

NCAA LIFE SKILLS MISSION STATEMENT

The mission of the NCAA is to maintain intercollegiate athletics as an integral part of the campus education program and the student-athlete as an integral part of the student body. With this in mind, the Life Skills Program was created to support the student-athlete initiatives of NCAA member institutions and to enhance the quality of the student-athlete experience within the context of higher education.

LIFE SKILLS PROGRAM GOALS

- Support efforts of every student-athlete towards intellectual development and graduation.
- Use athletics as a preparation for success in life.
- Meet the changing needs of student-athletes.
- Enhance interpersonal relationships in the lives of student-athletes.
- Assist student-athletes in building positive self-esteem.
- Enable student-athletes to make meaningful contributions to their communities.
- Promote ownership by the student-athletes of their academic, athletic, personal and social responsibilities.
- Enhance partnership between the NCAA, member institutions and their communities for the purpose of education.
- Encourage the development of leadership skills.



WARHAWK CUP

Teams receive points for academic development, athletic development, community service, personal development, and career development. Each athletic team has the chance to earn points individually and collectively in each area for such things as grade point average, graduation of student-athletes, earning Sun Belt Player of the Week, final Sun Belt standings, attendance at Life Skills workshops and community service hours. The team collecting the most points at the end of the academic year is recognized through a celebratory luncheon and will have the team's name placed on the Warhawk Cup Trophy.

INFORMATION

Information regarding ULM Life Skills programs will be communicated via email and *Ace's Advice* [Monthly].

END OF THE YEAR ASSESSMENT

All coaches and student-athletes complete an end-of-year assessment, which allows for feedback to improved programs for future ULM Warhawk student-athletes.



Women's Basketball 2010 Warhawk Cup Champions

**A FOCUS ON THE TOTAL DEVELOPMENT OF THE
STUDENT-ATHLETE IN EACH OF THE FOLLOWING AREAS:**

ACADEMIC EXCELLENCE

Student-Athlete Handbook
 Student-Athlete Orientation
 Tutoring & Mentoring Programs
 Student-Athlete Study Hall
 National Student Athlete Day (April 6)
 Ace's Advice [Academic News]
 Workshops:
 Study Skills
 Time Management
 Leadership Development
 Post-Graduate Scholarships
 Academic Awards

CAREER DEVELOPMENT

[Career Connections]
 Fashion Show
 Etiquette Dinner
 Career Development Workshops

PERSONAL DEVELOPMENT

Workshops:
 Sexual Assault
 Suicide Prevention (QPR)
 Drug and Alcohol Prevention
 Stress Management
 Budgeting and personal finance
 Campus Speakers & Professional Speakers
 Health Fair

ATHLETIC EXCELLENCE

Athletic and Conference Awards
 Exit Interviews
 Support Programs:
 (ie: Athletic Training, Strength Conditioning)

SERVICE

Team Community Service Projects

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

The Student-Athlete Advisory Committee is a nationally recognized student-athlete leadership organization, sponsored by the NCAA, to provide insight on the student-athlete experience. SAAC examines Academic Services Program and explores various means of enhancing student-athlete welfare. In addition, the groups offers input on rules, regulations and polices that affect student-athletes' lives at the University of Louisiana at Monroe. ULM SAAC serves as the voice of student-athletes in fostering communication with administrators to better integrate student-athletes into the general student body.



For Questions or Information:

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