5% grade reduction for each unexcused absence at the end of the semester.** Tardiness is not permitted. Students arriving to class more than 10 minutes late will not be admitted, and will receive one unexcused absence. Remember: you are only allowed one unexcused absence before losing points from your final grade.

**\*Cell phones/beepers/pagers and LAPTOPS are to be turned off during the class period. Taking a phone call, text messaging, or using a laptop during class time will result in you losing that day’s 2 participation points. You will also be required to hand over your phone/laptop to the instructor until after the class has concluded.**

**\*Students must come to class prepared. Students who come to class without paper, pen/pencil, and appropriate text will be excused from class, and will lose 2 participation points for the day.**

**\*Students must ask for permission before excusing themselves from class. Students who leave the classroom before class is dismissed without permission will lose 2 participation points for the day.**

**Make-up Exams**

If students miss a midterm or final exam due to a university approved absence, they will be allowed to make up the exam **if and only if they have made arrangements with the course instructor AS IS DESCRIBED BELOW.** Students who attempt to make arrangements for a make-up exam after the examination period has passed **will not be allowed to make up the exam**, even if they have a university approved absence.

**IF YOU ARE SCHEDULED TO COMPETE OR WILL MISS CLASS THE DAY OF THE MIDTERM OR FINAL FOR A UNIVERSITY EXCUSED ABSENCE YOU MUST SCHEDULE A MAKE-UP EXAM BY THE FOLLOWING DATES:**

**MIDTERM MUST BE SCHEDULED *ON OR BEFORE CLASS ON JANUARY 27TH***

**FINAL EXAM MUST BE SCHEDULED *ON OR BEFORE CLASS ON MARCH 3RD***

**Students with Disabilities**

Any student needing accommodations should inform the instructor(s) and/or The Program for Students with Disabilities, in 1244 Haley Center as soon as possible. If you already have accommodations, it will be your responsibility to set up a conference with the instructor.

##### Academic Honesty

Auburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is outlined in the Tiger Cub and contains a list of those actions that are considered cheating and the possible consequences that those actions carry. Violations of the Academic Honesty Code will NOT be tolerated in this course. If you are found in violation of the Academic Honesty Code, it will result in your receiving a failing grade.