Big Ideas Short Time
FIRST-YEAR PROGRAM
Alcorn State University

Michelle Harper
Assistant AD for Academics &
Student-Athlete Development
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
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

- Athletic Transitions
- Academic Transitions
- Social Transitions

Student-Athlete Success
# 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 ACCELERATE MY ADJUSTMENT PERIOD TO COLLEGE LIFE.

- 30.80%
- 38.50%
- 30.80%
- 0%
- 0%
Assessing the Program
(Student-Athlete Evaluations)

THE FIRST YEAR STUDENT-ATHLETE COURSE AIDED ME IN DEVELOPING TIME MANAGEMENT SKILLS TO BALANCE ATHLETICS AND ACADEMICS.
THE MATERIAL COVERED IN THE COURSE HELPED ME TO ESTABLISH ACADEMIC GOALS AND PERSONAL VALUES.