



Big Ideas Short Time FIRST-YEAR PROGRAM

Alcorn State University

Michelle Harper

Assistant AD for Academics &
Student-Athlete Development



Preparing Champions for Life

ALCORN STATE ATHLETICS

Critical Issues



- Retention Scores Overall
- Retention Scores Freshmen Only
- Acclimatization
- Large Percentage of First-generation College Students
- Athletic Participation

To address the issues, Alcorn State Athletics implemented...

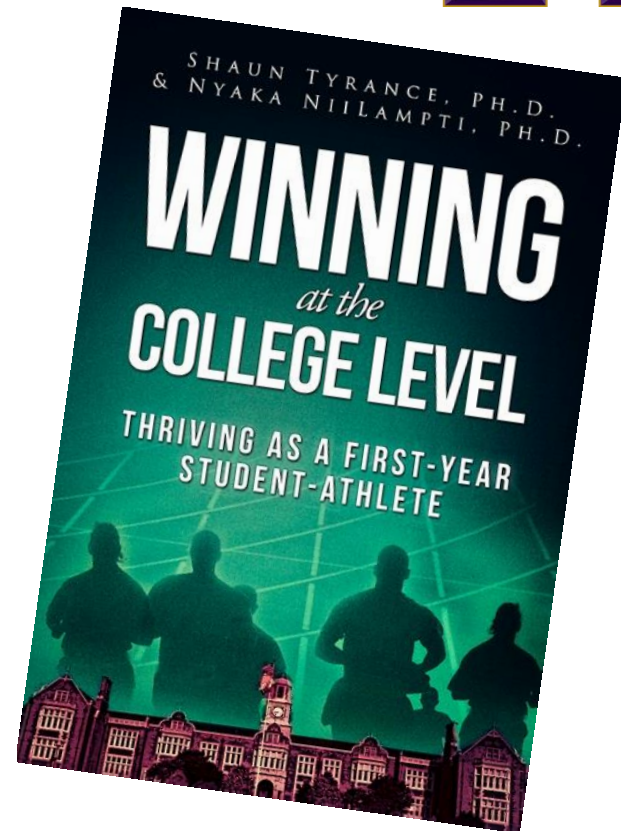


First-Year Orientation Course

2016 - 2017



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



Learning Objectives

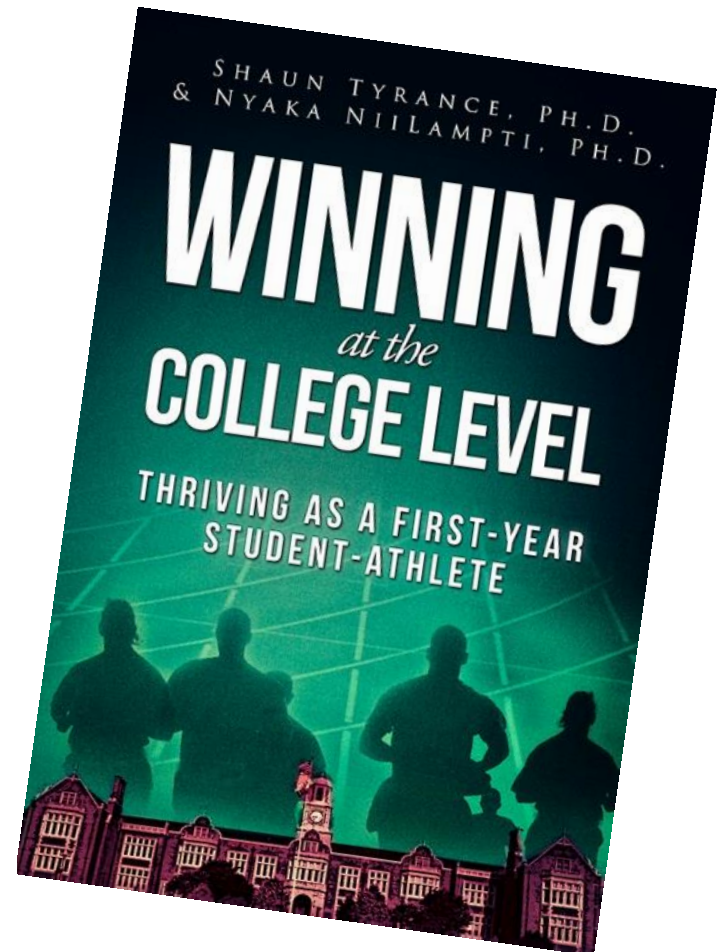


- Increasing self-awareness
- Develop tools and skills necessary for academic success
- Learning and utilizing mental skills for performance and academic success
- Improving communication skills and developing relationship skills
- Enhancing awareness around diversity
- Identifying signs and symptoms of mental health concerns

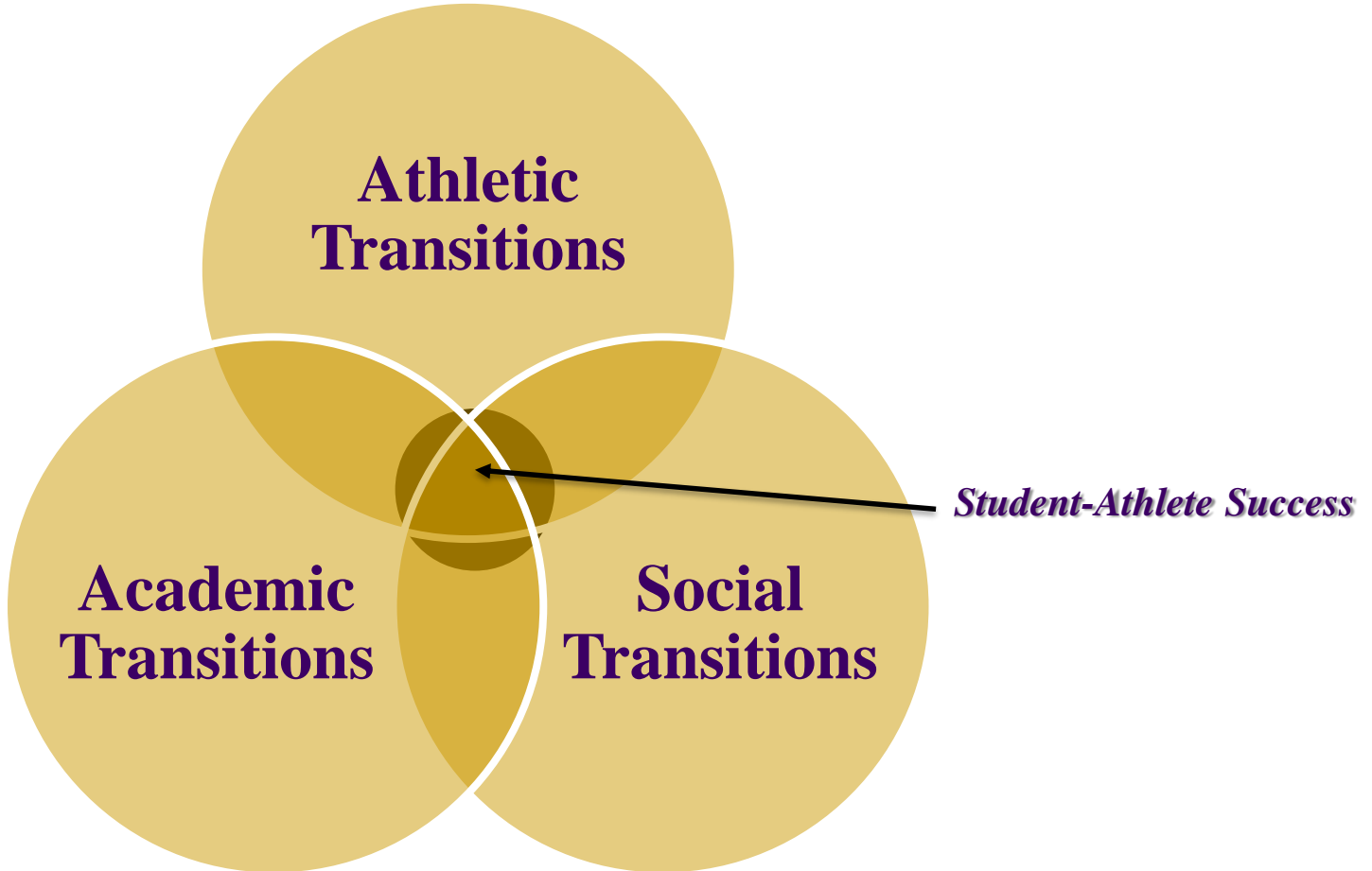
Textbook



- Winning at the College Level is a practical guide that provides student-athletes with resources and tools to manage all aspects of their transition, including navigating the classroom, building relationships with teammates, nutrition, and sleep.
- Prepares student-athlete to navigate the academic, athletic, and social domains of their first year.
- Successfully managing these challenges will enhance their overall college experience and increase the likelihood of graduation



Course Composition



Course Content



ACADEMIC

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

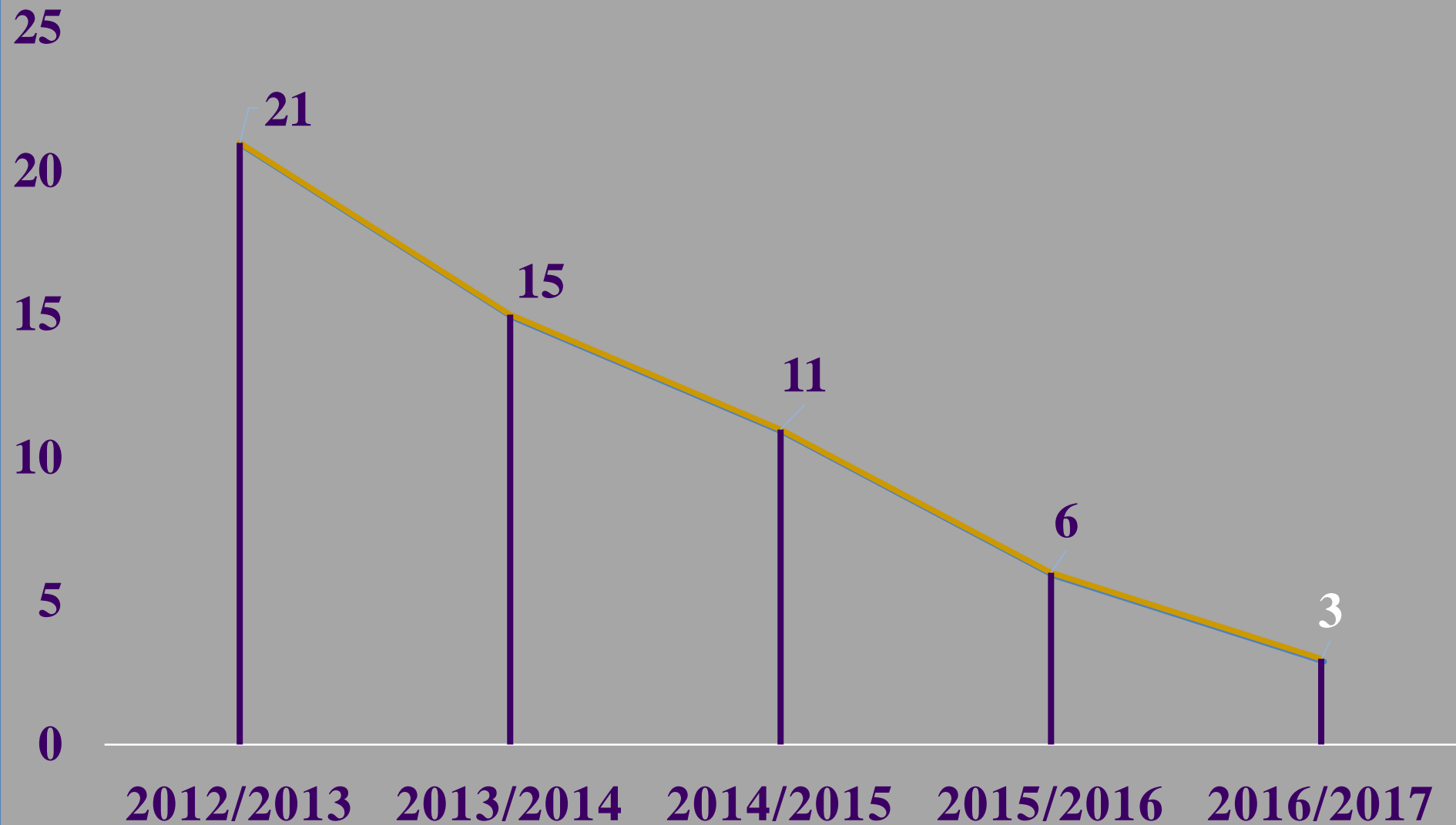
ATHLETIC

- 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

RETENTION POINTS LOST (FRESHMEN ONLY)

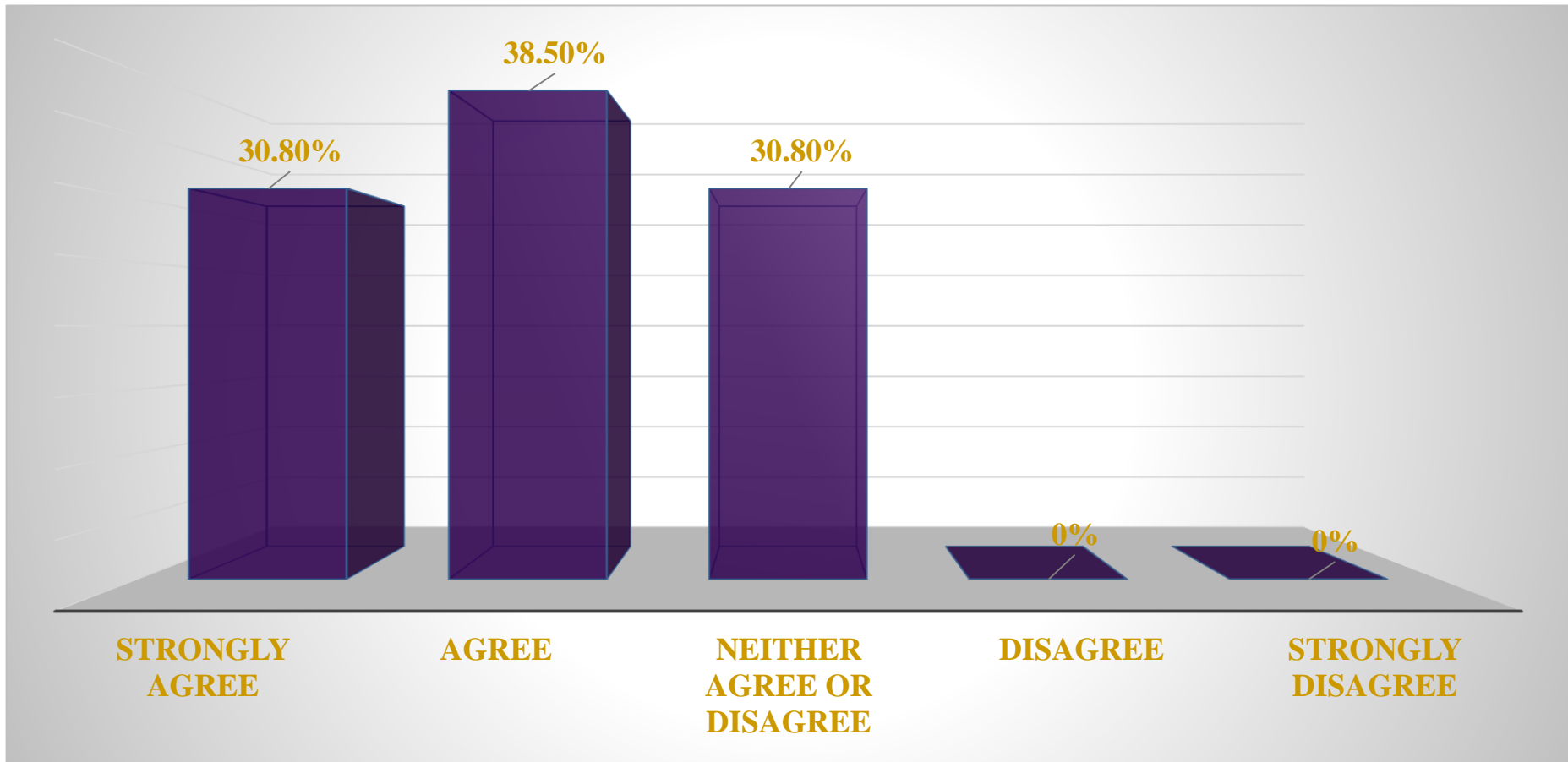


Assessing the Program

(Student-Athlete Evaluations)



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

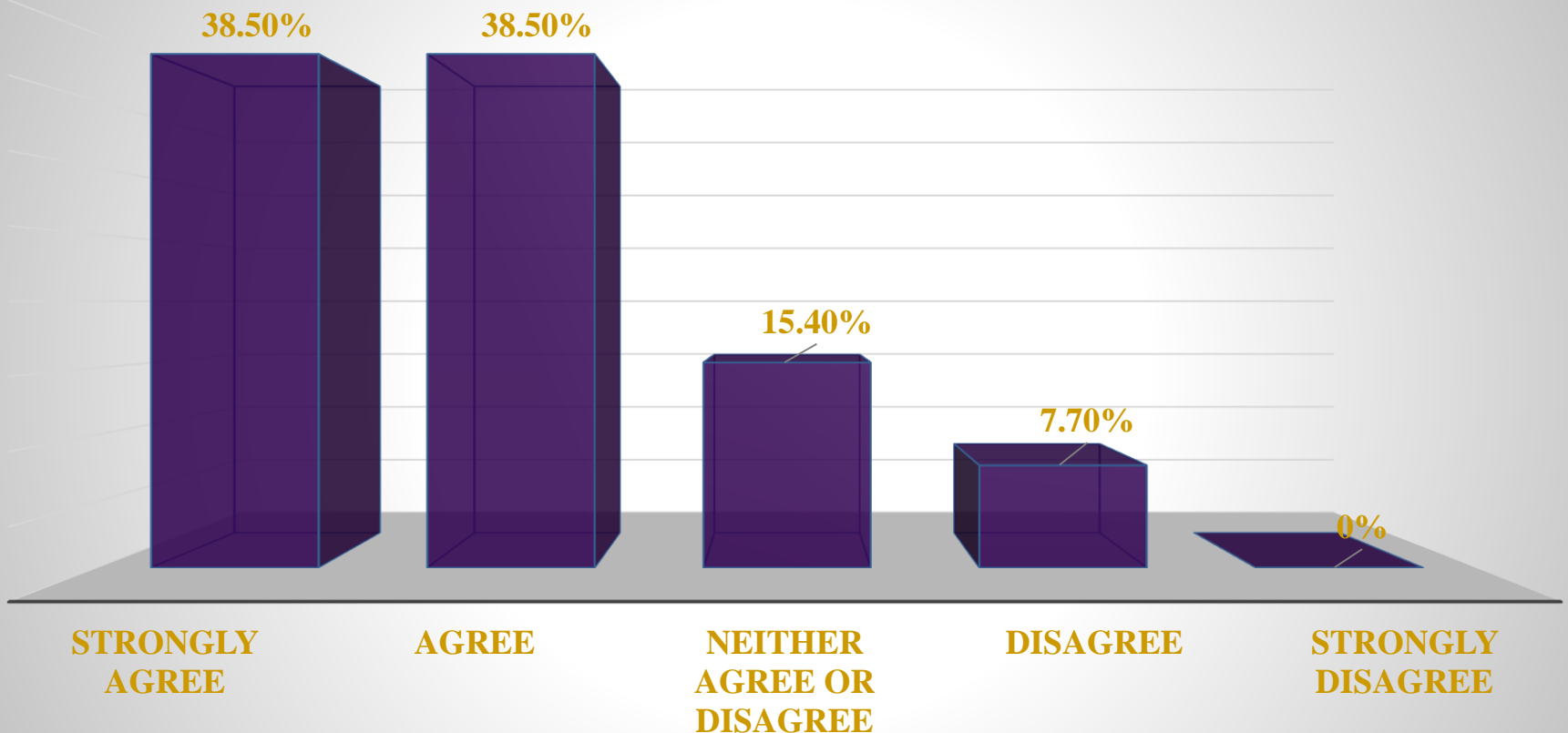


Assessing the Program

(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.

