

IOWA
THE UNIVERSITY OF IOWA

STUDENT-ATHLETE ACADEMIC SERVICES

TODAY'S HAWKEYES ARE TOMORROW'S LEADERS



INFORMATION GUIDE

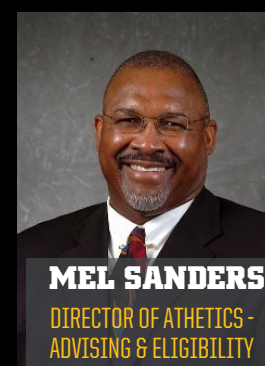
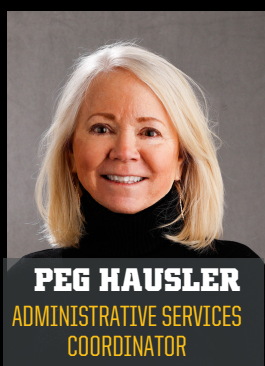
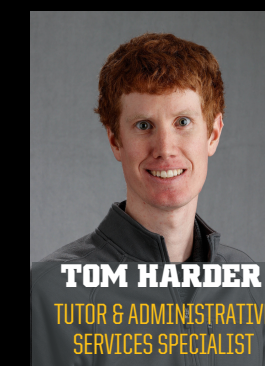
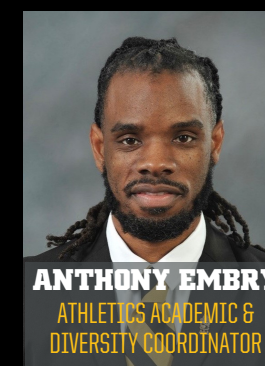
MISSION STATEMENT

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



UNIVERSITY OF IOWA ATHLETICS

GERDIN ATHLETIC LEARNING CENTER (GALC)

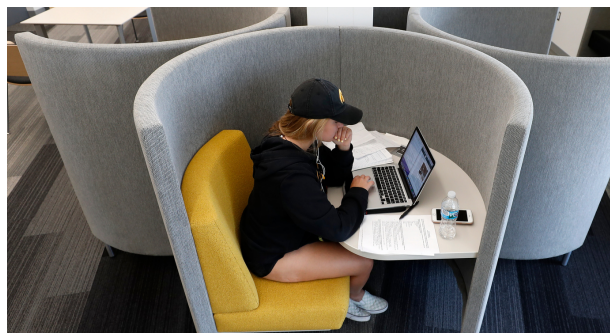
UI's commitment to academic excellence received a tremendous boost with the completion of a \$6M renovation to the Gerdin Athletic Learning Center (GALC). The renovation project was an IDEA Educational Design Award Winner by the International Interior Design Association. GALC functions as a hub for student-athlete 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.

VERSATILE SPACES



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.

TECHNOLOGY



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. The GALC has the tools and resources to help our students be successful.

CLASSROOM SPACE



Many of our student-athlete affinity groups (see page 11 for a list) use GALC classroom space for large group meetings, presentations and social gatherings. In addition, classroom space is ideal for compliance meetings, seminars, writing lab and tutoring sessions with higher attendance.

UNIVERSITY OF IOWA ATHLETICS HAWKEYE LIFE PROGRAM

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.



UNIVERSITY OF IOWA ATHLETICS HAWKEYE LIFE PROGRAM

LEADERSHIP

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)

ISAAC is a student-athlete leadership group acting as the voice of student-athletes within the department, campus, conference, and NCAA. The committee also facilitates and engages in various programs, social events, and community engagement activities.



MJ McNary

Field Hockey - ISAAC Co - President

"ISAAC plays a fundamental role in Iowa athletics as it provides a space for student-athletes to connect while amplifying their voice on a larger platform."



Dan Klysh

Men's Cross Country - ISAAC Co - President

"ISAAC is a wonderful opportunity to give student-athletes an inside look on how to better the student-athlete experience for themselves and for their teammates."

ISAAC STATS

- ▶ **2** representatives from each team
- ▶ **10** At-Large spots available each year
- ▶ **10** Executives
- ▶ Meet every **3** weeks

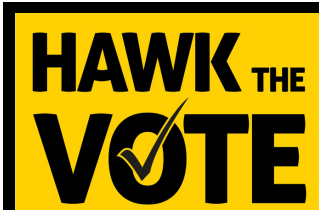
PRIMARY ISAAC PROGRAMMING

- Fall Student-Athlete Kickoff Event
- Diversity Programming
- Day of Caring
- Dance Marathon
- Golden Herkys Awards
- Community Service



NCAA Civic Engagement

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 2022, ten Hawkeye teams participated in various civic engagement activities including volunteering with area retirement communities, schools, and food pantries.



UNIVERSITY OF IOWA ATHLETICS HAWKEYE LIFE PROGRAM

MIDAMERICAN ENERGY COMPANY COMMUNITY ENGAGEMENT

The Mid-American Energy Community Engagement pillar seeks to enhance the growth and development of student-athletes to become Hawkeye leaders and productive citizens. Service is an important piece of the student-athlete experience. Student-athletes participate in community service projects throughout the academic year. These opportunities also promote student-athlete collaboration and support for one another.



ISAAC Day of Caring

200+ student-athletes volunteer at 20+ locations in the Iowa City Community



Stead Family Children's Hospital

We work closely with SFCH through weekly Book Hawk Story Hours, Tuesday Teen Nights & AYA Meet Ups



Dance Marathon

Iowa Student-Athlete Advisory Council raised over \$2,000 for University of Iowa Dance Marathon



HallowRidge Halloween

Each year student-athletes build a haunted house for youth at the Neighborhood Centers of Johnson County

HELPER HELPER STATS

- ▶ **3,276**
Total Community Engagement Hours
- ▶ **\$93,522**
Economic Impact
(valued at \$31.80 per hour)
- ▶ **65%**
Volunteer Participation



UNIVERSITY OF IOWA ATHLETICS 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 a 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 6,473 hours of individual/group tutoring
- Nearly 1,675 hours of individualized Learning Assistant support
- Over 27,000 hours of quiet study



Academic Support Initiative (ASI)

The ASI program is designed to foster a more inclusive and robust academic support system for a select group of students and has shown positive impacts on student growth since its launch in Spring 2021. Monthly meetings bring together parents and/or personal mentors, coaches, academic staff, and students to gain a better understanding of the student's educational background, academic strengths and weakness and current struggles.

- 10 student participants in Fall 2022
- 11 student participants in Spring 2023

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.

Advising



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

ADVISING STATS

- 90 - number of majors Hawkeye student-athletes are enrolled in
- 4,700 hours spent advising student-athletes
- Top 5 majors for Hawkeye student-athletes:
 - Sport & Recreation Management
 - Business
 - Exercise Science
 - Enterprise Leadership
 - Human Physiology

ACADEMIC HIGHLIGHTS

- Dean's List: 317 recipients
- President's list: 49 recipients
- 281 Academic All-Big Ten recipients
- 74 Big Ten Distinguished Scholars
- 88% Graduation Success Rate
- 11 sports teams with a perfect APR score
- 286 Academic All Big-Ten Honors
- 226 PCA Medallion Winners

UNIVERSITY OF IOWA ATHLETICS HAWKEYE LIFE PROGRAM

CAREER DEVELOPMENT

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 programming including, but not limited to career and major exploration, resume development, professional skill-building, networking, and experiential learning.

Financial Literacy

Highly informative and engaging workshops by a nationally-known consultant are presented to Hawkeyes so that they might take control of their finances and plan for financial freedom down the road. The sessions help students navigate the changing landscape of collegiate athletics and include topics such as financial planning, taxes and "Name, Image, Likeness" (NIL).

Networking Night and Career Fairs

Connecting@ Kinnick is designed for student-athletes to network with employers and learn about career opportunities and internships. The University of Iowa graduate and professional schools host an athlete-specific tabling night. The Graduate and Professional School Night allows students to learn about the advanced degree path including the application process, test preparation and admission requirements.



Life after Sport Training

Preparing for the transition to life after intercollegiate athletics is important. Through alumni panels and discussion sessions, student-athletes can learn about key topics such as health and wellness, athletic identity and financial planning.



Hawks to Professionals (H2P)

H2P is a program designed to connect our Hawkeye athletes with companies in the community. Through H2P, student-athletes have the opportunity to network, conduct informational interviews and shadow professionals in career paths of interest. Students attend workshop classes prior to their job shadowing experience and then connect with their assigned professional in the community.

H2P ICON Page

All students at the University of Iowa use the ICON website to access their academic courses. The H2P ICON page provides career specific modules for Hawkeyes to explore including the following professional development topics: Major Exploration, Strengths Assessments, Resume Templates, Job Search Assistance, Campus Resources, Career Planning, Interview Preparation, Graduate School Planning, Cover Letter, Personal Statements, LinkedIn/Personal Branding, Financial Literacy.



UNIVERSITY OF IOWA ATHLETICS HAWKEYE LIFE PROGRAM

HEALTH & WELL-BEING

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.



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

Peer Support Training Program

The Hawks 4 Hawks 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.

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.



NEDA Week

National Eating Disorders Association (NEDA) Week provides education for student-athletes and staff and features guest speakers and spreading messages of body positivity (i.e. writing on locker room mirrors or posting messages on locker room doors).

Transition Out of Sport Training

Student-athletes learned techniques, tools and resources for making the step to life beyond being a college athlete. A panel of alumni Hawkeye student-athletes was on hand to answer questions.



The Health and Well-Being Outreach Committee (HWOC) is comprised of subject-matter experts in key health areas such as sport psychology, mental health, and nutrition. The team provides UI student-athletes with education and/or programming on topics such as alcohol and drug education, stress management, sleep, mental and emotional well-being, and nutrition. It is the goal of the committee to serve as an interdisciplinary resource for coaches and student-athletes for consultation.

UNIVERSITY OF IOWA ATHLETICS HAWKEYE LIFE PROGRAM

DIVERSITY & INCLUSION

The Athletics Department seeks to cultivate a safe and accepting environment for all student-athletes regardless of gender, sexual orientation, race, or ethnicity. The Hawkeye Life program coordinates various programs that provide all student-athletes with opportunities to learn and understand cultures and communities that differ from their own. The programs also provide minority student-athletes with leadership, networking, and career development opportunities.



Lorenda Holston

Lorenda Holston was named Assistant Athletics Director for Diversity, Equity, & Inclusion for UI Athletics in August 2022. She is responsible for the implementation and assessment of diversity, equity, and inclusion initiatives for student-athletes, coaches, staff, and administrators. Priorities include oversight of the UI Athletics DEI Strategic Plan, ensuring that the strategic goals within the plan are in alignment with NCAA, Big Ten, and campus-wide diversity policies and practice, and assisting all Iowa student-athletes, with an emphasis on underrepresented students, with making a smooth transition into college and transition into being a global citizen.

Experiential Learning

We provide all our students with the opportunity to learn and understand identities, cultures, or communities different than their own through experience. Our students are encouraged to attend field trips during the summer months to engage with other student-athletes and industry professionals, at the NCAA & Big Ten level. These opportunities allow students to sharpen their skills to engage in civic discourse, community engagement, and career development.

MFG

The Multicultural Focus Group (MFG) serves to provide any student-athlete who has a passion for creating and maintaining an inclusive and welcoming environment and wants to expand their knowledge surrounding issues of diversity, equity, and inclusion. In this space students are charged with assisting in the planning and coordination of events that promote unity.



AFFINITY GROUPS

Affinity Groups serve to encourage community, unity, and allyship through educational programming and courageous dialogue among students. Students who participate report an increased sense of belonging, confidence, and ability to impact change.

- Black Student Athlete Alliance
- Hawkeye Pride
- HERkys
- iHawks



UNIVERSITY OF IOWA ATHLETICS

TOOLS FOR HAWKEYE SUCCESS

TEAMWORKS

TW 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 I 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.

GRADESFIRST

GradesFirst GradesFirst is a web-based tool to help student-athletes manage their academic lives on campus through automated student services and academically related communications. Student-athletes can review academic information, schedule tutor appointments, communicate with professors, counselors, and mentors. Staff at the Student-Athlete Academic Services office also use the tool to alert professors of travel schedules.

HELPER HELPER

HH 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.



To know the latest news from SAAS and ISAAC,
FOLLOW SAAS on Instagram @uisaas



STATS

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

2022-2023 ACADEMIC HIGHLIGHTS

88% Graduation Success Rate

3.15 Departmental GPA

281 Academic All-Big Ten Selections