Certification and Academic Eligibility Reminders

The Center for Student-Athlete Enhancement will be conducting Certification at the end of May. You can view the eligibility chart on the following site within pages 8-11:

http://www.marist.edu/athletics/studentathlete/pdfs/handbook.pdf

- We check each returning student-athlete’s transcripts to ensure NCAA continuing eligibility
- Refer to chart to determine which requirements apply to you
- You MUST meet all requirements listed for your year BEFORE the start of the Fall semester
- You will receive a letter via certified mail from our office if you have any academic deficiencies

Summer classes

- NO on-campus classes are offered at Marist this summer
- Marist is unlikely to approve classes taken at another institution, as we offer a number of online classes this summer
- For classes not offered at Marist, must get approval from Dean/Chair of respective department
- Only credits transfer
- Must earn ‘C’ or better for credits to transfer

Please also review academic eligibility rules for student-athletes in your student handbook. You can do so through our website as well. It is listed under the news section on the first page: http://www.marist.edu/athletics/studentathlete/

L.E.A.P. Concludes for the Spring Semester!

Ladies Empowering Athletics Program, formally known as the female empowerment program, has concluded for the Spring but will be returning for the Fall 2011 semester.

L.E.A.P.’s purpose is to expose female student-athletes at Marist to opportunities that will enhance personal growth, professional development and empowerment. This is done through workshops, programs, guest speakers and community outreach.

L.E.A.P. was successful with bringing such programs for student-athletes at Marist this year. Workshops for this semester included learning what type of communicator one may be on and off the field, the importance of building profound and meaningful relationships in one’s life rather than personal or professional, and stress-relief techniques during Finals. The leadership council is already working on programs for next semester and student-athletes will be learning more about these through future emails. Programs and events will focus on feedback received through our end of semester survey and be implemented throughout next year.

If you are interested in getting involved with the leadership council or would like more information about the program in general, email Cammie at cammie.jones@marist.edu.
Relaxation tips and techniques during Finals!

Happy Finals! Don’t we love them? But the main question is, how can you become more confident and basically, be a sane student during such a stressful period? Check out these tips below!

1. **Adopt a relaxation technique:** Try deep breathing. Take a deep breath in, hold for ten seconds and slowly exhale. Watch as your body relaxes. Do this as many times as needed.

2. **Exercise:** Of course it’s hard trying to find some time in the day to so but exercise helps you physically and mentally. It releases frustration, relaxes muscles and releases endorphins, the feel good hormones. Endorphins decrease stress hormones and they help you sleep better.

3. **Music:** Have a favorite song that calms you down or gets you pumped and motivated? Use it! Music is one of the greatest forms of therapy, can help you become less stress and make Finals bearable.

4. **Visualize it all going right:** Take 5 minutes out of your day and visualize your success. Imagine taking your tests and actually doing well on them. When you imagine a successful ending, it usually occurs.

5. **Humor:** Even though laughing is probably far from your mind during Finals, a good laugh decreases stress hormones and have you feeling a little more at ease!

**Finals Reminders**

You should be thinking and doing the following while preparing for FINALS:

1. Do I know the date and time of my final?
2. Do I know the location of my final?
3. Will the final be cumulative or non-cumulative?
4. Have I honestly given my all to prepare for my finals?
5. Think positive and believe in your abilities.
6. Take care of yourself. Eat well and get as much sleep as you can!