

STUDENT-ATHLETE ACADEMIC SERVICES



Although this semester was not what we expected, our staff still wanted to showcase all of the hard work our student-athletes have put in. From online learning to virtual community engagement projects to the #BIGVote initiatives, we have so much to be proud of!

LEADERSHIP



Marissa Mueller
Women's Track & Field
Chair



Manuela Lizarazu
Women's Golf
Vice Chair



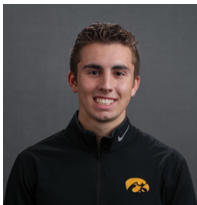
Meghan Conroy
Field Hockey
Secretary/Treasurer



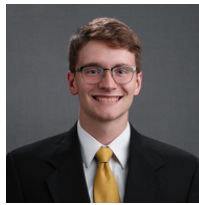
Brie Orr
Volleyball
Leadership Chair



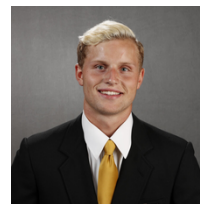
Alexis Sevillian
Women's Basketball
Diversity & Inclusion
Chair



Noah Scigliano
Men's Gymnastics
Community Engagement
Chair



Jacob Rosenkoetter
Men's Swimming &
Diving
Academic Success Chair



Nolan Roethler
Men's Track & Field
Career Development
Chair



Ashleigh Jacobs
Women's Tennis
Health & Well-Being
Chair

2020-2021 ISAAC Executives



ISAAC SEMESTER RECAP



[Click here to watch the video version!](#)

2020 was a year of challenges. ISAAC managed to face the obstacles and take advantage of them to provide the best mental health and diversity and inclusion resources to our student-athlete peers. Since the start of the pandemic, ISAAC was prepared to be the leaders of the student-athlete community and be there for every student-athlete that needed support. Based on our need for resources and education, we started meetings and events during the summer for all of those that were interested. We targeted the meaning and **importance of the Black Lives Matter movement**, as well as **providing mental health tools** to face the impact of the Coronavirus pandemic on each individual's life. During the fall semester, we worked hard to keep the student-athlete community engaged and strong. We had biweekly meetings and offered resources to give the best support. In the same way, there was a good connection between administrators and athletes that generated a comfortable and open environment to express opinions and ask for help. Finally, there was a huge emphasis on **community engagement**. Although it was not easy, different opportunities for volunteering were offered to give back to the community. These three pillars: mental health, diversity and inclusion, and community engagement, were linked with USG to have a bigger effect on the student community as well as keeping the student-athletes connected with the University's students.

-Manuela Lizarazu (VP) Women's Golf



Follow us on Instagram! @UISAAS

DIVERSITY & INCLUSION



Broderick Binns

Executive Director of Diversity, Equity and Inclusion

Broderick Binns was named Executive Director of Diversity, Equity, and Inclusion for UI Athletics. Binns had previously held the position of director of football player development since April, 2016. The Diversity Taskforce was created in 2018, which evolved into a permanent role. This newly created position within UI Athletics is **responsible for the implementation of diversity initiatives** for student-athletes, coaches, and staff; **oversight of the UI Athletics Diversity Taskforce and Action Plan**; ensuring that the strategic goals within the Action Plan are in alignment with campus-wide diversity policies and practices; and assisting all Iowa student athletes (with an emphasis on underrepresented students) with making a smooth transition into college life socially, academically and athletically.



Affinity Groups

In collaboration with Broderick Binns, Affinity Groups were created this Fall semester to encourage community and allyship. The **iHawks group** for international student-athletes focuses on the unique challenges international students face in transition to the university and the country. The **Black Student-Athlete group** (BSA) seeks to provide a space where black student-athletes can share their experiences and feel a sense of community where they are heard. The **LGBTQ+ group** focuses on providing a space where students and staff who identify in this community can speak together in a safe environment free of judgement.



<https://dei.hawkeyesports.com>

The DEI Accountability Board has created the **Iowa Athletics social injustice website**. The purpose of this website is to ensure that all our student-athletes, coaches and staff members can share any issues or concerns that affect them while on-campus. It features a resources page and staff spotlights where individuals can look into a plethora of educational books, movies & podcasts. **Most importantly, it provides a way to get in touch with the accountability board.** We also included the Iowa athletic incident reporting lines and an online form for you to share your issues or concerns with confidentiality.

UI Athletics Diversity Pledge

Be Honest
Be Aware
Be Willing
Be Kind
Be Equitable
Be You
Be Encouraging

BE A HAWKEYE



DEI Speakers 2020-2021:



Dr. Kaye Cole

Implicit Bias (Fall 2020)



Step Afrika

Tradition of Stepping (Fall 2020)



Dr. Derek Greenfield

Inclusive Excellence (Spring 2021)

ANNUAL UI ATHLETICS TOWN HALL

PRESENTED ON BEHALF OF STUDENT-ATHLETE ACADEMIC SERVICES



THE TIME IS NOW:

BUILDING FOR INCLUSIVE EXCELLENCE AND COMMUNITY IN IOWA ATHLETICS

3 sessions on January 27th

Head Coaches and Senior

Administration: 7:30 AM

All Staff: 12:00 PM

Student-Athletes: 6:30 PM

Speaker Dr. Derek Greenfield

Dr. Greenfield is a visionary speaker, consultant, and thought leader dedicated to inclusive excellence and positive change.

This highly interactive virtual session will advance the notion of inclusive excellence as a guiding feature for our work, particularly during a time of racial trauma and considerable social unrest. Participants will gain a host of practical strategies for immediate implementation in their professional and personal lives. This session concludes with an exciting opportunity for participants to share personally and celebrate one another as agents of positive change in this mission to best support all of our student-athletes in feeling valued and achieving their dreams!

Please reach out to Broderick Binns with any questions about this event
broderick-binns@uiowa.edu (651)-808-2445

COMMUNITY ENGAGEMENT



Adopt A Family: For the annual "Adopt a Family" event, the United Way of Johnson County selected two local families that were "adopted". Gifts were purchased and delivered to the adopted families in need. **In photo: Women's Tennis**



Tie Blanket Project: Volleyball, soccer, and women's tennis completed tie blanket or tie pillow projects. The blankets and pillows were donated to the Ronald McDonald House and given to families there. Teams were able to complete these from home to ensure social distancing. **In photo: Women's Volleyball**



[Day in the life of an Iowa rower video - click here to watch!](#)



Virtual Book Hawk Story Hour: Student-athletes read children's books via Zoom to pediatric patients at the Stead Family Children's Hospital. Closed circuit TVs in the facility allows the Zoom story hour to be simulcast to multiple patients.

In photo: Claire Edmonson, Women's Track & Field



Winter Food Drive: SAAS partnered with the UI Food Pantry to provide kitchen, hygiene and food items for those in need. We collected 154+ pounds of donations this year!

Top 5 teams with the most Helper Helper hours:

1. Field Hockey
2. Women's Track & Field / Cross Country
3. Women's Volleyball
4. Women's Swimming & Diving
5. Women's Soccer



Top 5 student-athletes with the most Helper Helper hours:

1. **Marissa Mueller**- Women's Track & Field (37.5 hours)
2. **Sammi Gillas**- Women's Tennis (17.5 hours)
3. **Taylor Hartley**- Women's Swimming & Diving (14.5 hours)
4. **Madeline Murphy**- Field Hockey (12 hours)
5. **Meghan Conroy / Makenna Maguire**- Field Hockey (7 hours)

ACADEMIC SUCCESS



Marissa Mueller was named UI's 22nd Rhodes Scholar:

Marissa is a Women's Track & Field Athlete and our ISAAC president. [Click here to read more about this outstanding accomplishment!](#)



COVID-19 Learning:

With the switch to online classes, this also meant our tutoring sessions would be virtual as well. **The Gerdin Athletic Learning Center remained open this fall**, with additional safety procedures. Student-athletes and staff members completed regular testing as well as health screening before they entered our building. Student-athletes have been utilizing many of our private study rooms as **a way to study socially distanced** from others, as well as using them as a personal classroom for their synchronous classes. Student-athletes also could continue to meet with our Learning Specialist in person, and complete their mandatory study hours virtually. A limited in-person learning assistant program was also added halfway through the fall semester to assist those who prefer in-person learning.

Graduate Success Rate (GSR):

- Iowa had the 6th highest GSR score in the Big Ten
- 11 teams at or above last year's score
- 7 teams with a perfect GSR

Online Summer Bridge:

- **Our Summer Bridge program was 100% virtual this year** using ICON modules and videos submitted by various departments around campus. Students then completed corresponding assignments. The program is meant to bridge the gap from K-12 to college and caters to incoming freshmen
- Had a successful summer bridge program despite challenges. We provided programming and assistance for our students through the changes even though it looked a little different
- Partnered with MyPlaybook, and NCAA sponsored academic success program. **This year 187 students completed Summer Bridge, and 175 completed MyPlaybook**

- **3.18 department term GPA**
- 202 student-athletes on the Dean's list (3.5+ GPA, 12 graded credits)
- 18 on the President's list (4.0+ GPA, for at least 2 consecutive semesters, 12 graded credits)
- 86 Fall 2020 Academic All-Big Ten recipients

CAREER DEVELOPMENT



This summer a **Hawks to Professionals (H2P) Icon page** was created as a resource for student-athletes. The page features modules on graduate and professional school, job shadowing, professional development, interview prep, job and internship search and resumes/cover letters. **The H2P Icon page** also contains videos featuring professionals in various fields.



[Click here to watch an example video from one of our professionals!](#)

Spring 2021 Virtual Job Fairs:

- **Engineering Job & Internship Job Fair:** Thursday, February 11, 10 am – 3 pm
This fair will focus on recruiting students in the College of Engineering which includes eight majors—Biomedical, Chemical, Civil, Electrical, Environmental, Computer Science & Engineering, Industrial, and Mechanical Engineering
- **Tippie Tech: Data & Information Job & Internship Fair:** Tuesday, February 23, 12 – 4 pm
This fair will focus on recruiting students typically majoring in BAIS, Computer Science, Computer Science & Engineering, Statistics,
- **Mathematics, Data Science Business & Entrepreneurship Job & Internship Fair:** Wednesday, February 24, 10 am – 3 pm
This fair will focus on recruiting students typically majoring in Business, Entrepreneurship, Enterprise Leadership & Communication Studies.
- **Helping, Counseling & Public Service Job & Internship Fair:** Thursday, February 25, 12 – 4 pm
This fair will focus on recruiting students typically majoring in social work, psychology, sociology, political science, history, nonprofit certificate

Virtual Career Meetings with Alex Deisbeck , Career Specialist include:

- Explore majors and fields of study
- Create or update resumes/cover letters
- Interview prep
- Job search assistance
- Make a career plan
- Discuss graduate/professional school or assistance applying
- Create or update LinkedIn and discuss personal branding
- Get connected to campus resources



Going virtual this year has certainly brought some unexpected challenges for students pursuing career development. Despite face-to-face restrictions, I've been extremely excited about my internship experience as a **College Financial Representative at Northwestern Mutual**. Through the internship, I've been able to start my own personal financial planning practice focused on helping families and business professionals create a comprehensive financial plan for their future goals. Running meetings virtually has been convenient, but I do look forward to meeting my clients in person!

-Nolan Roethler, Men's Track & Field

For many student-athletes, graduate school is becoming a popular way to gain more experience and further their education in many different fields of their choice while still having athletic eligibility remaining. **My first semester in grad school has been filled great experiences**, as well an abundance of knowledge that's preparing me for my career. I'm excited about the upcoming semesters. While the balance between basketball and school has been challenging, the basketball support staff has been excellent in helping support me to alleviate the challenges. I've enjoyed every moment so far!

-Alexis Sevillian, Women's Basketball



HEALTH & WELL-BEING

ISAAC Health & Well-Being Semester Recap



This fall, our Health & Well-being subcommittee has directed our focus toward mental health programming, resources, and de-stigmatization. We began working on establishing a **new mental health task force** across athletics which will continue to focus on mental health groups, events, discussions, and providing resources and support for other student-athletes. Additionally, Health & Well-being continued to maintain connections with campus through groups like USG, SHAC, and Active Minds. I am proud of the work we have done and am excited to continue the conversations and programming next semester!

-Ashleigh Jacobs, Women's Tennis

Big Ten Mental Health Efforts:

In 2020, the Big Ten Mental Health and Wellness Cabinet was formed with two representatives from each institution. Counseling and Sport Psychologist **Dr. Aubrette Kinne** and Sports Medicine Team Physician **Dr. Lisa Woodroffe** serve on this cabinet for the University of Iowa. Dr. Kinne also serves as the chair of the Education Subcommittee.



Fresh Check Day: **freshcheckday**

- This day was dedicated to **raising awareness for mental health** issues as well as finding avenues to relieve stress.
- ISAAC gave an interactive presentation at their virtual booth. Each booth will cover a different topic in mental health such as body positivity, movement, diversity, and suicide prevention. **ISAAC's presentation focused on student-athlete mental health.**

The Calm App: This semester the Calm app was **free for all student-athletes**. The meditation and mindfulness application helps with **sleep, anxiety and stress relief**. In addition, there were virtual tutorial sessions about the app with our sport psychologists.



Hawks 4 Hawks

Peer Support Training Program



In photo: Hawks 4 Hawks fall 2020 participants

Hawks 4 Hawks:

- This fall Counseling and Sport Psychology staff delivered another round of Hawks for Hawks Mental Health Peer Support Training for student-athletes.
- In the fall there were **25 student-athlete participants from 14 sports**. It was held via Zoom and was a great success. It was amazing to see so many student-athletes passionate about mental health support! **-Dr. Aubrette Kinne, Sport Psychologist**

The Hidden Opponent



This semester I have been in **collaboration with The Hidden Opponent organization** and ISAAC's Health and Well-Being subcommittee to bring education and awareness to Iowa athletics about mental health issues in student-athletes. The Hidden Opponent has provided many panels throughout the semester that have encouraged talk about anxiety and body positivity in athletes. I also took a position on the University's Student Advisory Board and worked with ISAAC to create a booth at this year's virtual Fresh Check Day to talk about the **benefits of moving your body and mental health**. Overall, this semester has been great in starting to reduce stigma in mental health and there is a lot of potential to grow as a Hawkeye community in this regard.

-Sam Cary, Women's Soccer



#B1GVOTE



"I loved providing education for the student-athletes, reaching out to our surrounding community and encouraging all Hawkeyes (staff, students and fans) to exercise their VOICE! I kept thinking about how awesome it would have been to have these opportunities when I was in school, & if someone would have been helping me learn how to educate myself on candidates on the ballot, polling places and mail-in voting. I'm proud to be a part of the Big Ten, a conference that is taking action to better our communities."

-Roz Ellis, Assistant Field Hockey Coach



"Being part of the the voting community at the University of Iowa has been an experience like no other. It brought me immense joy to answer questions about voting & get my fellow teammates registered to vote. This election is one that will forever be branded into my life as around the country student-athletes joined hands and went out to exercise their most valuable civil right. I look forward to explaining the 2020 election to future generations of Hawks. I would tell them how the University of Iowa was a melting pot of political ideas and stances, all working together to get out and vote."

-Armando Bryson, Men's Track & Field Student-Athlete



"Being a first time voter was super exciting and very empowering for me, as it is something I have looked forward to doing for a long time. I feel so lucky to have the right to vote so it was really important to me to use my voice through my vote."

-Ellie Flynn, Field Hockey Student-Athlete



"It was a great honor to be part of this process. When I started to think about how we can be a change agent within our community, I thought right away about creating opportunities for everyone to be able to execute their constitutional right to vote. Carver-Hawkeye Arena served as a wonderful place to facilitate this. I want to thank our administration for allowing this to happen. Specifically Barbara Burke, Damian Simcox and Marcus Wilson."

-Clive Roberts, Men's Track & Field Associate Head Coach



LOOKING AHEAD WITH LIZ

A message from Liz Tovar, Ph.D. Interim Associate Vice President for Diversity, Equity, and Inclusion/ Associate Athletics Director for Student-Athlete Academic Services The University of Iowa

"The year 2020 has been extraordinary for our Hawkeye community including student-athletes, coaches, and staff. Covid-19, social and racial unrest, and navigating an online learning environment certainly presented challenges. However, I could not be more proud of the perseverance of our student-athletes. Last spring we achieved one of the highest grade point averages in athletic department history. This summer our student-athletes fought for social and racial justice causes. Finally, this fall we have continued our long standing tradition of community engagement even in a virtual environment. The goal for 2021 is that our community continue to stay united, to listen and learn from each other, and most importantly keep up the success in the classroom. Remember that the staff within Student-Athlete Academic Services is here to help all student-athletes. Now more than ever our community should take advantage of the exciting programming opportunities through our Hawkeye Life program as well as the academic resources within the Gerding Athletic Learning Center. We are in this together. WE ARE HAWKEYES!"



With more time at home, Liz was able to continue her hobby of painting. She is pictured here with some of her amazing pieces!

Liz's Quarantine Favorites:

1) Favorite place to order food from?

Wig and Pen

2) Favorite quarantine snack?

Nachos

3) Movie genre or show you have binged during COVID?

Comedy (because I'm funny)

4) New hobbies you have tried during COVID?

Exercise ... kidding... I'd like to take up guitar, but haven't started. I've been kind of busy. :)