



HEWITT ACADEMIC CENTER

N THE NEBRASKA ACADEMIC EXPERIENCE

From the day student-athletes decide the University of Nebraska is the right place to be, the athletic academic counseling unit provides personal and academic support to ensure that student-athletes will get the most out of their years as Huskers. Featuring one of the most innovative and comprehensive academic support systems in the country, Nebraska is dedicated to helping its student-athletes become outstanding leaders in their chosen fields. The academic support team is comprised of 13 full-time staff members and a tutorial staff of approximately 75 tutors addressing all subject areas.

Academic Counseling

Eight academic counselors and three assistant academic counselors are in place to monitor daily academic progress, receive consistent course feedback, assist with the advising/registration process and monitor continuing eligibility and progress toward graduation. Essentially, academic counselors assist student-athletes in navigating the University of Nebraska system.

Tutorial Support

A tremendous resource for all academic abilities, unlimited tutorial support is available from day one up to college graduation. Subject and mentor tutors help provide academic support and study strategies to be successful. Supplemental Instruction, a sub-component of the tutorial program, provides targeted group review sessions to help ease the transition to college academics while improving study strategies and building academic self-esteem.

Study Hall

Nebraska's study hall program is housed in the D.J. Sokol Enrichment Center within the Student Life Complex. Student-athletes attend a supervised, flex-time study hall that features day, evening and weekend hours. Each student-athlete is required to complete a specific number of study hours each week as determined by their academic counselor and/or coach. In addition, weekly study hall reports are provided to the coaching staff. Additional performance-based or tutor-based study hall may also be determined by the academic counselor.

Mentoring

Many student-athletes meet with a mentor on a weekly basis to assist in making a smooth transition from high school to college. Mentors collect syllabi, gather and report academic progress information and teach academic success strategies.

Educational Assessments

Assessments are administered upon the request of the student-athlete, academic counselor, or coach to determine student strengths and areas for improvement. Results allow academic counselors to develop a personalized academic support program and to determine if more in-depth testing is warranted. When additional assessments are necessary, referrals are made to a consulting psychologist who conducts the assessments. If it is determined that a student-athlete has a learning disability, appropriate accommodations are made through the Office of Services for Students with Disabilities.

Student-Athlete Orientation

The academic staff coordinates New Student-Athlete Orientation to help newcomers adjust to the multiple demands of being a college student-athlete. Presentations are made by academic counselors, compliance officials, NU faculty and administrators, business/community professionals and student-athletes.

Personal Counseling

Student-athletes will find a supportive and caring environment at Nebraska. Transitional issues, stress management, time management, academic focus and problem resolution are all addressed in a proactive manner throughout the year. If necessary, counseling referrals are also made to designated practitioners.

Computer Resources

Student-athletes enjoy a new state-of-the-art computer lab and technology center with 58 computers and professional supervision. Laptops are also available during team travel. Student-athletes have the benefit of ongoing education and assistance from a full-time computer technician.



ABBOTT LIFE SKILLS CENTER



The Nebraska Student Life Complex opened after receiving an \$8.7 million expansion and renovation in 2010. The Student Life Complex tripled the size of NU's previous academic support area for student-athletes. The Life Skills program offers extensive opportunities for leadership development and recognition. In 2010, Kelsey Griffin (right) claimed Nebraska's first-ever Lowe's Senior CLASS Award, which is presented to the nation's top student-athlete on the court, in the classroom and in the community. Kaitlyn Burke (middle left), Nebraska's 2011-12 Student-Athlete Advisory Committee President, earned HERO Leadership Awards in 2010 and 2012. Dominique Kelley (bottom left) earned a HERO Award in 2011.



NEBRASKA LIFE SKILLS - SERVING LEADERS

The Nebraska Life Skills program is committed to providing proactive education, resources and support throughout college and beyond, best preparing Husker student-athletes for life after sports. Services foster transition, retention, responsible decision-making, leadership, volunteerism and career development.

Nebraska has long been considered a pioneer in life skills support and programming. In 1998, Nebraska was one of five Division I schools nationally to win the prestigious Program of Excellence Award recognizing a strong commitment to total person development. In 2005, Keith Zimmer, Associate A.D. for Life Skills, was the recipient of the Dr. Gene Hooks Award recognizing him as the top life skills administrator in the country.

Life Skills Components

Proactive Education

Husker Life Seminar – All incoming student-athletes complete a 13-week fall semester seminar addressing a variety of life skills topics ranging from leadership to money to relationships and study skills. **Team Workshops** – Campus and community experts facilitate team-specific life skills education workshops. **Student-Athlete Assemblies** – Meetings featuring remarks from Athletic Director Tom Osborne and nationally recognized life skills trainers.

Personalized Support/Individual Sessions

Resume Development – Each student-athlete is assigned a Life Skills counselor who assists in the creation of a personalized resume for the student-athlete. Periodic follow-up meetings will take place through graduation to ensure a well-rounded college experience and marketability to realize career goals.

Community Outreach

Nebraska student-athletes combine to impact over 100,000 people statewide on an annual basis. **Team Service Requirement** – Each team participates in a minimum of two service projects per year. **School Outreach** – Individuals participate in numerous school outreach campaigns in both classroom and assembly settings. **Hospital Visits** – Huskers are frequent hospital visitors providing cheer and encouragement to a variety of patients. **Miscellaneous Outreach** – Outreach requests are received daily from the entire state requesting involvement from Husker student-athletes. **Mentoring Programs** – Typically requires one hour of service per week serving as a youth mentor.

Leadership/Citizenship

Life Skills promotes leadership development and provides recognition opportunities for extraordinary citizenship. **Student-Athlete Advisory Committee** – Elected team representatives from each of the 23 sports serve as the "voice" of the entire student-athlete population discussing student-athlete welfare, legislation and service events. **HERO Leadership Award** – Individual recognition to Huskers who have consistently went above and beyond serving as an exemplary role-model. **Heart and Soul Award** – Presented annually to the top senior student-athlete leaders for extraordinary service throughout their college careers. **Brook Berringer Citizenship Team** – Annual "Good Works" team honoring football players for dedicated service in memory of late Husker Brook Berringer. **Nebraska Football Uplifting Athletes** – A newly recognized UNL student organization initiated in 2012, Nebraska football players and UNL student leaders work collaboratively to raise funds and awareness for those with rare diseases. Nebraska running back Rex Burkhead was named the 2012 recipient of the National Rare Disease Champion Award for his mentoring of Jack Hoffman. **Life Skills Award of Excellence** – Presented to the single men's and women's team with the highest point total in the life skills team competition.

Career Commitment

In addition to the creation of a personalized resume and game plan, the following career resources are available to every Husker. **Student-Athlete Career Fair** – Attended by approximately 25 companies. **Networking Night** – Former Husker student-athletes and other professionals thriving in their chosen career fields share valuable insights with sophomore student-athletes. **Assessments** – On-line assessments to help individuals discover talents and match with a major and career. **Practical Experience** – Programs in place to facilitate shadowing and internship placements. **Job Preparation** – Expert advice on cover letter writing, interviewing skills and evaluating the job offer.

Postgraduate Assistance

Commitment to helping student-athletes pursue postgraduate plans and scholarships. **Career Nights** – Learn from the experts to gain valuable insight on timelines, application procedures, entrance requirements, personal essays and more. **Scholarships** – Seniors in their final season of athletic eligibility can apply for numerous postgraduate awards.

