



# **Big Ideas Short Time FIRST-YEAR PROGRAM**

## **Alcorn State University**

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Student-Athlete Development



**Preparing Champions for Life**

ALCORN STATE ATHLETICS

# AGENDA



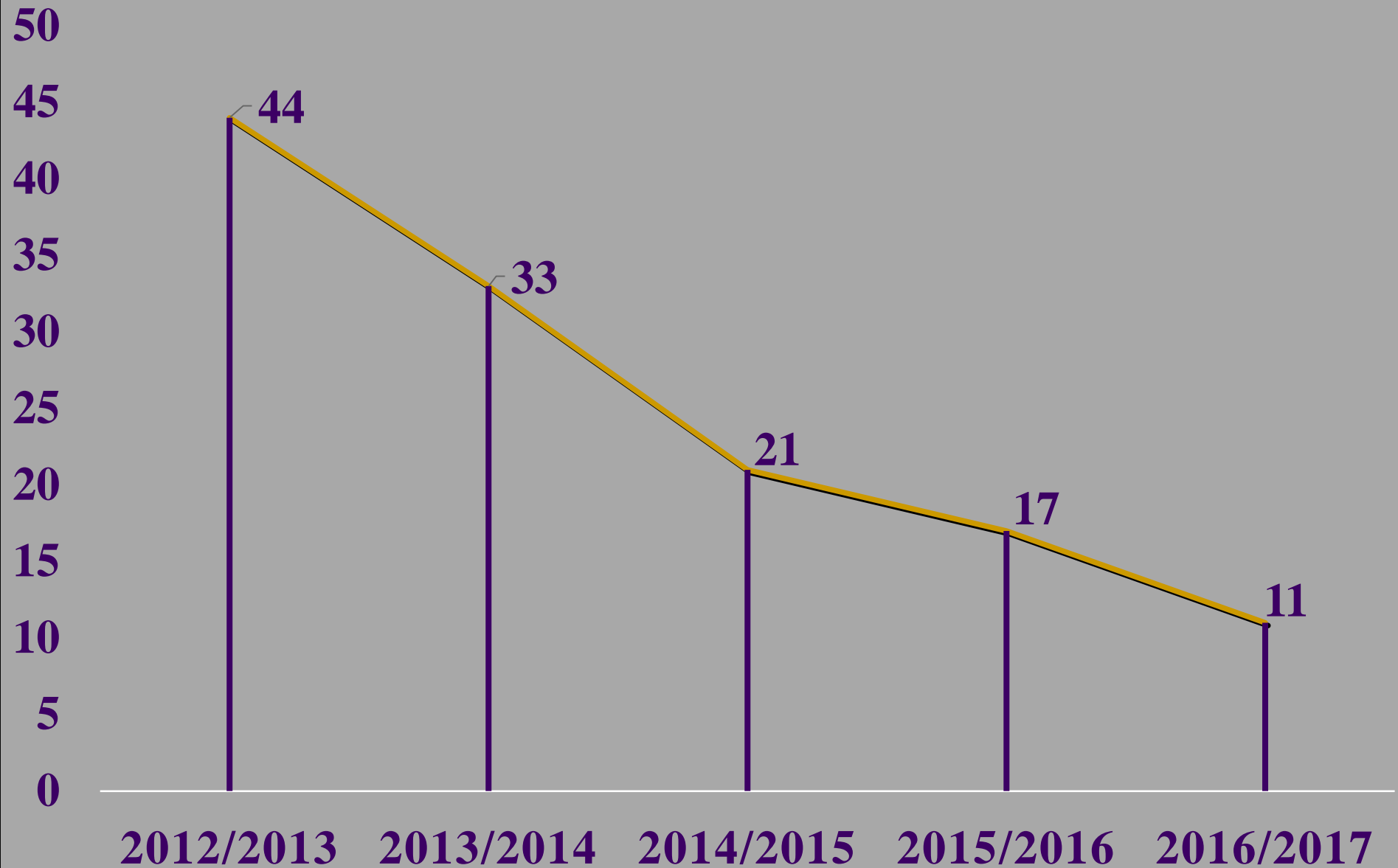
- 4 for 40 Overview
- Critical Issues with APR
- First-Year Course Overview
- Student-Athlete Survey Results
- Questions

# Critical Issues

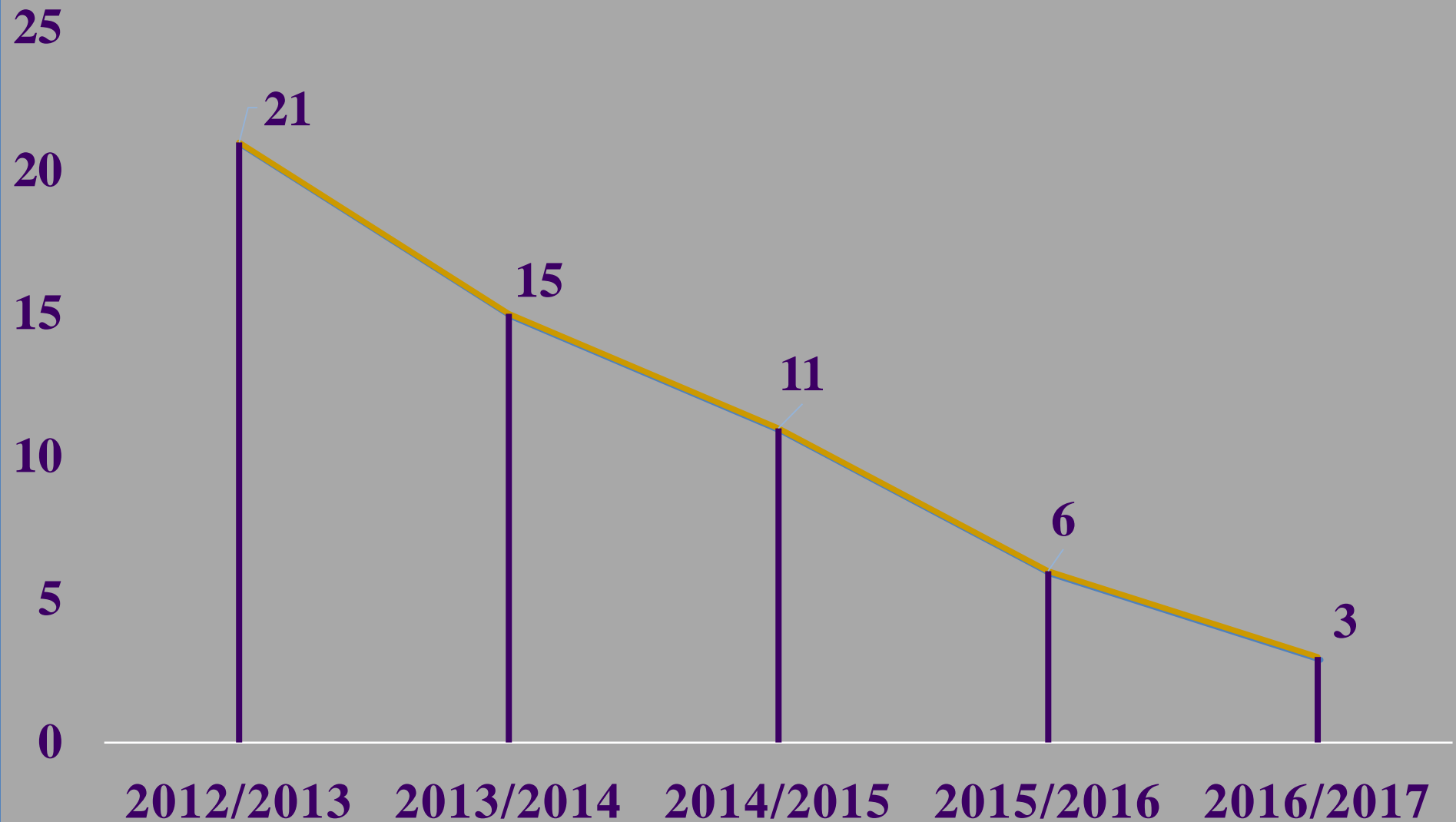


- Lost Retention Points
- Lost Retention Points Freshmen Only
- Acclimatization
- Large Percentage of First-generation College Students
- Athletic Participation (Lack of Playing Time)

# RETENTION POINTS LOST

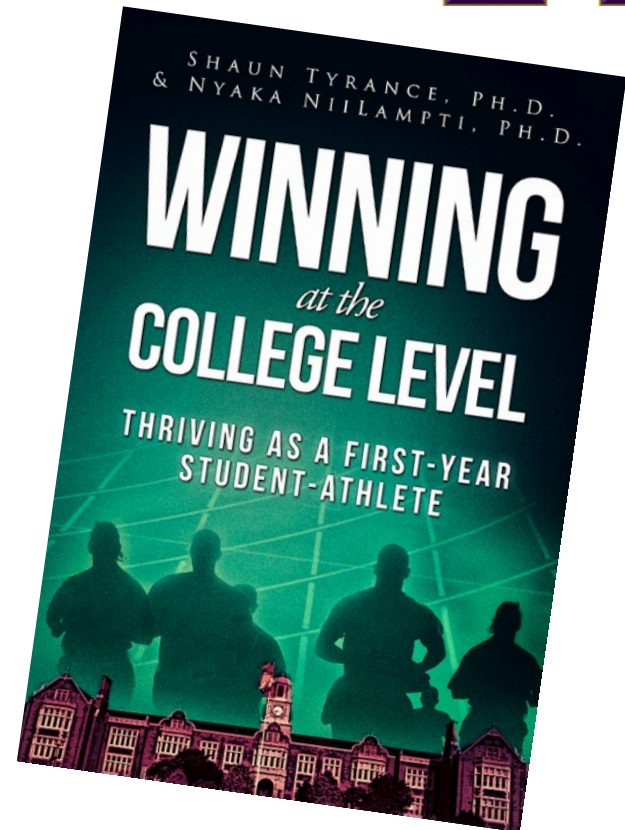


# RETENTION POINTS LOST (FRESHMEN ONLY)





- Learning Objectives
- Course Composition
- Course Content
- Student–Athlete Response

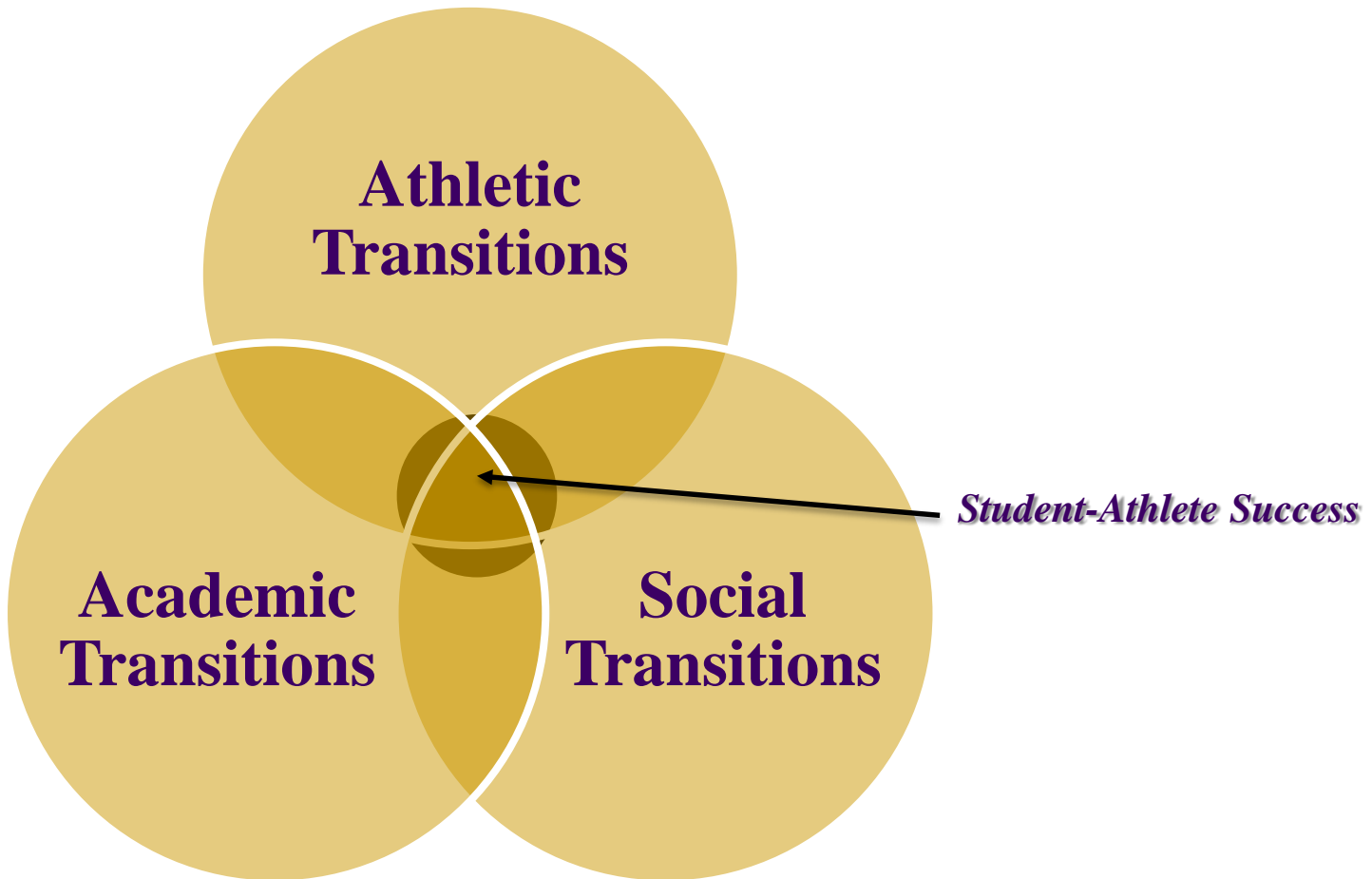


# Learning Objectives



- Increase self-awareness
- Develop tools and skills necessary for academic success
- Learn and utilize mental skills for performance and academic success
- Improve communication skills and developing relationship skills
- Enhance awareness around diversity
- Identify signs and symptoms of mental health concerns

# Course Composition



# Course Content



## ACADEMIC

- ACADEMIC EXPECTATIONS
- WRITING & STUDY SKILLS
- ACADEMIC INTEGRITY
- NAVIGATING THE CLASSROOM
- ONLINE CLASSES
- MENTAL HEALTH & LEARNING ISSUES

## ATHLETIC

- LEVEL OF COMPETITION
- NAVIGATING PLAYING TIME
- REDSHIRTING
- RELATIONSHIPS (COACH & TEAM)
- COACHING STYLE
- MANAGING INJURY
- SELF-CARE
- MENTAL PREPARATION
- ATHLETIC IDENTITY

## SOCIAL

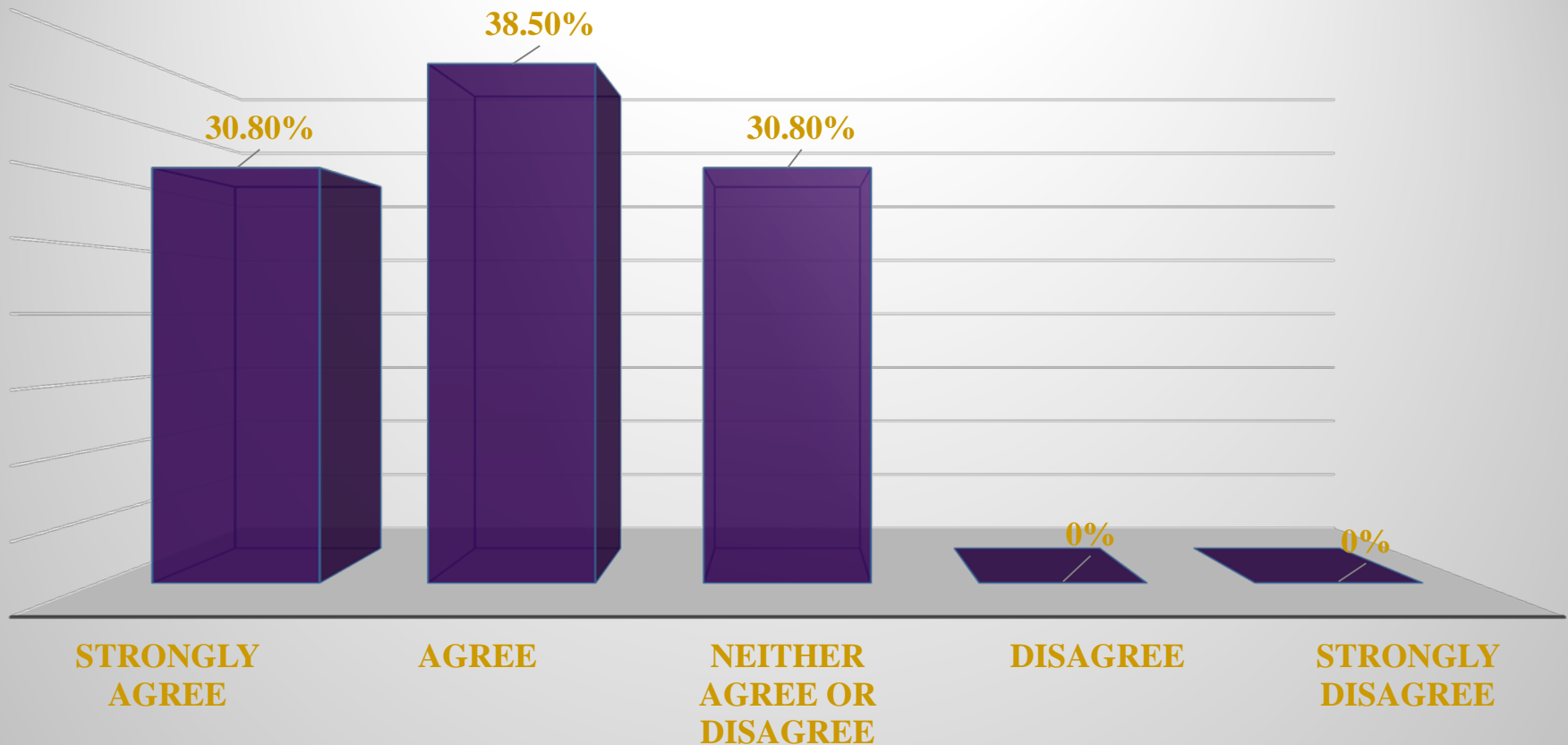
- DIVERSITY
- DECISION MAKING
- EMOTIONAL INTELLIGENCE
- COMMUNICATION SKILLS
- TIME MANAGEMENT
- SEXUAL HEALTH
- INTERPERSONAL VIOLENCE AND HAZING
- MANAGING SOCIAL MEDIA
- ATHLETIC IDENTITY

# Assessing the Program

## (Student-Athlete Evaluations)



THE FIRST YEAR STUDENT-ATHLETE COURSE ACCELERATED MY ADJUSTMENT PERIOD TO COLLEGE LIFE.

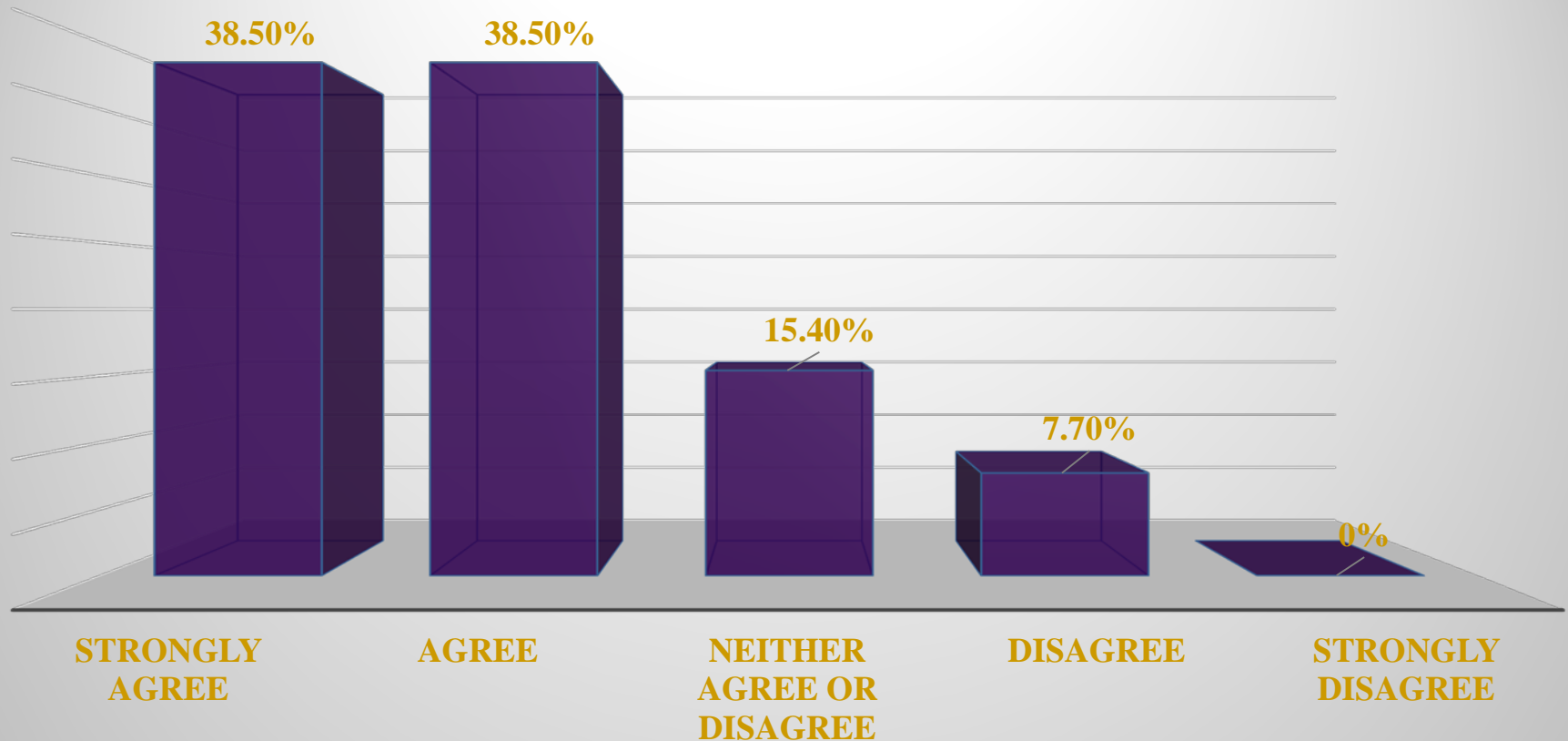


# Assessing the Program

## (Student-Athlete Evaluations)



THE FIRST YEAR STUDENT-ATHLETE COURSE AIDED ME IN DEVELOPING TIME MANAGEMENT SKILLS TO BALANCE ATHLETICS AND ACADEMICS.



# Assessing the Program

## (Student-Athlete Evaluations)



THE MATERIAL COVERED IN THE COURSE HELPED ME TO  
ESTABLISH ACADEMIC GOALS AND PERSONAL VALUES.

