Female Student-Athlete Empowerment Program

On Tuesday, February 15, 2010, The Center for Student-Athlete Enhancement introduced an inaugural leadership program for female student-athletes at Marist. The mission of the new program is to expose female student-athletes to opportunities that will enhance personal growth, professional development and empowerment. Participants will be able to attend workshops that focus on effective communication, violence prevention, community outreach, managing stress, career and professional assistance and much more.

Attendees present were able to learn more about the program, ask questions and give suggestions on future events. According to Cammie Jones, Coordinator of the empowerment program, “Our main goal is to provide a welcoming environment that focuses on specifics needs that our students have but also leave participants with a professional skill set, personal development and leadership capabilities that can be utilized in their future endeavors.”

The program will have an advisory meeting to discuss future projects in mid-March. If you’re interested in participating with the program or wanting to work with the leadership council, please email camilia.jones@marist.edu. Also, future events will be highlighted in upcoming newsletters.

Walk A Mile

On April 30, 2011, Marist College will be hosting an important walk that will support Family Services during Sexual Assault Awareness Month. The mission of the walk is to create a unique, fun and powerful experience that educates individuals and communities.

Walk a Mile in Her Shoes asks men to literally walk one mile in women's high-heeled shoes. It's not easy walking in these shoes, but it's fun and it gets the community to talk about something that's really difficult to talk about: gender relations and sexual violence.

The Center for Student-Athlete Enhancement is looking for both male and female student-athletes to assist in this walk. There are a lot of great volunteer opportunities, whether you want to assist with set-up, race day registration, or do the walk, all are welcome! If you are interested, contact Cammie Jones, camilia.jones@marist.edu for information. For more information on Walk A Mile in Her Shoes and to view photos of walks from other communities, please visit the Walk A Mile in Her Shoes organization website, walkamileinhershoes.org.

Also, be on the look out for updates through our list serv and next month’s newsletter. We hope to see you here on race day.
Counseling Services

Study Hall /Academic Reminders

Time Management 101

As the semester picks up, it's important that one learns to manage their time better so that they can work more efficiently.

1. Get and use a planner. It's the best way to stay organized and updated with upcoming assignments. The Center provides free planners!

2. Update your planner or calendar. As you know, professors change due dates for assignments but also add assignments. Keep your planner updated accordingly.

3. Schedule time to rest and relax. Our bodies need time to regroup. This doesn't mean procrastinate on assignments but give yourself time to regroup and stay healthy.

4. Plan Ahead! It's easy to procrastinate on the research paper or project due at the end of the semester but the earlier you begin, the happier you'll be in the end.

5. Reward yourself! Remember to treat yourself after midterms or after submitting a major project. Everyone deserves to give themselves a pat on the back.

Study Hall

- Study hall hours are held every Sunday from 4:00 p.m. - 9:00 p.m. and Monday through Thursday 10:00 a.m. - 6:00 p.m. Each student athlete is required to complete 6 hours of study hall a week by Thursday at 6:00 p.m.

- If you need to withdraw from a course, please remember that you must do so by April 1st. If you have any questions, please stop by the center.

The Center for Student-Athlete Enhancement has a fan page on Facebook. To become a fan of this page, please search “Student-Athlete Enhancement. The staff can’t see your profile, so please join.

Counseling Services

- Counseling Services is providing several support groups for students at Marist. Please view them below and use these helpful services. For information, contact Naomi Ferleger at Naomi.ferleger@marist.edu.

- Anxiety/Depression Group (Wednesdays 8-9pm @ the Wellness Center)
  Feeling anxious, stressed or down in the dumps? This group will help you share your experiences and develop strategies for overcoming your anxiety and stress.

- Men and Relationships (Thursdays 3:30-4:30pm @ the Wellness Center)
  A male-run group for men who wish to explore their relationship concerns in a safe and confidential manner.

- Women and Relationships (Mondays 11-12pm @ the Wellness Center)
  A female-run group for women who wish to explore their relationship concerns in a safe and confidential manner.

- Letting Go Through Writing Group (Tuesdays 11-12pm @ the Wellness Center)
  A group where students can explore their emotions and experiences through journaling and discussion.

- HOPE Group (Select Wednesdays 2/23, 3/9, 3/23, 4/13 5-6pm @ the Byrne House)
  A group dedicated to helping students who are coping with loss or grief.

CAREER ATHLETES COACHING SESSIONS!

Individualized career coaching sessions will be conducted by Career Athletes on Marist’s campus on Wednesday, March 9, 2011!

Sign up individually or in groups (1-5 people) to receive advice on resume building, graduate school, interviewing, professional networking, or anything career related! Bring your resume and any questions you might have that deal with life after college athletics.

Times Offered:
8:00am-8:30am, 8:30am-9:00am, 9:00am-9:30am, 9:30am-10:00am, 10:00am-10:30am
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Sign up with Matt Francis in the Center for Student-Athlete Enhancement, or by replying to Matthew.Francis1@marist.edu. First come, first serve!

Also, following seminars conducted by Career Athletes in the afternoon, walk up coaching sessions will be offered from 2:00pm-4:00pm.