



# Using Resources to: Complement the Learning Styles of Student-Athletes

Teiana Jones  
Senior Associate Athletic Director,  
Academic Services

# Who is Teiana Jones

- ❖ Current: Senior Associate Athletic Director for Academic Services at California State University, Northridge (CSUN)
- ❖ Current: Doctoral Student- California State University, Long Beach (The Beach)
- ❖ Former: Senior Academic Coordinator for Football Academics at The Georgia Institute of Technology (Georgia Tech)
- ❖ Former: Assistant Coordinator for Athletic Risk Management and Compliance Services at The University of Texas at Austin (Texas)
- ❖ Former: Athletic Compliance Coordinator at The Southern Intercollegiate Athletics Conference (SIAC)
- ❖ Former: Graduate Assistant in Student-Athlete Development at Georgia State University (GSU)

# Get to know your student-athletes

- ❖ Only seeing your student-athletes when it's time to advise or certify does not help you **create the relationship** you need to help guide them.
- ❖ Go to their sporting events, pop in on practice, ask them about **life outside** of your institution and athletics.
- ❖ Find out with whom & **where they are living** during their time on campus.
- ❖ Build a **trusting** foundation and **be available** for them.
- ❖ Foster an **Inclusive environment**.

# Ask Good Questions

- ❖ How do they learn?
  - ❖ Focus on **positive** learning experiences and build on these. They already know their challenges.
  - ❖ “When was a time when you understood class material confidently? Or achieved the letter grade you wanted?”
- ❖ Talk with them about their favorite class.
  - ❖ What was it about this class that made it your **favorite**, the content, professor, layout of the class?
- ❖ Talk with them about the class they liked the least.
  - ❖ **What was it** about the class you disliked; the professor, duration of the class, content, time of day?
- ❖ Identify prior use of accommodations in a 1/1 setting?
  - ❖ Ask if they’ve **received support** in class that has helped them be successful in the past?

# Educate the Student-athlete & Coaches

- ❖ Give the student a chance to identify their learning styles.
- ❖ Use the different styles identified to help select courses and determine study approach.
- ❖ Educate their coach on the different styles and what they mean.



# Advising with information

- ❖ **Include** the student in the advisement process...class selection, times, major selection, days, mock scheduling.
- ❖ **Incorporate answers** to previous questions into advisement...long vs. short classes, exams vs. papers vs. projects, morning vs. evening, large class vs. small vs. online
- ❖ Consider **elevated endorphins** when selecting classes.
  - SA's need to eat between class and practice to avoid crashing.
  - Running/conditioning and then sitting in a small silent class could = problem
- ❖ Utilize Upperclassmen

# Advising with information

- ❖ Obtain travel schedules from coaches prior to advisement.
- ❖ Supply students with feedback systems like; [ratemyprofessors.com](https://ratemyprofessors.com) & [courseoff.com](https://courseoff.com)
- ❖ Set GPA goals with the student during advisement and follow up on those goals at the end of the term.
- ❖ Consider team meetings before or after practice at the beginning of the year to review the travel letter process, class attendance process and the add/drop deadlines.

# Campus Collaboration for Success

- ❖ Build or enhance your working relationship with your disability services department.
  - Academic accommodations, shared brainstorming, share resources, break down stigma, athletic injuries impacting academics.
- ❖ Campus tutoring communities
- ❖ Campus counseling services
- ❖ General campus summer bridge
- ❖ Campus food pantry



# Assistive Technology for All



**Wunderlist:** Having trouble staying on top of your daily or weekly checklist? This app allows you to create a list, **set priority tasks**, and send it to specific people.



**Breathe2Relax:** This easy to use breathing tool goes through inhale and exhale exercises to **help you calm down** after a long day or in a stressful situation. Helps control anger.



**Read & Write Gold:** Read webpages, documents, and PDF's allowed. Define words for enhanced comprehension with built in study tools.



Need more structure to help you stay on task? This app is for you! Set a timer for how much time you want to spend on each task to help you stay on track. This app allows users to learn **better planning** and time estimation for tasks. This may help **prevent those all-nighters!**



**Study Bible:** Create **mobile flash cards** that you can look at anywhere! This app allows users to make their own flash cards and even recommends content to add.



**Keepmeout!:** Addicted to a website? Wanting to cut down on your visits? Make a bookmark for the website with us and store it in your browser. Using the bookmark will prevent you from visiting the website too often!



**GRAMMARLY REVIEW**  
Find and Correct  
Grammatical  
Errors

**Grammarly:** is an online grammar and spelling checker that **improves communication** by helping users find and correct writing mistakes.

# Create an Inclusive Environment

- ❖ Don't creatively label at risk students or students with learning differences.
  - ❖ They can tell and are separated from others. Separation can lead to an environment in which not meeting potential is ok.
  - ❖ If you have a learning specialist, consider allowing them to work with different populations.
- ❖ Provide everyone with learning tips; study skills, time management, assistive technology
- ❖ Create an academic celebration that recognizes improvements not just top GPA's

Questions?