Instructor: Sally Randolph or Terry Henley
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Office Hours: Mon-Fri, 1 – 5 pm
Office Address: 250G Athletic Center (2nd floor of Academic Enhancement Center)

Objective: To assist students in better understanding and complying with athletic and academic demands on them during the careers as student-athletes at a Division IA institution. This includes proper behavior on the playing field, in the classroom, and socially/legally.

Learning Outcomes: As a result of taking this course, students will demonstrate development of skills in the following areas:
1. Study skills and test-taking strategies
2. Major and career selection process
3. Social behavior in and out of class
4. Personal finance and budgeting
5. Service learning
6. Drug and Alcohol abuse awareness

Course Content and Requirements:

1. Attendance & Participation
   Attendance is MANDATORY. You will receive 200 points for attending EVERY class and participating in that day’s activities. Failure to attend class (excluding absences related to sport travel, funerals, hospital illness) or to participate fully in the activities, will result in a reduction of 5 points from the original 200. It is your responsibility to notify the instructor of any extenuating circumstances that may lead to an absence. In the case of missed class time, it is also your responsibility to acquire and complete any assignments given on the day you were not present.

2. Assignments
   There are a wide variety of assignments in this course including the following:
   - In-class and homework assignments and discussions (self-assessments, group activities, etc.)
   - Service learning project
   - Behavior analysis project
   - NCAA violations project
   - Journal
   - Final exam
As a result of participating in the class, students will learn Life Skills adherent to four of the five CHAMPS / Life Skills Core Value Areas:
   1) Academic Development
   2) Professional Development
   3) Personal Development
   4) Service Learning

All graded assignments and course projects lead to development of skills and/or knowledge in one of these four areas.

3. **Grading/Evaluation**
   This course is designated as Pass/No Pass**. A passing grade is based on the breakdown of points as follows:

   - Attendance: 200 points
   - In Class Assignments/Journal: 100 points
   - Community Service Project: 400 points
   - Behavior Analysis Project: 100 points
   - NCAA Violations: 100 points
   - Analysis Project: 100 points

   Total Points: 1000 points

** A passing grade is based on scoring a minimum of 70% or more of the total points for the semester. The Service Learning Project, Behavior, and Violations projects will be deducted 25 points for each day turned in late.

4. **Academic Dishonesty**
   Students are expected to do their own work at all times. Subsequently, any attempt to gain credit for work that belongs to someone else is considered fraudulent and will not be tolerated at this institution. This issue will be discussed further within the context of the class.

5. **Special Accommodations**
   Students who believe they have a disability that requires special accommodations should visit the Office of Disability Student Services. Please advise the instructor of a disability and/or the desire to make special accommodations during or immediately following the initial class period.

6. **Course Text**
   There is no required text for this course.

**Descriptions of Major Projects**

*Service Learning Project*

Students will visit the local YMCA and select a semester long service learning project to complete. With supervision from the organization and from the course instructors, teams will design the project and write a short paper at the conclusion of the project describing the
resulting benefits of the organization as well as the team members. The team will turn in a single paper 3-5 pages long including an evaluation from a supervisor/administrator from the YMCA or deliver a 15 minute power point presentation. The team will also submit evaluations of each member. Students will be evaluated on their written proposal, evaluations, and benefits analysis paper/power point presentation.

**Behavioral Analysis**
This project will focus on behavior as a student in a classroom, as a member of an athletic team, and as a member of a community. In two teams, students will select four problematic scenarios from the list below, one in each category. Students will analyze the situation in which their behavior is unacceptable; the student will describe the incident in detail, including what factors could lead to such a conflict and the unacceptable behavior, then tell what consequences such behavior would merit. Students will then create an alternate version of the problematic scenario and provide potential acceptable solutions and outcomes. Teams will act out each scenario (about ten minutes max per scene, good and bad, for a total of 40-50 minutes), complete with costumes and props, for the class audience as well as coaches and support staff. At the conclusion of the role play, each team will submit a script for each of their skits. Students will be evaluated on inclusion of props and costumes as well as adherence to script guidelines and scenario analyses/solutions.

**Journal**
Students will be required to journal on a weekly basis. Journals will be kept locked up in the instructors classroom. Journaling will take place either at the beginning or the end of a class period for approximately 5-7 minutes.

**NCAA Violations Project**
TBA-To be announced later in the semester.

**Extra Credit Opportunities**
Students will have a variety of opportunities to earn extra credit, but may only earn a total of 50 points of extra credit over the semester. All extra credit must be approved in advance by the instructor.

**Final Exam**
The final exam for this course will only be a completion grade. You will be required to write an essay, no less than 5 handwritten pages, answering specific questions about what you learned over the semester. You must cite specific exercises and what you learned from them; you may also evaluate course exercises you feel you did NOT learn from. This assignment is not graded, but completion of the final exam is required to pass the course.