To improve the health and wellness of all athletes through the translation of prevention research to effective programs, policies, and practices. http://athletewellness.uncg.edu
WHAT IS MYPLAYBOOK: THE FRESHMAN EXPERIENCE?

The Freshman Experience is a free web-based resource that provides a curriculum of interactive educational modules to support the student-athlete wellness efforts of member schools. These interactive modules employ health promotion strategies such as behavioral expectancies, behavioral intentions, bystander decision making and harm prevention skills. The modules also include personalized feedback, technical assistance and user friendly administrative and data collections tools to facilitate quality program delivery and program assessment.
WHAT TOPICS ARE INCLUDED IN THE CURRICULUM?

The curriculum includes a core module for alcohol, banned and recreational drugs as well as supplemental modules for mental health, sexual violence prevention and time management. Additional modules on sleep wellness, hazing prevention and sport nutrition are expected to be released in the spring of 2018. Athletics departments may choose to take advantage of the entire Freshman Experience educational curriculum or select individual modules from the curriculum that best fit the educational needs at their school.

- Mental Health
- Sexual Violence Prevention
- Banned and Recreational Drugs
- Alcohol
- Sport Nutrition*
- Time Management*
- Hazing Prevention*
- Sleep Wellness*
WHO CAN BE ENROLLED?

The Freshman Experience is available at no cost to freshman student-athletes at NCAA member schools. While the curriculum is designed specifically for first-year students, transfer student-athletes may also access the program at no cost. If schools would like to provide the Freshman Experience to upperclassmen student-athletes, they have the option to purchase individual modules from the curriculum.
SCREEN COMPILATION

This lesson contains audio. Please adjust your speakers/headphones accordingly.
Implementing myPlaybook

Increasing student-athlete participation

• Announce in appropriate meetings.
• Setting a due date.
• Communicate with Abby DuPre so that she can support your specific implementation plan.
• Coordinating the implementation of myPlaybook with other student-athlete specific AOD education efforts.
• Regular email correspondence with student-athletes by the institution about myPlaybook.
• Informing all athletic staff about myPlaybook
For more information about myPlaybook: the Freshman Experience, please contact Abby DuPre at eadupre@uncg.edu