The University of Iowa

Student-Athlete
Academic Services

Today's Hawkeyes Are Tomorrow's Leaders

Information Guide
MISSION STATEMENT

Academic Services staff assists student-athletes with making timely and satisfactory progress toward their degrees. This can include, but is not limited to, academic advisement, tutorial and instructional support as well as educational programming. The office works in collaboration with coaches, University staff, and various athletic personnel regarding student-athlete academic matters and ensures compliance with all institutional, National Collegiate Athletics Association (NCAA) and Big Ten Conference rules and regulations. The staff is dedicated to the success and development of Iowa student-athletes and encourages students to be active contributors to the campus community.
UNIVERSITY OF IOWA ATHLETICS

ATHLETIC STUDENT SERVICES STAFF

LIZ TOVAR
SENIOR ASSOCIATE ATHLETICS DIRECTOR
EXECUTIVE OFFICER & ASSOCIATE VP OF DIVERSITY, EQUITY AND INCLUSION

NICKY BEAURIVAGE
ASSISTANT TO THE ASSOCIATE ATHLETICS DIRECTOR

JOHN BRUNO
ASSISTANT ATHLETICS DIRECTORS - ACADEMICS

DOUG COONRAD
SENIOR ACADEMIC COORDINATOR

ALEX DEISBECK
ACADEMIC COORDINATOR AND CAREER SPECIALIST

CHANDLER EASLEY
LEARNING SPECIALIST

TOM HARDER
TUTORING AND ADMINISTRATIVE SERVICES SPECIALIST

PEGGY HAUSLER
ADMINISTRATIVE SERVICES COORDINATOR

BETSY KERN
ACADEMIC COORDINATOR

KARA PARK
ASSISTANT ATHLETICS DIRECTOR - STUDENT DEVELOPMENT

MEL SANDERS
DIRECTOR OF ATHLETICS - ADVISING AND ELIGIBILITY

ANDY WINKELMANN
DIRECTOR OF EDUCATIONAL PROGRAMMING

TROY WULF
ACADEMIC COORDINATOR
UI’s commitment to academic excellence received a tremendous boost in 2018 with the completion of a $6M renovation to the Gerdin Athletic Learning Center (GALC). The renovation project was a 2019 IDEA Educational Design Award Winner by the International Interior Design Association. GALC functions as a hub for student-athlete academic success at the University of Iowa. With over 28,000 square feet of space, the building is conveniently located near UI dormitories and practice facilities and serves as the home for overseeing the educational development and progress toward graduation for all student-athletes. The offices of the academic coordinators are centrally located within the building so students can efficiently meet to discuss schedules, tutoring or class performance. Natural sunlight pours through the three-story building along the entire west side, showing off the comfortable and open study areas. Several features serve to boost academic success for our Hawkeye athletes.
There is no doubt that technology is changing the way that all students study on college campuses. State-of-the-art upgrades and renovations to the GALC help our student-athletes efficiently “plug-in” to the world of higher education. Personal USB outlets dot the many modern ergonomically designed workstations throughout the building, allowing our students to stay connected anywhere, any device, any time. Hawkeye student-athletes benefit as the GALC is keeping pace with technological advancements needed to stay competitive in the classroom. Whether a student is using the GALC computer lab, projecting documents on shared screens in a collaboration room equipped with oversized, wall-mounted high resolution screens, or learning alongside a tutor, they have the tools and resources to be successful.

Healthy choices and good nutrition are paramount to the well-being of every student athlete. Amid busy practice and competition schedules, athletes are able to visit the GAC fueling station and take the guesswork out of making healthy nutritional choices. While studying or just passing through, students can conveniently access an array of fresh fruits and vegetables as well as energy shakes and grab-and-go snacks. The UI Sport Nutrition department oversees the fueling station that is located on first floor.

The architectural and design features of the GALC encourage and facilitate the rigorous academic demands that a Big Ten institution requires. Studying styles, needs, and preferences vary widely among our Hawkeye student-athletes. As a result, the learning and collaboration spaces sprinkled throughout the modern three-level facility are diverse in layout and purpose. There is ample private space for focused study and collaboration rooms of all sizes throughout the building.
The Hawkeye Life program is an all-encompassing life skills and leadership development model which seeks to enhance the student-athlete experience at The University of Iowa. Hawkeye Life offers student-athletes educational opportunities beyond their athletic and academic responsibilities. The goal is to encourage student-athletes to get involved, to be good citizens, and to take an active role in their personal and professional development. The program has six pillars.
The Hawkeye Life Leadership pillar prepares student-athletes to be positive role models, active citizens, and successful professionals. Programs within this pillar pave a path for all student-athletes to grow leadership skills during and beyond their time at the University of Iowa.

Iowa Student-Athlete Advisory Committee (ISAAC)
A student-athlete leadership group acting as the voice of student-athletes within the department, campus, conference, and NCAA. The committee also facilities and engages in various programs, social events, and community engagement activities.

ISAAC STATS
- 2 representatives from each team
- 10 At-Large spots available each year
- 9 Executives
- Meet every 3 weeks

Major ISAAC Programming
- Fall Student-Athlete Kickoff Event
- Diversity Programming
- Day of Caring
- Dance Marathon "athlete hour"
- Golden Herkys Awards
- Community Service

#B1GVote Campaign
This conference-wide collaboration encourages individuals to take part in the electoral process. Priorities include encouraging student-athlete voter registration and becoming more civically engaged. In the past, SAAS held "Voting 101" and "What’s in a Ballot?" educational sessions, collaborated with campus organizations, and participated in the #B1GVote social media campaign.

TYLER SNEP
Baseball Leadership Chair
"ISAAC provides a great sense of unity that has shown me how to make an impact for my team, other student-athletes, and the community."
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 technology allows the Zoom story hour to be simulcast to multiple patients. In 2020, Hawkeyes completed 44 book reads to patients.

Week of Caring

Everything from tie blankets to dog toys were completed and given to those in need around the Iowa City community. Our Hawkeyes partnered with United Way, Iowa City Community School District, CommUnity Food Bank, Ronald McDonald House, and the Iowa City Animal Care & Adoption Center. During Week of Caring, 120 student-athletes across 14 teams achieved over 150 hours of volunteerism and completed 200 projects.

United As One

Through the Big Ten United As One Reading Initiative, student-athletes read to local schools, selecting from a curated list of award-winning books on the Coretta Scott King Book List. These books, which feature Black authors and/or illustrators, demonstrate an appreciation of Black culture and universal human values.

Adopt a Family

For the annual “Adopt a Family” event, the United Way of Johnson County selects two local families that are “adopted” by the Hawkeye sports teams during the holiday season. Gifts are purchased, wrapped and delivered to the adopted families in need.

Winter Food Drive

SAAS partnered with the UI Food Pantry to provide kitchen, hygiene and food items for those in need. More than 225 pounds of food was collected and donated this year.

Grab & Go projects

‘Grab & Go’ service project provide a flexible opportunity to serve the community. Teams and individuals picked up supplies from the Gerdin Athletic Learning Center and completed projects remotely. Whether in the comfort of their dorm room or apartment, or travelling on the road, the Hawkeye student-athletes took advantage of this new opportunity.
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HAWKEYE LIFE PROGRAM

ACADEMIC SUCCESS

The Hawkeye Life Academic Success pillar is dedicated to supporting the intellectual and personal growth of all student-athletes through the coordination of campus-wide initiatives that support the student-athletes’ transition to the University of Iowa and enhance retention and graduation rates.

Personalized Academic Support System (P.A.S.S.)
The PASS Program creates customized academic resources to meet the ever-changing needs of our student-athletes. This system first identifies the academic needs of our students by building an academic profile based on students’ admissions criteria, various assessments, writing samples and other essential information. An individualized academic plan is then created to support the academic strengths and weaknesses of each student-athlete.

Academic Support
Free tutorial assistance is available to all student-athletes in most general education courses and select upper-level coursework. Sessions are conveniently located in the Gerdin Athletic Learning Center.
• Roughly 5,100 hours of individual/group tutoring
• Nearly 3,100 hours of individualized Learning Assistant support
• Over 19,000 hours of quiet study hours

Summer Bridge
Summer Bridge is a transitional 6-week program that introduces incoming student-athletes to the culture of higher education and help orient them to college life and connect them to campus resources. Both in-person and virtual options are available.

Family Engagement Initiative (FEI)
A pilot program that was launched in Spring 2021 to foster a more inclusive and robust academic support system for a select group of students. Monthly meetings brought together parents, coaches, academic staff, and students to gain a better understanding of the student’s background, academic strengths and weaknesses and current struggles.
• 9 total students in pilot program
• 8 students saw increases in their term and cumulative GPAs

Advising
Academic Coordinator’s conduct regular meetings with all student-athletes and hold monthly meetings with sports teams to keep students on track toward their degree program.

HIGHLIGHTS

FLEXING OUR ACADEMIC MUSCLE

• Dean’s List: 380 recipients
• President’s list: 41 recipients
• 298 Academic All-Big Ten recipients
• 34 Big Ten Distinguished Scholars
• 1 Rhodes Scholar
• 11 sports teams at or above last year’s score
• 7 teams with a perfect Graduation Success Rate (GSR)
• 2 recipients of the Big Ten Postgraduate Scholarship
Freshman and Upper Classmen
Financial Literacy
Financial Literacy Services presents to freshmen and seniors regarding budgeting, financial planning, and much more!

Polk County Senior Event
Seniors attend this event held in Des Moines, IA. The event includes a social, dinner, and professional networking.

Senior Night
All seniors will get information leading into their final semester(s) as they transition from being a Hawkeye and gain important professional skills for the future.

Graduate and Professional School Night
A tabling event with Iowa graduate and professionals schools to explore graduate school options and answer all questions.

Networking @ Carver
Students network with professionals who will be attending the UI Career Fair in a more relaxed setting who have job and internships available for upcoming year.

Hawks to Professionals (H2P)
Hawks to Professionals (H2P) is an 8 week summer job shadowing program where student-athletes are paired with professionals based on their career interest areas. In addition to job shadowing there is a 4-part lecture series with topics surrounding career and professional development.

H2P Icon Page
More than 40 career specific modules for students to explore. Individual meetings, topics including:
• Major Exploration
• Strengths Discussion
• Resume Development/Critiques
• Job Search Assistance
• Connection to Campus Resource
• Career Planning
• Interview Preparation
• Graduate School Planning
• Cover Letter/Personal Statements
• LinkedIn & Personal Branding

Student-Athlete Academic Services (SAAS), in collaboration with campus career entities, is committed to ensuring student-athletes have direction during their academic studies and are prepared for careers after graduation. Student-athletes will participate in career readiness programing including, but not limited to; career and major exploration, resume development, professional skill-building, networking, and experiential learning.
The Student-Athlete Academic Services office recognizes that student-athletes must focus on physical/mental health and well-being in addition to academics and athletics in order to be successful. This includes nutrition, stress management, coping with injuries, alcohol and drug education, body image, etc. In collaboration with campus counseling services, and sports psychologists housed within Athletics, we aim to offer programs that address these specific needs.

**My Playbook**
Hawkeye Freshman student-athletes complete the myPlaybook curriculum modules (Alcohol and Other Drugs, Sexual Violence Prevention, Mental Health, Sleep Wellness, Sport Nutrition, Hazing Prevention and Time Management). Upperclassmen complete the Sexual Violence Prevention (SVP) Foundation module. All student-athletes attend a Healthy Relationship workshop conducted by the UI Sexual Violence Prevention team.

**Hawks 4 Hawks**
The Hawks4Hawks program teaches basic information about common mental health issues, core helping skills to support a friend or teammate struggling with mental health, tools for intervening when suicidal thoughts are present, and strategies for referring a peer to a mental health provider.

**Fresh Check Day**
Fresh Check Day is dedicated to raising awareness for mental health issues as well as finding avenues to relieve stress. This tabling event, open to all student-athletes, covers different mental health topics such as body positivity, movement, diversity, and suicide prevention.

**Hidden Opponent**
“In 2020 I worked 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
Affinity Groups
Affinity Groups 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.

MFG
The Multicultural Focus Group (MFG) is comprised of two representatives from each team. It is intended for any student-athlete who has a passion for creating an inclusive and belonging environment who want to expand their knowledge surrounding issues of diversity, equity and inclusion.

DEI Accountability Board
The DEI Accountability Board was formed in 2018 with the following goals:

• Cultivate meaningful campus and community partnerships.
• Create mentoring and leadership opportunities for minority student-athletes.
• Provide diverse educational opportunities for coaches, and staff.
• Maintain a positive and inclusive culture within UI Athletics.
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TOOLS FOR HAWKEYE SUCCESS

TEAMWORKS

TeamWorks is the primary collaboration tool for coaches and Hawkeye student-athletes and can be downloaded at any smart phone app store. The platform helps student-athletes navigate and adapt to the demanding schedule of a Division 1 athlete. TeamWorks is a way for Hawkeyes to:
- Connect and engage with teammates and coaches.
- Travel like champions by streamlining competition logistics and itineraries.
- Have information readily available.
- Be at the right place at the right time with scheduling and calendar tools as well as reminders and alerts.

HELPER HELPER

Helper Helper is the premier volunteer and event platform for intercollegiate athletics. After downloading from a smart phone app store, the application connects student-athletes to event opportunities within the six pillars of the Hawkeye Life Program. Are you interested in community engagement? The Hawkeye 5 Program recognizes and encourages EVERY student-athlete to volunteer at least five hours of their time in various community engagement events and programs. Student-athletes can sign up for community service opportunities and track their volunteer service with this convenient app. Do you want to create a budget after graduation? Throughout your collegiate experience, the app can provide a detailed report of volunteerism, track a student’s leadership activities and easily mobilize volunteers – capturing accurate data to include on a resume after graduation.

STATS

- GALC serves **600** student-athletes
- Roughly **38,000** student visits are made to the GALC per year
- About **14,000** tutoring sessions per year

2020-2021 ACADEMIC HIGHLIGHTS

- Graduation Success Rate: **89%**
- Departmental GPA: **3.18**
- Academic All-Big Ten Selections: **298**

To know the latest news from SAAS and ISAAC, FOLLOW US ON SOCIAL MEDIA

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