**COUN 2970-003**

**Life Skills for Student-Athletes**

***Summer 2010***

***Mini-Semester II***

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**College of Education**

Instructor Information:

**Erin English, MPH**

**Life Skills Instructor**

**SADC 359**

**eme0003@auburn.edu**

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Office Hours:

By Appointment Only



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

**Summer 2010 Mini-Semester II**

*Updated 5/25/2010*

Course Number: COUN 2970

Course Title: Life Skills for Student-Athletes

Prerequisites: None

Credit Hours: 3 semester hours credits/Graded

Class Meeting Times: 1:15-2:45pm/Mondays, Tuesdays & Wednesdays

Class Location: Student-Athlete Development Center 319

Instructor: Erin English

Office: Student-Athlete Development Center 359

Office Hours: By Appointment

E-mail: [eme0003@auburn.edu](mailto:eme0003@auburn.edu)

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| *The course syllabus is a general plan for the course.*  *Deviations may be necessary and will be communicated to the class in a timely manner.* |

**Required Texts:**

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

**COURSE DESCRIPTION:**

This course is designed to provide freshmen student-athletes with a variety of the 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 a university setting through lectures, discussions, activities, and guest speakers.

**COURSE OBJECTIVES:**

**Upon completing this course, student-athletes should be able to**

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

###### COURSE CONTENT and STUDENT EVALUATION COMPONENTS:

###### 1. Examinations (50 points each)

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

**2. About You Paper (25 points)**

Students will write a paper, with a minimum of **600 words**, covering the following topics:

1. Your name and where you are from;
2. Why you chose to come to Auburn;
3. What you hope to accomplish while you are here;
4. Something that you would like people to know about you.

*Formatting requirements*: Papers are to have 1 inch margins, size 12 Times New Roman font, and a Cover Page with your name, course name and number, and instructor’s name. Papers must be proof-read and double-spaced. **PAPERS MUST BE SUBMITTED VIA BLACKBOARD BEFORE THE START OF CLASS ON THE DUE DATE.**

**3. Advocacy Project/Presentation (30 points)**

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

**4. Student Resource Binder/Notebook (35 points)**

Students will be required to maintain a binder with lecture notes, handouts, and any other information utilized in the course. **In order to receive full credit for this requirement, the binder must be obtained by the fourth class meeting. Students need to bring the binder to every class meeting and take notes on the various topics and lectures.** (If you do not have a binder or are unable to get one, please see the instructor before the third class meeting.) Students are to print the Power Point slides from Blackboard 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.

###### 5. Study Guides (10 points each)

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

**6. Reaction Papers (20 points each)**

There will be at least two different guest lecturers this semester. You will be required to submit a reaction paper outlining the key points of the lecture as well as your overall impressions. Each paper must be typed, double spaced, and at least 350 words. Use proper grammar! Due Dates will be given for this assignment **in class**.

**7. Class Participation (40 points)**

Because this course relies heavily upon the ongoing interaction among class members during in-class exercises, every effort should be made to attend all class sessions, to be punctual, and to reflect on your experiences. Because concepts may only become useful to the extent that they are put into practice, students are expected to participate fully in discussions and in practice sessions of the techniques that are relevant to this course. All students will be involved in role-plays and experiential exercises and should be prepared to participate in class discussions and activities.

## COURSE CALENDAR

*Because guest speakers may be invited into class periodically, the schedule below may necessarily change in accordance with the respective speaker’s availability. You will be given an updated calendar as necessary.*

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| **Day/**  **Date** | **Topic** | **Reading**  **DUE** | **Activities/Assignments** |
| **Monday**  **6/28** | COURSE INTRO & Technology Crash-course |  | Review syllabus; check out books; review Blackboard procedures; ice breakers |
| **Tuesday**  **6/29** | Self-Regulation/AU Academic Policies; Eligibility; Interacting with Instructors | **Chapter 1** | Brief lecture; Review academic eligibility policies; Guideline for interacting with instructor |
| **Wednesday**  **6/30** | Learning Styles/ Personality Styles; Memory & Concentration | **Chapters 2-3** | Brief lecture on Chapters 2-3 and mnemonics; practicing memory techniques.  **Chapter 1 Study Guide Due** |
| **Tuesday**  **7/6** | Forming Your Own Informed Opinion |  | In-class movie!  **Chapter 2 Study Guide Due** |
| **Wednesday**  **7/7** | Forming Your Own Informed Opinion |  | In-class movie!  **Chapter 3 Study Guide Due**  **About You Paper Due** |
| **Monday**  **7/12** | Career Exploration/Choosing a Major/Developing your Plan of Study | **Chapter 13** | Brief lecture on exploring major requirements & Plan of Study. Students need AU Bulletin! **Chapter 13 Study Guide Due** |
| **Tuesday**  **7/13** | Effective Note Taking/Effective Reading; Test taking strategies & Test anxiety; Calculating GPA | **Chapters 4, 5, 6** | Brief lecture; note hand strategies; practicing SQ4R and annotated reading; techniques for coping with test anxiety; calculating GPA  **Chapters 4-5 Study Guides Due** |
| **Wednesday**  **7/14** | Midterm Review |  | **Chapter 6 Study Guide Due** |
| **Monday**  **7/19** | **Midterm Exam** | | |
| **Tuesday**  **7/20** | Goal Setting and Managing Your Time | **Chapters 7-8** | Brief lecture and goal setting activity; scheduling/calendar activity  **Chapters 7-8 Study Guides Due**  **Topics selected for advocacy presentations** |
| **Wednesday**  **7/21** | Appreciating Diversity | **Chapter 10** | **Chapter 10 Study Guide Due** |
| **Monday**  **7/26** | Health and Performance; Personal Safety; Healthy Relationships | **Chapter 11** | **Chapter 11 Study Guide Due** |
| **Tuesday**  **7/27** | Motivation and Change; Stress and Coping | **Chapters 9 and 12** | Who Moved My Cheese class discussion; in class research and discussion; stress management techniques; balancing academics and athletics  **Chapters 9 and 12 Study Guides Due** |
| **Wednesday**  **7/28** | Advocacy Presentations |  | **Advocacy Presentations** |
| **Monday**  **8/2** | **Final Exam Review** |  | Final Exam Review |
| **Final Exam Period** | **Final Exam** | | |

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 the requirements of the course. Total points will be based on:

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| REQUIREMENTS | **POINTS POSSIBLE** | **POINTS EARNED** |
| **In-class participation/assignments** | **40** |  |
| **About You Paper** | **25** |  |
| **Advocacy Project Presentation** | **30** |  |
| **Binder/Notebook** | **35** |  |
| **Study Guides (13 @ 10 points each)** | **130** |  |
| **Exams (2 @ 50 pts. Each)** | **100** |  |
| **Reaction Papers (2 @ 20 points each)** | **40** |  |
| *TOTAL* | ***400*** |  |

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| **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 due date. 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.

**COURSE POLICIES:**

**1. 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 your grade in the class being affected. **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 (after the first) 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.

2.Cell phones 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’s2 participation points. Students will also be required to hand over their phone/laptop to the instructor, who will return the items after the class has concluded.

3. 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.

**4. 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 before the day of the exam.** 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.

**Students with Disabilities**

Any student needing accommodations should inform the instructor and 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 brief meeting 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, you will fail the course.