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Upcoming Important Dates

Advising Student-Athletes for Success

Professional Development Seminar



OFFICE OF UNDERGRADUATE ACADEMIC ADVISING

MARCH 2022 VOL 2 ISSUE 4

THE ACADEMIC ADVISOR NEWSLETTER

Shannon Rogers (Academic Advising Graduate Assistant) and Sarah Cotner (Academic Advising Work Study)

UPCOMING IMPORTANT DATES

March 5-13 - Spring Break

March 22- Advising Workshop

March 24 - Last day to withdraw from Spring 2021 Course (\$25 fee)

Three Factors that Predict Student - Athlete Success

1. Strong Support Person



2. Community Involvement



3. Positive Self-Concept



Reference:

Brecht, A & Burnett, D. (2019). Advising Student-Athletes for Success: Predicting the Academic Success and Persistence of Collegiate Student-Athletes. NACADA Journal, 39(1), 49-59. <https://doi.org/10.12930/NACADA-17-044>

Advising Student-Athletes for Success: Predicting the Academic Success and Persistence of Collegiate Student-Athletes

April A. Brecht, University of Mary Washington

Dana D. Burnett, Old Dominion University

In this article, Brecht and Burnett present the results of a study on cognitive, noncognitive and demographic factors as predictors of academic success and retention for Division 1 first-year student-athletes. Their research looks into what factors play into the prediction of how the student will perform at their institution. This information can help advisors to support the academic performance and persistence of student-athletes.

The study shows that among cognitive factors, high school GPA is a better predictor of academic success than SAT scores yet, according to their study, noncognitive variables are even better predictors of academic success and retention. In fact, a 30 year research study of Sedlacek (2004) showed that cognitive factors were particularly not good predictors of academic success for diverse racial and cultural groups. Instead, motivation, self-concept and self-appraisal are better predictors of academic success. Likewise, sense of identity and emotional stability were positively correlated with collegiate GPA. Behaviors like persistence and good time management are also relevant predictors of academic success. Advisors can help students note that GPA and SAT scores do not necessarily determine success in college. This is particularly important with student-athletes coming in with low SAT scores who self-identify more as athletes than as students. This might lead them to focus more on their athletics than their academics. Advisors can work with students to help them see that previous scores do not need to determine their academic outcome in college, instead factors as motivation and good study habits can truly determine their success. For student-athletes, the support of people, community involvement, and confidence are also key. Advisors can help students to actively develop in those areas. Additionally, the authors of this article note there is considerable evidence that shows how much student-athletes benefit from academic support programs so advisors should consistently point their students towards the resources available. It is important for advisors to help students set up short term and long term goals to get to graduation and receiving their diploma. If students can see their success with short term goals, they will become more confident and persist in their academic work. All of this will ultimately secure retention.

Brecht and Burnett also mentioned the use of a Transfer to College Inventory (TCI). This inventory is a noncognitive measure that predicts performance based off of cognitive and demographic factors. For more information and a sample of this inventory visit this [link](#).

Reference:

Brecht, A & Burnett, D. (2019). Advising Student-Athletes for Success: Predicting the Academic Success and Persistence of Collegiate Student-Athletes. *NACADA Journal*, 39(1), 49-59. <https://doi.org/10.12930/NACADA-17-044>

Spring Advising Workshop:

Life Beyond the Field: Helping Student-Athletes Succeed

Presenters



Dottie Weigel,
Associate Professor
and Program Director
of Higher Education



Shannon Rogers
Graduate Assistant in Academic
Advising Office & Messiah Women's
Lacrosse Player

MARCH 22, 2022 9:30-10:20 AM
BOYER 277

Navigating college transitions can be challenging and complex for students, and these experiences are often compounded for student-athletes who are balancing the demands of academics and their sport. In this session, participants will be given practical strategies to help student-athletes succeed in a variety of contexts beyond their sport. Participants will be encouraged to consider their roles as teachers, advisors, and mentors as they support student-athletes toward personal and academic success.