



ACADEMIC SUCCESS | PERSONAL GROWTH | CAREER & LIFE PREP

## PSAC Pathways:

### A Student-Athlete Advisory Committee initiative focused on Academic Success & Postgraduation Readiness

Our Objectives: academic achievement, personal growth & mental wellness, time management & organizational skills, career preparation, leadership & life skills

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#### **YEAR 1: *Transition & Adjustment – 2 per semester***

##### **Focus Areas:**

- Academic transition to college
- Time management & balancing schedules
- Team building & creating relationships
- Study skills & academic support resources
- Personal responsibility & independence
- Health & wellness education

**Workshops & Sessions Ideas:** Time Management & Goal Setting; Study Skills & Learning Strategies; Mental Health Awareness; Importance of Nutrition & Sleep; Drug & Alcohol Education; SAAC Mentors/Mentees; Gambling Education; On-Campus Resource Access (Tutoring Center, Career Services, Counseling Center, Health Center, Campus Food Pantry, Student Life Services)

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#### **YEAR 2: *Skill Building & Self-Awareness – 1 per semester***

##### **Focus Areas:**

- Academic planning & major exploration
- Communication & collaboration skills
- Financial literacy fundamentals
- Peer mentoring opportunities
- Belonging & well-being
- Leadership & personal development

**Workshops & Sessions Ideas:** Communication Skills (email, public speaking, media training); Financial Literacy 101 (budgeting, saving); Identity Workshop; Major Exploration with Advisors; Advanced Leadership Series; Wellness & Stress Management

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#### **YEAR 3: *Leadership & Career Readiness – 1 per semester***

##### **Focus Areas:**

- Career awareness
- Internship & career preparation
- Advanced financial literacy
- Personal branding (elevator speech, resume, LinkedIn)
- Networking

**Workshops & Sessions Ideas:** Building a Resume/Cover Letter; Interviewing Skills & Using LinkedIn; Searching for Internships; Graduate School or Career Planning; Networking Event with SAs and Alumni; Career Fair; Career Panel with Former Athletes

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#### **YEAR 4: *Execution & Life After Sports – 1-2 per semester***

##### **Focus Areas:**

- Career launch & graduate school preparation
- Life skills: taxes, renting, credit
- Nutrition & wellness after sport
- Identity beyond athletics
- Alumni networking & mentoring programs

**Workshops & Sessions Ideas:** Life After the Game; Advanced Financial Literacy (taxes, loans); Alumni Panel; Transition from SA to Professional; Job Search Strategies; Grad School Prep, Etiquette Training

## Frequently Asked Questions

**Question 1:** Do we need to follow the template priorities, years, and/or workshop examples exactly or can we add, remove, or adjust based on our individual circumstances?

**Answer:** Institutions can adapt and adjust the template to meet the needs of its student-athletes and accurately reflect the university mission. The focus areas and workshop/session ideas are only examples of the potential programming that could be offered as a student-athlete moves through their academic career.

**Question 2:** Is this four-year program mandatory of all student-athletes?

**Answer:** No. The “PSAC Pathways” program was designed by PSAC SAAC leaders based on discussions and feedback during their 2025 & 2026 annual in-person meetings. Many of these initiatives are likely already occurring on each campus. We would highly encourage each athletic department to evaluate the priorities with their SAAC, FAR, academic advisors, coaches and staff to execute a plan that will best meet their needs. Mandatory programming creates accountability and leads to more consistent outcomes.

**Question 3:** Who will facilitate workshops/sessions?

**Answer:** Athletic departments should consider partnering with student affairs/life, i.e. tutoring center, academic/career services, counseling center, health center, etc. The alumni office could likely partner with athletics to assist with alumni events/panels. Each year, the PSAC provides each campus with student-athlete support and SAAC enhancement funding that can be used to bring in speakers or assist with fairs, panels, event costs.

**Question 4:** Is the expectation that institutions offer workshops/sessions in-person, or can we conduct these virtually? How long should a workshop last?

**Answer:** Institutions have the autonomy to conduct workshops/sessions in the ways that best meet the needs of their student-athletes. It is highly recommended that most are conducted in-person, and last between 45-60 minutes.

**Question 5:** How is SAAC involved?

**Answer:** The PSAC SAAC assisted with the development of this program and each campus SAAC representative can assist within their teams to help create buy-in for this programming. SAAC Advisors and Athletic Administrators should work with their respective SAAC/SAAC leadership to foster ideas and participation.

**Question 6:** How do we meet the needs of transfer student-athletes?

**Answer:** Transfer student-athletes are not required to make-up any programming from previous years.

**Question 7:** How will the PSAC office assess the effectiveness of this template and associated workshops/sessions?

**Answer:** Tentatively, the PSAC will ask for feedback from the PSAC SAAC and will collect data from Athletic Administrators/SAAC Advisors.