

THE REDHAWK EXPERIENCE

ENGAGE • REFLECT • SERVE • PREPARE

Programmatic Structure for Student Athletes

Programmatically, TReX's immersive and transformative engagement opportunities cultivate inclusive excellence, a profound sense of belonging, and instill transferrable, lifelong skills. Through full emersion in the process of TReX - engage, reflect, serve, and prepare - student athletes emerge as empowered exemplars of the Seattle U mission, leaders for justice, and proud Redhawks for Life.



ENGAGE: Student athletes are “all in” for their Seattle U Jesuit education. TReX challenges student athletes to confidently engage with their teammates, coaches, classmates, faculty, community, and Seattle.

Champions

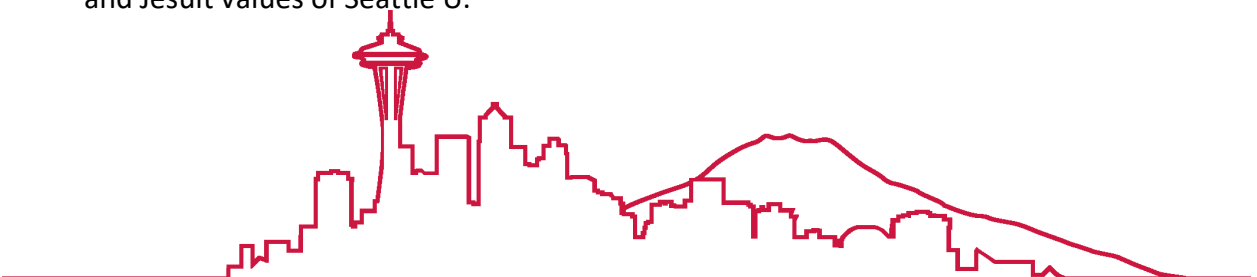
- Compete for conference championships and berths to NCAA championships.

Scholars

- Earn an academically-rigorous, Jesuit inspired, four-year degree.

Sense of Belonging

- Attend the Summer in Seattle orientation session: “What makes a Seattle University education distinct? Learn about our approach to educating the whole student, and how the Jesuit tradition comes to life!”
- Join in a workshop led by the Center for Jesuit Education to examine the mission, vision, and Jesuit values of Seattle U.



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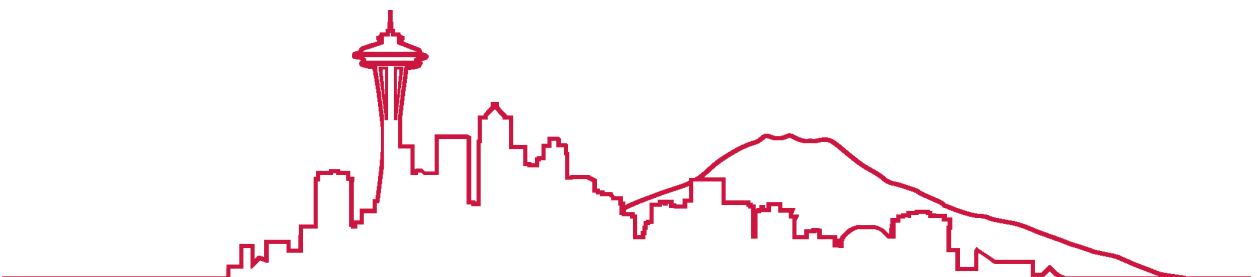
- Participate in the “Engaging with New Confidence” workshop led by the Career Engagement Office.
- View a “Sense of Belonging” video where all freshmen and their team captains work together through the challenges of transitioning to Seattle U and strategies to overcome.
- Engage in Mental Health Programming (e.g., workshops led by Dr. Elizabeth Boyer, Headspace App, etc.).
- Join in activities that foster connections across sports.
- Celebrate and recognize student athletes’ success, as well as simple things such as birthdays.
- Participate in their team’s own unique mentor-mentee program.
- Attend Together We Soar + Invite Night games.
- Sends words of encouragement to other student athletes through the SAAC Instagram account.

Faculty Engagement

- Meet with professors in person during office hours.
- Invite professors to a Faculty Appreciation Team Event.
- Connect with the team’s faculty liaison (proposed for 2020-21).

Family Engagement

- Families will attend the Summer in Seattle orientation session: “What makes a Seattle University education distinct? Learn about our approach to educating the whole student, and how the Jesuit tradition comes to life!”
- Families will meet with the Student Athlete Services team at the summer orientation and learn about the Redhawk Experience.
- Families will be invited to a reception hosted by the athletics department during Family Weekend and Homecoming to connect with athletic administrators, coaches, and faculty liaisons (proposed for 2020-21).



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REFLECT: Student athletes purposefully reflect on the meaning of their experiences and engagement, challenging them to grow personally, professionally, and spiritually.

Personal & Spiritual Formation

- Connect with Seattle U Campus Ministry to participate in an offsite retreat taking in the amazing beauty of the Pacific Northwest while exploring self, inclusive excellence and different worldviews.
- Attend the New Student Retreat.
- Join the Community of Student Athletes.
- Participate in the sophomore retreat (proposed for 2020-21).

SERVE: Student athletes shift their knowledge into action by serving others in their residence halls, classrooms, and teams, as well as through community engagement and partnerships.

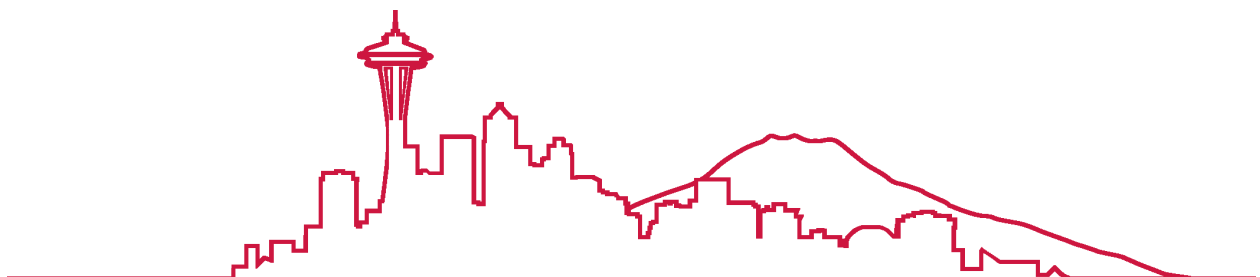
Community Partnerships

- Connect with the Center of Community Engagement.
- Participate in the Seattle U Youth Initiative, a signature community service program operated by the Center of Community Engagement, that unites Seattle U and the local neighborhood schools (e.g., Redhawk Academic Mentoring Program at Washington Middle School).
- Support those in our community in need (e.g., St. Francis, Food Lifeline).
- Participate in the Athletics-St. Francis House Year-Long Partnership (proposed for 2020-21).

PREPARE: Student athletes develop skills and perspectives, preparing them to lead as athletes, students, and alumni.

Professional Formation & Career Preparation

- Connect with the Career Engagement Office (e.g., complete resume, utilize Redhawk Landing, meet with a career coach).
- Attend the annual Redhawk Student Athlete Career Fair (e.g., network/speed interviewing with former Seattle U student athletes).
- Participate in monthly “Life Skills” workshops (e.g., engaging with new confidence, leadership, understanding implicit bias) to develop skills that are transferable to the contemporary workplace.



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- Join in a range of experiential opportunities, including internships, field placements, capstones and student employment.

Redhawks for Life

- Develop lifelong affinity, pride and commitment to Seattle University.
- Join Redhawk Landing and see firsthand the opportunities available for lifelong engagement with Seattle U.
- Return to campus for the Redhawk Student Athlete Career Fair to network/speed interviewing with current student athletes.
- Attend the Seattle U Alumni Awards and/or Red Tie Celebration.
- Participate in the Provost Breakfast Celebrating Student Athletes (proposed for 2020-21).

