Cultivating Champions: Advising Intercollegiate Student-Athletes

Presented by:
Student-Athlete Academic Services
UC Davis Athletics

Michelle Roppeau, Ph. D., Director of Academic Services
Erin McMurry, M.A., Athletic Academic Advisor
Amy Soud, M.Ed., Athletic Academic Advisor
Adam Zedonis, M.A., Athletic Academic Advisor
Marcus Johnson, Interim Athletic Academic Advisor



Goals for today...

- Overview of Student-Athlete Academic Services
 - Academic counseling
 - Academic support
 - Aggie Life Skills and other programming
- Profile student-athlete population
- Academic, personal, & athletic demands unique to student-athletes
- NCAA fun: additional rules and regulations
- Pressures and challenges faced by student-athletes
- Ways that you can support the <u>STUDENT</u> in student-athlete

**Due to limited time, please hold questions & comments until the end. Thank you!



- Main office: 264 Hickey Gym, 752-1111 ucdavisaggies.com
- Only office with expertise in NCAA Division I academic eligibility rules
- Mandatory academic counseling for student-athletes:
 - Michelle Roppeau, Director of Academic Services
 - Erin McMurry, Athletic Academic Advisor
 - Amy Soud, Athletic Academic Advisor
 - Adam Zedonis, Athletic Academic Advisor
 - Marcus Johnson, Interim Athletic Academic Advisor
- 23 intercollegiate teams—service provided regardless of scholarship status
 - Teams assigned to one advisor
 - Multiple staff work with football
 - But each individual football player has an assigned advisor
 - See handout with contact info & sport assignments
- Current student-athletes plus medically exempt, 5th year, former...



QUIZ! What is the definition of a student-athlete?

NCAA Bylaw 12.02.13 defines a student-athlete as "a student whose enrollment was solicited by a member of the athletics staff or other representative of athletics interests with a view toward the student's ultimate participation in the intercollegiate athletics program. Any other student becomes a student-athlete only when the student reports for an intercollegiate squad that is under the jurisdiction of the athletics department, as specified in Constitution 3.2.4.5. A student is not deemed a student-athlete solely on the basis of prior high school athletics participation."



 No service to sport clubs, intramurals, team managers, student athletic trainers, spirit squad, dance team, band, mascot, etc.



- 23 intercollegiate sports
- 661 student-athletes reported in fall 2015
- Must meet same academic admission criteria as other UCD students
 - Very different from other Division I schools--and other UC schools!
 - UCD student-athletes are prepared to succeed in the classroom
- 21 states and 13 foreign countries
- Many first generation college students
 - First in family to have the opportunity to attend college
- Many fluent in more than one language and/or speak language other than English at home

Ana Marija Sola

Neurobiology, Physiology, & Behavior and English Double Major Women's Soccer Saratoga, CA Graduated Spring 2016

Cumulative GPA: 3.986

Ranked in top 0.78% of class in CBS and top 0.61% in L&S

Fulbright Scholar Semi-Finalist, 2016

*proposed 12-month research project in Croatia:

fMRI and immunohistochemical analysis of visual system development in neonatal human brain

Big West Conference Female Scholar Athlete of the Year from UC Davis, 2016

NCAA Postgraduate Scholarship, 2016

NPB Honors Research Project, 2015-16

Phi Beta Kappa, 2015

Co-SIDA Academic All-District Team, 2015

Women's Soccer Team Captain, 2014, 2015

Dorothy Kirschman Memorial Scholarship, 2015

All-Big West Conference Second Team, 2014

Alfred J. Hoefer Memorial Scholarship, 2014

Dean's List, Fall 2012-present

*10 consecutive quarters

Willow Clinic Volunteer, 2015-present

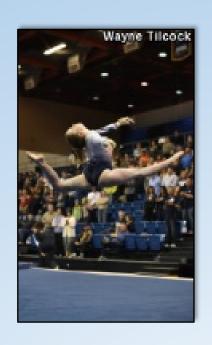
Undergraduate Researcher, UCD Center for Neuroscience, 2013-present
*research focuses on axon refinement and pruning in visual system and potential association
with schizophrenia and autism



- Enrolled in 74 different majors across all 4 undergraduate colleges (CAES, CBS, COE, L&S) in 2015-16
- Encouraged by coaches and athletic academic advisors to pursue diverse academic interests
 - Football players enrolled in 33 different majors across all 4 colleges
 - Women's basketball player admitted to UCD Graduate School of Management for F'16
 - Has one year of athletic eligibility remaining but graduated from UCD in S'16
 - Will compete on basketball team in 2016-17 as a grad student
- Average team GPA (all 23 teams combined) in W'16: 3.00
 - Eighth quarter in last several years of 3.00+ average GPA across all teams
 - 12 teams had team GPA of 3.00 or higher
 - 53% of all student-athletes posted a 3.00 or higher quarterly GPA in W'16

What Do We Do That's Similar to Other Advisors?

- Help student-athletes identify and meet academic, athletic, and post-baccalaureate goals
- Counsel students in academic and/or personal distress
- Connect students with resources at UC Davis and beyond
- Meet with student-athletes in mandatory appointments
- Meet with student-athletes during walk-in hours
- Track progress toward degree and major requirements
- E-mail advising (during recruiting process, while currently enrolled, while on PELP or study abroad)





What Do We Do That Might Be Different From Other Advisors?

- Educate student-athletes on UCD academic regulations and intersection with the NCAA
 Division I academic eligibility rules
 - Student-athletes under the strictest academic regulations of any students at UCD
- Assist student-athletes with understanding NCAA Division I academic rules that pertain to their unique academic history and goals including:
 - AP or IB credit
 - Elective units
 - Double (or triple!) major
 - Elective minors
 - Timing to declare or change major
 - Impact of redshirt year/staying for 5th year
- Academic counseling starts when recruited (during high school)
 - If not recruited: after admission to UCD
- 60-minute appointments (book up 2-4 weeks in advance)



What Do We Do That Might Be Different From Other Advisors?

- More individual, intensive, & long-term contact with our student-athletes than many other academic advising offices at UCD
- Continue to work with student-athletes regardless of change of major or college
- Mandatory appointments required for every student-athlete
 - At least once per quarter during first year for every freshman and transfer
 - At least once per year for continuing student-athletes
 - Many come in more often!
- 90 minutes of walk-in advising daily
- Awareness of how student-athlete choices may affect NCAA Academic Progress Rate (APR) and NCAA Graduation Success Rate (GSR) for each team



What Programming Do We Offer?

- Sessions at every parent orientation for parents of student-athletes (6 weeks)
- Sessions at every first year orientation for freshman student-athletes (6 weeks)
- Present at orientation while first year student-athletes register for fall classes
 - Work collaboratively with orientation leaders and college advisors
 - Unique challenge to fit first quarter classes around team practice times!
- Mandatory New Student-Athlete Orientation in September
 - Required for all incoming freshman and transfer student-athletes (200-220+)
- Football Orientation
 - NCAA mandates additional 6 hours of programming for incoming football freshmen and transfers
 - Regulations on date by which programming must occur
- Team Academic Meetings
 - Quarterly meetings with info tailored to each team



What Programming Do We Offer?

- Aggie Life Skills
 - Designed to enhance holistic development of student-athletes
 - Offered in day and evening; partner with on- and off-campus presenters
 - One career panel per quarter featuring alumni student-athletes
 - Require student-athletes to attend at least 2 programs per year
 - Programs focused on four thematic areas:
 - Academic skills and opportunities, career development, community connections/community service, personal development
 - 26 Aggie Life Skills programs offered in 2015-16 including
 - Role of Self-Empowerment & Community Connections in Success Beyond Athletics
 - Using Money Wisely
 - LGBTQIA Panel: Student-Athletes & Allies
 - Study Abroad for Student-Athletes: Yes, It's Possible!
 - Career Paths of Recent Graduates



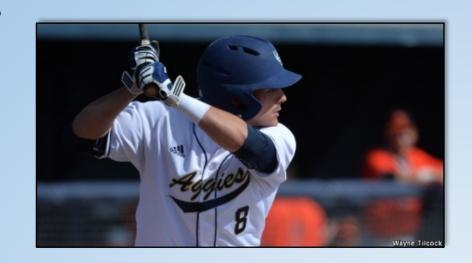
NCAA Eligibility Rules & Benchmarks

- Campus advisors not required to know NCAA Division I academic rules
 - Awareness may be helpful when working with student-athletes
- Five-year "clock" begins with first full-time enrollment anywhere
 - Students have five years to use four seasons of competition
 - Students who redshirt may automatically choose to stay for 5th year
- Must meet NCAA academic eligibility rules/benchmarks to compete
 - 6 "degree units" passed each quarter
 - 27 "degree units" passed each fall-winter-spring
 - Percentage of degree completed at the end of each year
 - 40% after second year, 60% after third, 80% after fourth
 - 2.00 overall UCD GPA
 - Additional academic rules specific to baseball, men's basketball, women's basketball, football



NCAA Eligibility Rules & Benchmarks

- Academic eligibility certified each quarter by Office of the University Registrar (not by Athletics!)
- Director of Athletic Certification Patti Utz and Athletic Certification Officer Janett Escobar work in collaboration with athletic academic advisors
- Check every student-athlete DAILY
 - Enrolled full-time, change classes, incomplete grade posts, transfer units post, etc.
- Track file to graduate status
- Track whether planning part-time in final quarter
- Contact major advisor and college advisor during certification process
 - Notes in OASIS helpful—especially course substitutions, course equivalencies





QUIZ! Why did the UC Davis Chancellor approve a request 30+ years ago—after feedback from both the Academic Senate and Academic Federation—to give student-athletes priority registration?

- A. To allow student-athletes to get the best professors.
- B. To ensure that student-athletes get the classes they need to meet NCAA eligibility rules.
 - C. To allow student-athletes to get their ideal schedule.
 - B. To ensure that student-athletes get the classes they need to meet NCAA eligibility rules (i.e., degree units, percentage of degree, etc.)





Trevor Halsted
Mechanical Engineering Major
Mathematics Minor
Men's Track/Cross Country
Davis, CA
Graduated Spring 2016
Cumulative GPA: 3.967

*Offered admission to numerous mechanical engineering graduate programs across the U.S.

*Has accepted a full academic fellowship to begin Ph.D. at Stanford in Fall 2016

*Planning a career in robotics and control systems research

Ranked in top 0.86% of class in College of Engineering
Earned grades of A+ in 27 different classes
Ranked 1st in class in College of Engineering, 9 consecutive quarters

M.S. Ghausi Medal, 2016 *recognizes the top graduating senior in the College of Engineering NCAA Postgraduate Scholarship, 2016 W. P. Lindley Award, 2016 *recognizes the top scholar athlete at UC Davis Big West Conference Track & Field Champion, 10,000 meters, 2016 Ranks 2nd in UC Davis school history, 5,000 meters Ranks 2nd in UC Davis school history, 10,000 meters Engineering Intern, Sonanutech, Inc., 2015-16 College of Engineering Astronaut Scholar Award, 2015 Undergraduate Researcher, Kennedy Lab, UC Davis Mechanical Engineering Department, 2015 Capital One Academic All-American Second Team, 2014-15 Regents Scholar, 2011-15

Undergraduate Researcher, UC Davis Math Department, 2014
Capital One Academic All-American Third Team, 2013-14
Big West Conference Male Scholar Athlete of the Year from UC Davis, 2013
Engineering Peer Tutor, 2012-13
Volunteer Swim Coach, Special Olympics, 2011-13
Integrated Studies Honors Program, 2011-12

Degree Units – What Does That Mean?

- NCAA definition:
 - Hours earned or accepted for degree credit at the certifying institution in a student-athlete's specific baccalaureate degree program
- First two years: everything counts as degree units...
 - BUT must track carefully to ensure will reach 40% degree by end of second year
 - Maximum 9 units WLD classes count toward athletic eligibility
 - WLD classes count only if taken in freshman year
- Degree units = courses in major, GE, college or unit requirements
- Must calculate eligibility based on OFFICIALLY DECLARED major
 - "Intent" form allowed under NCAA rules if planning to change major
 - Fall quarter transfers may need to see major advisor to sign intent form BEFORE fall classes begin



Degree Units – What Does That Mean?

- NCAA requires proof of how student-athlete will complete everything required in degree with the MINIMUM units required for a UCD degree
 - 180 for most degrees; more for some College of Engineering majors
- OUR and athletic academic advisors "calculate electives"
 - How many units remain to complete major, GE, and college requirements (e.g., composition, foreign language, 90 units math/natural science for L&S B.S.)?
- Does all of the above add up to 180 or exceed 180?
 - Exceed 180: only courses that satisfy a particular requirement will count as degree units for athletic eligibility
 - Less than 180: now have a particular number of elective units that will count as degree units for athletic eligibility
 - Minors not required at UCD so units toward minor = electives (unless able to use in GE category not yet filled)

Degree Units – What Does That Mean?

- UCD and NCAA treat timing of the application of units to degree differently
- Repeating classes (D+, D, D-, F, NP grades)
 - UCD & NCAA: class counts as degree units if D- or higher
 - NCAA: class counts as degree units in first quarter that D-/D/D+ grade is earned
 - UCD: class counts as degree units in quarter class is repeated
- Minimum progress
 - UCD: Summer-Fall-Winter-Spring for annual minimum progress
 - NCAA: Fall-Winter-Spring-Summer for Division I academic progress rules



Degree Units – Impact on Advising

- Careful, long-term planning required
- Academic Plan Form required annually for each student-athlete
 - Receive multiple reminders: team academic meetings, individual appointments, New Student-Athlete Orientation, e-mail reminders to student-athletes and coaches
 - Major or college advisors must sign APF
 - Verifies courses count toward particular requirements
- Change of major: athletic academic advisors must recalculate electives to determine eligibility under new major
- May have less flexibility to take classes outside of major, GE and college requirements than other students
 - Common issues:
 - Pre-health and pre-professional requirements outside major
 - "Recommended" course in major (not required)



Degree Units – Impact on Advising

- Example: Animal Science major interested in veterinary school
 - No room for electives (per elective calculation) and has completed GE requirements
 - Needs to take PHY 7ABC to meet pre-vet requirements
 - PHY 7ABC not required for Animal Science major
 - Result: PHY 7ABC will not count as degree units for this student-athlete
 - Plans to take PHY 7A (4 units), ABI 102 (5 units), STA 100 (4 units) in fall quarter
 - 13 units count towards UCD minimum progress requirement
 - 9 units count as degree units for athletic eligibility (PHY 7A = excess electives)
- Example: English major
 - Has electives remaining (per elective calculation) and has completed GE requirements
 - Plans to take SOC 1 (5 units), AAS 12 (4 units), CMN 1 (4 units) due to interest
 - 13 units count towards UCD minimum progress requirement
 - 13 units count as degree units towards athletic eligibility



Degree Units – Impact on Advising

- Example: In spring quarter freshman year, student-athlete in communication major decides to change to biological sciences B.S.
 - No math, chemistry, or biology classes taken yet
 - GE almost finished with courses taken in freshman year
- Evaluate based on time to degree perspective
 - When does student-athlete want to graduate?
- Evaluate based on NCAA athletic eligibility perspective
 - B.S. majors generally have few (if any) elective units
 - Anticipate potential issues with excess electives so recalculate immediately
 - Begin long-term graduation plan during appointment to sequence courses
 - Begin discussion: summer session possible?
 - Identify quarters for possible excess electives (if needs to lighten load during heaviest season of travel and competition)



QUIZ! How many hours per week do student-athletes generally devote to athletically related activities?

- A. 10 hours per week
- B. 20 hours per week
- C. 30 hours per week

C. 30 hours per week

NCAA rules allow 20 hours of organized practice but this does not include travel, competition, rehab in the athletic training room for injuries, meetings, etc. Most NCAA Division I studentathletes in the U.S. report spending an average of 30 hours per week in athletically related activities.





J. Neal Monson

Philosophy Major **Spanish Minor** Men's Basketball Sandy, UT **Graduated Spring 2016**

Cumulative GPA: 3.906

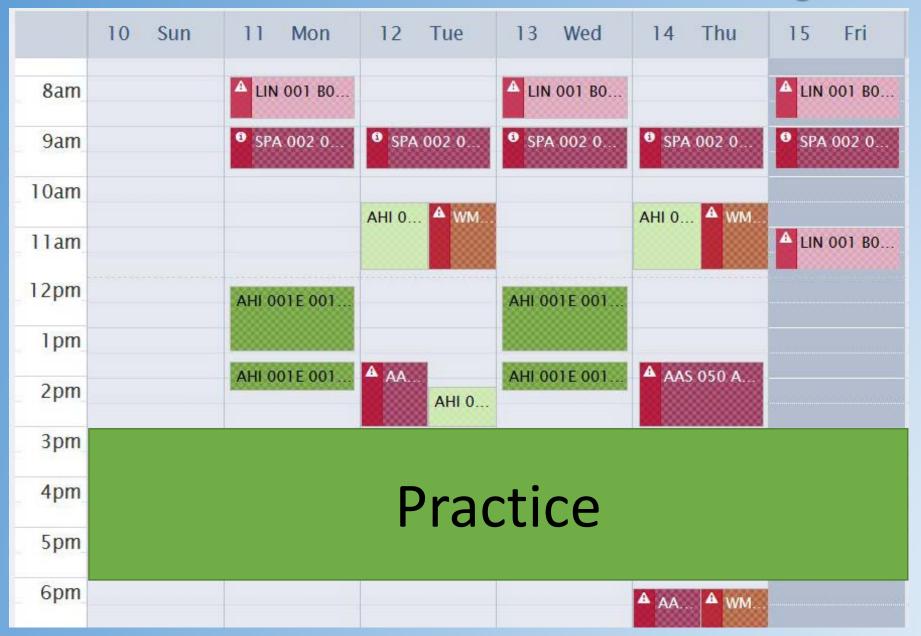
Ranked in top 2.9% of seniors in College of Letters & Science Big West Conference leader in rebounds per game, 2016 NCAA Postgraduate Scholarship, 2016 Men's Basketball Co-Captain, 2015-16 Big West Conference Male Scholar Athlete of the Year from UC Davis, 2016 Big West Conference Regular Season Champions, 2015 Schmalenberger Memorial Scholar Athlete Award, 2015 Young Men's Counselor, Fall 2014-present Invited Speaker, LDS Youth Conference, October 2015 LDS Service Mission, Oaxaca, Mexico, 2011-13

Admitted into law school for Fall 2016 at UC Berkeley, UCLA, UC Davis, Texas, Arizona State, and Brigham Young

*Accepted full academic scholarship offer to enroll at Brigham Young *Plans to specialize in international immigration law

Scheduling: Impact on Advising

- NCAA rule: cannot miss class for PRACTICE
 - Try to schedule classes around practice times
 - Most teams practice in 3-4 hour blocks, generally in the middle of the day
 - Example: track & field sprinters and hurdlers
 - Practice: Monday through Saturday 1:00-3:00 pm
 - Weights: Monday through Friday 2:30-4:00 pm
 - Some teams begin practice as early as 5:30 am
- Consider heaviest seasons of travel and competition
- Many sports in season for 2 or even 3 quarters; some in season for 1 quarter
 - Challenging to schedule foreign language and lab courses during heaviest season of competition and travel
 - WLD 57E mandatory attendance requirement



Fall schedule for a fall sport

- SPA may be a better choice for another quarter
- May want to look for another LIN lecture and section
- May want to take
 AHI class instead of
 WMS or AAS
 option



Scheduling—Missed Class Form

- Designed with input from Academic Senate, Chancellor,
 Vice Chancellor-Student Affairs, Athletics Advisory Committee
 - In every quarter of competition:
 - Required to complete within first 5 days of classes
 - Student-athlete meets in person with professor
 - Form is agreement between student-athlete and professor on any accommodations that will be allowed by professor
 - Copies to student-athlete, professor, head coach
- Academic Senate regulations: no obligation to accommodate even while student-athlete is representing UCD
 - Most faculty are amenable
 - May allow exam to be taken early, count a different midterm double, send exam to be administered on the road, etc.
 - Head coaches and most assistant coaches are lecturers (Academic Federation members) at UCD



QUIZ! True or False: All student-athletes at UC Davis receive an athletic scholarship.

FALSE

- Many UCD student-athletes do not receive an athletic scholarship
- Head coaches control the athletic scholarships for their team
- Most UCD student-athletes who receive a scholarship receive a partial (not a full)
- Partial scholarship can be:
 - Dollar amount (minimum at UCD is \$500 for the year)
 - Percentage (e.g., 20% of a full athletic scholarship)
 - Segment of costs (e.g., room and board or tuition and fees)
- Many UCD student-athletes work (both on- and off-campus)
- Many UCD student-athletes qualify for other financial aid
- Some UCD student-athletes also receive academic scholarships







Pressures and Challenges

- Many of the same issues faced by general student population
- Additional pressures unique to student-athlete population
 - Athletic: pressure to perform (from self, family, coaches)
 - Community: represent family, cultural community, high school, hometown—prestige as a Division I student-athlete
 - Financial: athletic scholarship may be reason UC education is possible;
 may need to stay on team to finance degree
 - Sense of identity and belonging
 - Media: scrutiny within traditional (print, radio, TV) and social media
 - Academics: balancing academics and athletics
 - Self-doubt: is academic preparation enough to succeed at UCD while "working" 20-30+ hours per week at sport?



Positive benefits of being a student-athlete

- NCAA: "Participation in college sports provides opportunities to learn, compete, and succeed."
- Represent team and UCD on a local, regional, and national level
- World class education to prepare for future career
 - Most UCD student-athletes will NOT become a professional athlete
- Opportunities for leadership & academic recognition
 - Student-Athlete Advisory Committee
 - NCAA Leadership Forum
 - NCAA Postgraduate Scholarships
- Expand skills in time management, cultural awareness, communication, teamwork
- Built-in support network of teammates and coaches



Chima Moneke
Communication Major
Men's Basketball
Canberra, Australia
NCAA Leadership Forum,
April 7th-10th, 2016

*one of only 300 student-athletes across the U.S. selected to participate

Additional Resources for Student-Athletes

- Academic support: ICA tutoring program in conjunction with SASC
 - Can request one individual tutor for one class each quarter (FWS only)
 - Meet with tutor for 1 or 2 hours per week; must request by 4th week
 - Evening drop-in tutoring in math, chemistry and writing M-Th 7-10 pm
 - Marcus served as study skills mentor at evening drop-in during 2015-16
- Study Hall/Study Table
 - Coaches for some teams coordinate required study hours
- Sport Psychology staff at Student Health & Counseling Services
 - Counseling psychologists with understanding of Division I pressures faced by student-athletes
- Director of Sports Nutrition (Dr. Liz Applegate)
 - Individual appts, team meetings, cooking classes, dining hall tours
- Head & Assistant Coaches



Additional Resources for Student-Athletes

- Student-Athlete Advisory Committee (SAAC)
 - Leadership group with representatives from all 23 teams
 - Led by five SAAC officers in 2016-17:
 - Alec Adamson, Men's Tennis, Economics Major
 - Aislinn Dresel, Women's Swimming, Managerial Economics Major
 - Lani-Rae Green, Women's Tennis, Wildlife, Fish & Conservation Biology Major
 - Agustina Singh, Field Hockey, International Relations Major
 - Danielle Steffen, Women's Track & Field, Biological Sciences Major
 - Provide input to athletic administration and campus administration
 - Represent student-athlete voice in policy decisions
 - Serve on campus-wide committees
 - Coordinate community service & other activities including
 - Thanksgiving Dinner for the Homeless
 - Big West Conference Coin Drive and.......





Brandon Tucker
Art Studio Major
African American Studies Minor
Football
Los Angeles, CA
Graduated December 2010

Master's degree in fine arts (MFA), Laguna College of Art and Design

*Painting titled "Up" (pictured at right) selected in national competition for exhibition at NCAA headquarters

Coordinator, *The Art of Athletes*, 2009, 2010 Founder, *The Art of Athletes*, 2009

Participant, Painting in Umbria, 2008
*UCD summer study abroad program in Corciano, Italy

The Art of Athletes

*Annual student-athlete art show

*Works from student-athletes in any major
and any artistic medium

*2016-17: winter quarter at Alumni Center





2015 Winners:

Tre Sayles
Electrical Engineering Major
Football
Graduated March 2015
Corona, CA
&

Courtney Hessler
Psychology Major
Field Hockey
Senior
Sunnyvale, CA

Aggie Idol: UC Davis Student-Athlete Charity Variety Show

- * Open to the public; free admission
- *Held in spring quarter each year
- * 9th annual show in May 2016
- * Raises money for Team Davis, local Special Olympics group





Questions?

