**COUN 2970-003**

**Life Skills for Student-Athletes**

***Summer 2014***

***Mini-Semester I***

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**College of Education**

Instructor Information:

**April Scott, MS**

**Life Skills Instructor**

**SADC 326**

**AprilScott@.auburn.edu**

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Office Hours:

By Appointment Only

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

**Summer 2011 Mini-Semester II**

*Updated 5/26/2011*

Course Number: COUN 2970

Course Title: Life Skills for Student-Athletes

Prerequisites: None

Credit Hours: 3 semester hours credits/Graded

Class Meeting Times: MTWR 1:00PM – 3:10PM F: Lab

Class Location: Student-Athlete Development Center 319

Instructor: April Scott

Office: Student-Athlete Development Center 326

Office Hours: By Appointment

E-mail: AprilScott@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.

**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:

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| **Day/**  **Date** | **Topic** | **Reading**  **DUE** | **Activities/Assignments** |
| **Tues**  **5/27** | Self-Regulation/AU Academic Policies; Interacting with Instructors | **Chapter 1** | Review syllabus; check out books; review Canvas procedures;  Brief lecture; Review academic eligibility policies; Guideline for interacting with instructor  Making Friends & Connections |
| **Wed**  **5/28** | Learning Styles/ Critical Thinking; | **Chapter 2** | Brief lecture on learning styles  **Chapter 2** |
| **Thurs**  **5/29** | Guest Speaker |  | Academic Eligibility |
| **Friday**  **5/30** | **Lab** |  | **Lab** |
| **Monday**  **6/2** | Time Management  Motivation & The Process of Change | **Chapter 3 Chapter 4** | Time management strategies  **Ch 3 Study Guide Due** |
| **Tuesday**  **6/3** | Memory & Concentration | **Chapter 5** | Memory techniques, structure of memory  **Chapters 5 Study Guides Due** |
| **Wednesday**  **6/4** | Effective Note Taking  Reading & Studying Textbooks | **Chapter 6**  **Chapter 7** | Note-taking strategies; practicing SQ4R and annotated reading  **Chapter** **6 Study Guides Due**  Reading and studying skills  **Chapters 7 Study Guide Due** |
| **Thursday**  **6/5** | Test-taking Strategies | **Chapter 8** | Exam Preparation  **Chapter 8 Study Guide Due** |
| **Friday**  **5/30** | **Lab** |  | **Lab** |
| **Monday**  **6/9** | Communication & Diversity Cross-cultural communication, | **Chapter 9** | Understanding bias, stereotypes, & discrimination |
| **Tuesday**  **6/10** | Diversity cont. | **Chapter 9** | Guest Speaker—Thom Gossom, Jr.  Discussion cont. |
| **Wednesday**  **6/11** | Health and Performance | **Chapter 10** | Eating on the road, importance of sleep, healthy habits  **Chapter 10 Study Guide Due** |
| **Thursday**  **6/12** | Stress and Coping | **Chapter 11** | Stress management techniques; balancing academics and athletics  **Chapter 11 Study Guide Due** |
| **Friday**  **6/13** | **LAB** |  | **LAB** |
| **Monday**  **6/16** | Career Exploration | **Chapter 12** | Career development, choosing a major,  **Chapter 12** |
| **Tuesday**  **6/17** | Becoming a Mentally Tough Athlete | **Chapter 13** | **Chapter 13 Study Guide Due**  Mental toughness |
| **Wednesday**  **6/18** | Lab Presentations |  | **Lab Presentations** |
| **Thursday**  **6/19** | **Lab Presentations cont./ Book turn-in** |  | Lab Presentations cont/ Book turn-in |
| **Friday**  **6/20** | **Final Exam** |  | Final Exams Due by 5:00 PM |

###### 1. Final Examination (100 points)

There will be *one comprehensive* final examination during the semester. The examinations will cover assigned readings and class discussions.

**2. Lab (50 points)**

Students will supplement each week’s classroom discussions with experiential learning to occur outside of the traditional classroom setting. Students may pick which topic they want to explore for lab and submit a reaction paper by the following Monday detailing their activity. Students will present about their experiences at the end of the semester.

Other Lab Options:

Watch a film suggested by instructor

Tour of RBD library

Presentation on a related topic

Visit Jule Collins Museum, Davis Arboretum, Farmers Market

###### 3. Study Guides (110 points)

There will be 10 graded study guides assigned during the semester. **STUDY GUIDES ARE ON CANVAS AND MUST BE SUBMITTED UNDER THE ASSIGNMENTS TAB. IF YOU HAVE QUESTIONS ABOUT THIS, PLEASE CONTACT ME.**

**4. Personal Essay (40 points)**

The purpose of this assignment is to familiarize students with the legacy and vision of former Senior Associate Athletic Director, Virgil Starks. Students will complete a 250-word essay about the legacy of Virgil Starks which they will discuss how his legacy and vision for student-athletes align with their own personal goals and values.

**5. Class Participation/Quizzes (50 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

**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.

**7. 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** | **50** |  |
| **Lab/Presentation** | **50** |  |
| **Study Guides** | **100** |  |
| **Essay** | **50** |  |
| **Exam** | **100** |  |
| *TOTAL* | ***350*** |  |

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| **FINAL GRADE** | **NUMBER OF POINTS** |
| **A (90%-100%)** | **315-350** |
| **B (80%-89%)** | **240-314** |
| **C (70%-79%)** | **210-239** |
| **D (60%-69%)** | **180-209** |
| **F (below 60%)** | **208 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 weekafter 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 Student Policy eHandbook (<http://www.auburn.edu/student_info/student_policies/>).   
   
**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 Student Policy eHandbook 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.