Academic Success and the Student-Athlete

Dr. Christopher Walker
- Faculty Athletic Representative
- Professor – Communicative Disorders
- Circuit Weight training trainee
Student-Athlete Means:

- Student first
- Athlete second
- You were told you could be champions in the classroom and on the field here at Redlands.
- You can do both if you keep up and plan ahead!
Being a Student-Athlete is a Privilege

- With privileges come responsibilities
- Your team is depending on you!
- The "jock' image is out there!
- Prove it wrong!
Professors and Classrooms

- Their job, their world, their life
- Don’t regard it lightly – show some respect.
- Make it your job. How do you conduct yourself at work if you want to be promoted?
Maturity and Academics

- Not your favorite subject or professor?
- You’re not their favorite student either!
- You both have a job to do!
- Same effort on every play?
- Same effort in every class!
Impressions????

- Want the benefit of the doubt?
- Act like it!
- Attitude is where it begins!
- Help your self, your teammates and other student-athletes!
- Start by making a positive impression!
Are you really trying to create a Positive Impression?

- Do you miss classes?
- Late for class or turn in assignments late?
- Fall asleep in class? (after lunch, hot classroom)
- Fail to contribute in classroom discussions?
Do You Create a Negative Impression cont’

- Do you sit in the last row?
- Talk with friends in class?
- Are you known for asking, “what do we have to know for the test” (the day before the exam)?
- Do you ask questions that were just answered or ask about materials covered when you missed class?
How Can I Create a Positive Impression?

- Be proud that you are a Student-Athlete!
- Invite your professor to a game
- Tell them your uniform number.
- Follow-up in class on Monday
- Thank them for coming out
How Can I Create a Positive Impression?

- Communicate early and communicate often!!
  - If you have to miss class
  - If you leave class early
  - Turn in an assignment late
  - Be transparent Tell faculty why in advance!
- Be Responsible
How to be a Better Student in and out of Season

- Be an Active Learner!
  - Show up early
  - Be prepared for every class.
  - Ask questions that reflect thinking.
  - Express opinions when appropriate.
  - Be the first to participate, not the last.
How to be a Better Student in and out of Season

- Admit your weakness. Get help!
  - Weak writer? Visit the writing center.
  - In over your head? Get a tutor (they are free and the tutor gets paid!)
  - Don’t wait until you fail! (midterm)
  - No shame in seeking help.
  - Shame is in not seeking help!
Find an Academic Role Model

- Emulate the successful student-athlete
- Ask how they do it?
- Study with the “A” Students in Class
- Desire overcomes Ability
Positive Attitudes In Academics and Athletics

- Same on the *field* as in the *classroom* (Champion – Scholar-Athlete)
- Belief in Your Skills (Recruited by coaches – Academically admitted to UR)
- Great Work Ethic (Go hard on every down! - Work hard on every assignment)
Positive Attitudes In Academics and Athletics

- Honest Hustle (run to the ball – go for the “A”)
- Extra work on problem areas (extra time with position coaches! - review sessions with professors or tutors)
Set Yourself Up For Academic Success

- Treat your Professor with respect – he/she will respect you as a Student-Athlete.
- Study the Syllabus. Contract
- Always be in class. $125.00 per class
- Set up a daily schedule for studying.
- Plan for major assignment due dates.
Set Yourself Up for Academic Success cont'

- Find a place to study, exclusively.
- Reward Your studying.
- Learn to say No and reward that Behavior.
- At the least, Survey text material before class.
Set Yourself Up for Academic Success cont’

- After each class, review your notes. (before you forget what you meant!)
- Don’t get behind.
- Make up your own Exam questions.
- Study with someone who knows more than you do!
Things To Avoid

- Drinking – don’t fool yourself – booze and studying don’t mix.
- Drugs – looking for academic trouble!
- Lack of Sleep – lift, play when tired? Studying is no different. To Perform you must be attentive and alert.
How do the Scholar-Athletes on your team do it?

- Let’s hear from
  - the Voices of Experience
2007 SCIAC Champions

- Team Cumulative GPA
  - 2.9
  - Is that the GPA of a Champion?
2008 Team Goals

- Team Athletic Goals:
  1. Winning season
  2. Conference Championship
  3. Make History
2008 Team Goals

- **Team Academic Goals**
  - “A” on the first exam in every class!
  - “A” on the first assignment in every class!
  - Everyone 2.3 or better cumulative GPA
  - Team cumulative GPA > 3.0
  - 25 percent scholar-athletes
Good Luck!

- Have a Championship year! Both on the field and in the classroom.