

# **HawkEm 101**

**Creating and Implementing a Student-Athlete Mentor Program**

# What is it?

Nighthawk360 Life Skills

## UNG Athlete Mentor Program Mission Statement

The mission of the UNG Athletics Mentor Program is to assist in the transition of freshman and transfer students by developing positive mentor and mentee relationships; **educating student-athletes on institutional policies; and increasing awareness and education on topics that will help student-athletes to promote personal health and wellness.**

All Incoming freshman student-athletes will be a mentee, as the role of being a mentor is open to all upperclassmen student-athletes.

# Where did the idea stem from?

- Influenced from Lindenwood University's Student-Athlete Mentor Program
  - APPLE 2017 (September)
- Student-Athletes thought it would be a great experience and help cultivate a family-like environment and educate on department policies for freshmen and transfers

# Expectations and Responsibilities

- Attend mentor training/orientation
- Conduct 5 meetings with mentee during the semester
- Incorporate all 5 required content areas into meetings with mentees and explain/teach provided topics and material
- Report completion of all meetings
- Demonstrate respect, compassion, and encouragement towards all mentees while serving as a positive role model
- Maintain timely communication with mentees and Athletics staff

# Guiding Principles

- **Preparation**
  - Pre-meeting email reviewing topics
- **Reporting**
  - Mentor follow-up after each meeting
- **Participation**
  - Mentor & Mentee
  - Asst. AD, Student Services

# Overview:

- Resources
- Educational Programming
- CHOICES Grant
- Program Evaluation
- Student-Athlete Viewpoint

Meeting #	Topic	Due Date (Approx.)
Orientation	Special Populations Orientation	June 11th
1	Orientation/Get to know each other (Small Meeting)	Aug. 31 <sup>th</sup>
2	Policies on Alcohol and Substance Abuse (Small Meeting)	Sept. 14 <sup>th</sup>
3	Education on Alcohol and Substance Abuse (Big Group Meeting)	Oct. 5 <sup>th</sup>
4	Health and Resources (Small Meeting)	Oct. 26 <sup>th</sup>
5	Semester Wrap Up (Small Meeting)	Nov. 16 <sup>th</sup>

# QUESTIONS?