

LIFE SKILLS

To provide proactive education, resources and support throughout college and beyond, best preparing Husker student-athletes for life after sports. Services will 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

Life Skills Seminar – All incoming student-athletes complete a 16-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 works individually with a life skills staff member to create a personalized resume with periodic follow-up meetings to make updates through graduation. **Game Plan Creation** – Life skills counselors will create a “Game Plan for Life” outlining specific goals and objectives to be completed to enhance marketability prior to college graduation. **Sports Psychology/Performance Enhancement** – Sports psychology resources are available to assist with performance enhancement.

Community Outreach

Nebraska student-athletes combine to impact over 100,000 people statewide on 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. **Mondays Matter** – Monday evening outreach to various local community agencies placing athletics in the proper perspective. **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. **Your Degree First** – Leadership group providing programming and specialized support to student-athletes of color, women and international student-athletes. **HERO Leadership Award** – Individual recognition to Huskers who have consistently went above and beyond serving as an exemplary role-model. **Brook Berringer Citizenship Team** – Annual “Good Works” team honoring football players for dedicated service in memory of late Husker Brook Berringer. **Life Skills Award of Excellence** – Presented to the single men’s and women’s team who scores the highest point total in the year long 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/Nexpo Night** – Former Huskers and every UNL college educate student-athletes about major and career options. **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.

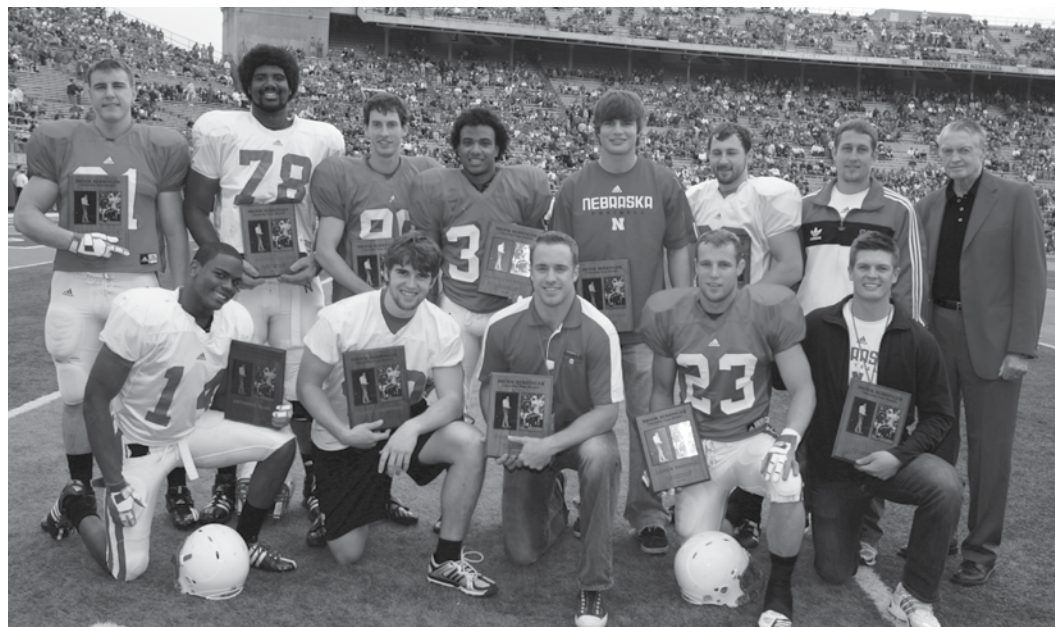
Postgraduate Assistance

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.

BROOK BERRINGER CITIZENSHIP TEAM

The Brook Berringer scholarship was endowed in memory of former Nebraska quarterback Brook Berringer, who died in a plane crash on April 18, 1996. The endowment was established by the country singing group, Sawyer Brown.

An excellent student, Berringer graduated in 1995 with a degree in business administration. He was expected to be selected in the 1996 NFL draft. As a result



of Berringer’s extensive community service effort, the Husker football program established the Brook Berringer Citizenship Team honoring current Huskers for consistent and dedicated community service.

Criteria for the Brook Berringer Memorial Endowed Scholarship include the following: Must be a senior scholarship football student-athlete; must be involved in community service along with high ideals, excellent character and integrity.

Recipients of the 2009 Brook Berringer Scholarship are (front row, from left) Anthony Blue, Blake Lawrence, Todd Peterson, Lance Thorell, Jake Wesch. Back Row, Dan Glassman, Marcel Jones, Alex Henery, Marcus Mendoza, Tyler Wortman, Adi Kunalic, Dan Titchener and Athletic Director Tom Osborne.



Top left: Members of the football team run drills with youngsters at the Husker Youth Experience. Top right: Head Coach Bo Pelini and his wife, Mary Pat, lead the Tunnel Walk at Football 101. The event drew approximately 1,000 fans and raised more than \$60,000 for breast cancer research. Middle left: Coach Bo Pelini chats with a fan at a local nursing home. Middle: Huskers visit a patient on one of Nebraska's local hospital visits. Middle right: Roy Helu Jr. accepts the HERO Leadership award from Athletic Director Tom Osborne. Bottom left: Former Husker student-athletes come back to campus each year to offer insight and advice to current student-athletes during Networking Night. Bottom right: Clayton Sievers and Zach Potter meet with professionals during Nebraska's annual career fair.