

5. Describe the institution's educational enhancement programs (e.g., education regarding career guidance counseling; personal counseling; health and safety; alcohol and other drug guidelines [see the NCAA Sports Medicine Handbook, Guideline No.1]; non-academic components of life skills programs) available to student-athletes. Describe practices/procedures in place to encourage and assure student-athletes' access to these programs.

With the exception of the CHAMPS/Life Skills, Sports Medicine, and Strength and Conditioning programs, all students (which includes student-athletes) at the University have access to the offices and programs listed below. Information on the following offices and their programs is provided to student-athletes via the *Student-Athlete Handbook*, *The George Washington University Bulletin Undergraduate Programs* catalog, the GW Web site (www.gwu.edu), coaches, Office of Academic Support for Student-Athletes, bulletin board postings, and e-mail.

Career Services

The George Washington University provides comprehensive career guidance counseling services to student-athletes from multiple campus resources. Within the Athletics Department student-athletes can utilize the Office of Academic Support for Student-Athletes for career services and for referral to the University and school-based career centers. The University is made up of nine schools of which six offer undergraduate degree programs. Specific school-based career centers exist for graduate students in business, law, international affairs, public policy, public administration, engineering, and public health, the later two assist undergraduates. The business, engineering and public health centers have specific staff dedicated to providing selected career services. The main University Career Center serves undergraduate students in international affairs and undergraduate and graduate students in liberal arts, health sciences, engineering, public health, and education.

The Office of Academic Support for Student-Athletes staff administers the Athletic Career Track (ACT) Program, a series of career-related activities designed to help student-athletes with major and career choices, job search applications and internships (see Operating Principle 2.1 No. 5 for additional information).

The mission of the main University Career Center is to educate and connect students to job and career opportunities, which supplement their academic pursuits. In fulfillment of this mission, student-athletes are provided with services related to career experience and employer connections, such as student employment, career fairs, cooperative education, federal work-study, on campus interviewing, career consulting, job listings (internships, summer, and part-time jobs, full-time jobs), and Web-based career assessment.

Specific services include:

- **Career Consulting** offered daily on a drop-in or appointment basis. Students may use these sessions to cover issues such as career planning, the refinement of a job search, resume critiques, interview preparation, targeting organizations, and locating career related resources. Other individualized services include mock (simulated) interviews during which students are videotaped to assist them in practicing their interview skills and 48-hour resume critique for which students can electronically submit resumes and/or letters for review by consultants.
- **Programs, Events, and Workshops** are offered throughout the year in the residence halls, the conference center, and other centralized sites, and examples of these activities include events such as Business Etiquette Dining and Resume Madness. Workshops

- include Resume and Cover Letter Writing and Interviewing Techniques, and programs that are offered include Careers in Intelligence and Security Clearance Secrets.
- **Career Fairs**, which connect students to employers for a variety of temporary and permanent opportunities, take place throughout the year. The following five fairs are held annually: Federal Work Study Fair, Fall Career Fair, Internship and Part-time Job Fair, Spring Career Fair, and Idealist Non Profit Fair.
 - **Job Listings** for internships, part-time, summer, and full-time jobs are available on the Career Center's Web site through the GWork national recruiting database.
 - **Cooperative Education (Co-op)** is a structured University program that provides major-related work experience and transcript notation.
 - **Federal Work-Study** is a specialized employment program available to students who qualify to receive federal work-study funds as part of their financial aid.
 - **On Campus Recruiting** is a formal interview program for recruiting organizations and students within a year of graduation.
 - **Resources** are available online to aid students in their job search and self-assessment as well as through the Career Resource Room, which provides directories, salary guides, and related material in addition to computer terminals. A popular resource, *Career Options for Your Major*, provides extensive information and resources to guide a student on a career choice based on an academic field of study or major.

The Career Center's *Find the Right Experience and Employment (FREE)* is an innovative four-year plan for undergraduates designed to help students navigate and plan their career development. FREE incorporates a progression of planned activities that enhance knowledge, builds marketable skills, facilitates career exploration, and features experiential learning to inspire and prepare students for a lifetime of meaningful work.

Year 1: Assess and Engage
Year 2: Explore and Refine
Year 3: Experience and Enhance
Year 4: Reflect and Transition

Specific information and access to these services is available in the *Student-Athlete Handbook* and on the Athletics Department's Web site and Career Center Web sites <http://gwsports.cstv.com/school-bio/gewa-academicssupport.html> or <https://gwired.gwu.edu/career>.

The Career Center and Office of Academic Support for Student-Athletes partner consistently to offer information and customized programming to student-athletes as well as to coaches. These activities are offered on site in the Charles E. Smith Center (Athletics Department's main building), the Career Center, or another appropriate University setting. Selected examples of collaborative efforts:

- Scheduled planning meetings with Office of Academic Support for Student-Athletes staff and a designated liaison from the Career Center;
- Special Program examples: *From Varsity Letters to Cover Letters* and *Senior Year Seminar for Graduating Athletes*;
- Orientations to the Career Center for coaching staffs; and
- Direct referral of student-athletes from the Office of Academic Support for Student-Athletes.

In a recent survey of student-athletes who serve on the Student-Athlete Advisory Council (SAAC), they provided positive high ratings relevant to career related services. Specifically the areas covered included information availability, ease of access to services, value to students, and ability to provide relevant feedback, career planning assistance, job search assistance, and internships/relevant work experience.

CHAMPS/Life Skills

The Office of Academic Support for Student-Athletes provides AMP (Athlete Mentor Program), which is a mentoring program for incoming freshman student-athletes. For the duration of the fall semester, freshmen are paired with an upperclassman student-athlete on a sports team other than their own. Freshmen are assigned to mentors based on gender as well as their majors, hometowns, and interests. Current student-athletes apply and interview in order to be selected as mentors. Freshmen can apply or be nominated by their coach or athletic academic advisor to be a part of the program during Colonial Inauguration. Mentors sign contracts acknowledging the time commitment of the program and agree to alert the AMP coordinators as soon as possible if for any reason they cannot fulfill their obligations. Mentors also are required to attend mandatory training sessions during the spring semester and are given a booklet that outlines the program's mission and guidelines.

AMP hosts two mandatory events during the fall semester: An opening social with all the mentors and freshmen as well as a registration/academic information session in the middle of October before priority registration. Other events include attending a BBQ and a GW sporting event on campus. Mentors and freshmen also are expected to be in contact via e-mail, phone, or in person several times per month during the fall semester. Two mentor-only meetings also are held in the fall—one in mid-October and the other in early December. Both meetings are a chance to get feedback directly from the mentors.

The University has an extensive Career Center that posts scholarships and provides ample opportunities for career development. The Career Center runs a "Career Campaign" during the fall and spring semesters that offers comprehensive workshops on a myriad of career-related topics. Over the last three years, the Career Center has worked with the Office of Academic Support for Student-Athletes to incorporate one workshop per semester within the "Career Campaign," which is specifically designed for GW student-athletes. The student-athlete workshop is included in the flyers and brochures that the Career Center produces. Copies of these printed materials are given to the Office of Academic Support for Student-Athletes and distributed to the student-athletes.

Any and all NCAA, Atlantic 10, or other scholarship program opportunities given to the Office of Academic Support for Student-Athletes are made available to student-athletes. As long as the student-athletes meet the criteria for the scholarships, they are encouraged to apply. Athletic academic advisors also are available for one-on-one consultations to review resumes, cover letters, personal statements, and applications for scholarships or internships. In addition, the Office provides a career program called Athletic Career Track (ACT). Created by a former Career Center staff member, ACT provides career workshops specifically geared towards student-athletes. Workshops are given on the following topics:

- Writing resumes and cover letters;
- Applying to graduate school;
- Finding and applying for internships; and
- Senior Outgoing Seminar.

Workshops are conducted on two levels.

1. In conjunction with the Career Center: These workshops are held one to two times per semester and incorporate a member of the Career Center as one of the co-facilitators, former GW student-athletes who are knowledgeable on the subject matter, and other professional guest speakers. In the fall, the workshop addresses resumes and cover letters since all student-athletes are required to turn in resumes at the end of the semester. Entitled, "From Varsity Letters to Cover Letters," this session focuses on the purpose of a resume, how a student-athlete's resume is different, the top skills an employer is seeking in a candidate and the job search process. In the spring, the workshop content rotates between internships and graduate school. The "Post Season to Post Graduate" workshop is offered in February and features three panelists (a student from the MBA program, a Pre-Law Advisor, and a current GW graduate) who disseminate information and field questions on every aspect of applying to and attending a postgraduate program. The Office of Academic Support for Student-Athletes holds a Senior Outgoing Seminar as well. The Senior Outgoing Seminar typically features three speakers—a financial representative from GMAC, a Career Center representative, and a former student-athlete. Topics usually include networking and interviewing, establishing good credit, using credit cards, renting apartments, and making the transition to "the real world."
2. Conducted by ACT coordinators: These workshops are held during the day and are expected to draw between five to 10 people. They cover the same information as those noted above, but in a shorter amount of time.

Center for Alcohol and other Drug Education

The Center for Alcohol and other Drug Education (CADE) facilitates the prevention of substance-related problems by:

- Being the University community's walk-in resource center for alcohol and other drug-related information, educational programming, and referrals.
- Training and working with CADE Peer Educators to facilitate prevention programs, awareness activities, and proactive campaigns about substance use and other wellness issues.
- Providing classroom support for information on topics related to alcohol and other drugs.
- Supporting and encouraging student organizations to incorporate alcohol and other drug education into their programming and events.
- Offering an alternative to alcohol and other drug use through consistently supporting campus and community social events that are alcohol-free or that encourage responsible alcohol use.
- Educating students via judicial sanctions about low- to no-risk drinking choices, alcohol abuse, addiction, and the impact substance use has on the surrounding community.
- Identifying environmental forces in the community that place students at high risk for alcohol and other drug problems, and working with local consortiums and organizations to minimize risks.
- Changing the campus culture surrounding substance use by correcting students' misperceptions regarding quantity and frequency of alcohol consumption in their communities.
- Collecting and using alcohol and other drug-related research from local and national reports and surveys to educate the community.

CADE, in conjunction with the Office of Student Judicial Services (SJS), works to educate student-athletes about appropriate behavior, responsible citizenship, and University policies and procedures. In addition, CADE also works to educate student-athletes about trends on campus, specifically those related to alcohol and other drug issues, and behaviors that take place as a result of substance abuse. CADE and SJS staff members frequently present at student-athlete meetings, coaches meetings, and individual team gatherings to appropriately educate student-athletes about policy and trends, and also to educate student-athletes about University procedures and consequences.

Disability Support Services

Disability Support Services (DSS) supports students with disabilities so that they may participate fully in university life, derive the greatest benefit from their educational experiences, and achieve maximum personal success. DSS currently serves over 700 GW students with a wide variety of disabilities, as well as those temporarily disabled by injury or illness. To enhance student welfare, DSS provides the following:

- **Career Development and Employment Resources**

DSS believes not only in providing reasonable accommodations to ensure the academic potential of students at GW, but also in preparing them for life beyond GW. DSS, along with the Career Center, has created a graduate internship position to help serve the career development needs of students. The Graduate Intern keeps DSS students informed about career development opportunities specifically designed for individuals with disabilities and can provide help with job searches, cover letter and résumé development, and career counseling.

Following the model set forth by Career Opportunities for Students with Disabilities (COSD), the Graduate Intern works as a liaison between the DSS office and the Career Center. (The COSD Career Gateway (<http://www.cosdonline.org>) is the only privately funded nationwide job posting and college student résumé database focused on college students with disabilities.) DSS and the Career Center also collaborate each year to bring students registered with DSS a great opportunity for summer and potentially permanent employment through the U.S. Department of Labor, which has selected GW as a site for the Workforce Recruitment Program.

- **Speakers Bureau**

The Speakers Bureau provides an opportunity for students with disabilities to take an active role in educating the GW community about living with disabilities. Students who choose to participate are trained to make presentations to various classes, departments, and student groups on disability concerns.

- **Educational Outreach**

DSS provides ongoing educational programming in partnership with campus departments and national and community organizations to create a campus community that recognizes disability in the context of diversity and promote disability-culture building.

- **ACCESS GW, the Disability Support Services Office Faculty Newsletter**

DSS designed this bi-annual publication to support faculty in addressing the needs of their students who have disabilities. *ACCESS GW* is available in print and online at <http://gwired.gwu.edu/dss/>.

GW Housing Programs

GW Housing Programs is the service area responsible for all housing matters on campus including educational and developmental initiatives that have been implemented in a “House Life” model.

GW Housing Programs is committed to the total development of GW student residents, which includes a purposeful attention to personal, academic, social, and pre-professional stages of growth. House Life stimulates the character development of GW student residents while supporting the academic mission of the University.

The Four-Year Experience attends to student needs in each of their four years residing on campus:

First-Year Experience, “Self-Awareness”

The first year focuses on improving skills related to self-assessment and reflection, academic persistence, and communication education. First-year residents are offered an array of opportunities in support of the first-year curricular goals including: administration of a self-assessment survey, faculty seminars to help navigate academia, and conflict negotiation skill building. House themes enable residents to further explore common interests with fellow students. Each House has a designated Community Director and staff of House Proctors to assist in programmatic and evaluative initiatives. Faculty Guides avail themselves to residents in the first-year Houses to initiate purposeful professor-student relationships beyond the classroom.

Second-Year Experience, “Finding Your Focus and Selecting Excellence”

The second year focuses on exploring professional and personal self-identity and decision-making skills in regards to five key areas of concentration (career, academic, social, civic engagement, and the opportunities offered “only at GW”). Creation of an action plan, major selection assistance, study group offerings, lecture opportunities, and career exploration workshops will be offered by the Community Director and House Scholar staff, along with the Faculty-in-Residence program as additional support.

Third- & Fourth-Year Experience, “Investing in Your Future”

Third- and fourth-year students focus on self-definition, with the guidance of their Community Director and House Mentor. Students look ahead to plan, assess skills, and finalize decisions for life after GW. Students are offered the following services: Graduate testing preparedness workshops, professional readiness and lifestyle preparedness workshops, and lecture opportunities. Students also have the opportunity to engage in mentoring and networking opportunities with GW alumni, as GW Housing Programs looks to strengthen the bond between outgoing GW undergraduates and their connection to the institution as alumni.

International Services Office

The International Services Office provides advising on a variety of personal issues, including cultural adjustment, living conditions, academic concerns, and finances; conducts orientation programs to assist in living, studying, and working in the United States; and serves as a resource center for the University community on issues of cross-cultural understanding. All international student-athletes are referred to the International Services Office for support and resources.

Theodore and Annette Lerner Family Health and Wellness Center

The mission of the Theodore and Annette Lerner Family Health and Wellness Center is to provide sound programming for a diverse population of students in the areas of intramural and sport clubs, fitness and wellness instruction, and informal recreational opportunities. GWellness encompasses The George Washington University's holistic approach to fitness and health, whether it be participating in a club sport, taking a group fitness class, or participating in one of the many intramural sports offered through The Department of Campus Recreation. GWellness reflects the importance of a well-rounded GW experience and offers students the opportunity to develop a healthy lifestyle.

Multicultural Student Services Center

The Multicultural Student Services Center (MSSC) is a University-wide resource for multicultural information and communication, academic and cultural programs, and resources and services. It supports the academic, professional, personal, and spiritual growth of the multicultural community, while providing cultural education experiences and cross-cultural immersion and exposure for the entire campus community.

The MSSC partners with every major GW office to ensure that students of color are represented in every aspect of University life, integrated into the fabric of University life, engaged in utilizing the services of the University, graduating at a rate comparable to their peers, and connected with the University family for life. The MSSC is a critical player in maintaining a campus community that is centered on the understanding and appreciation of cultural difference to ensure that GW students are prepared for an increasingly diverse world of work.

The MSSC and its activities are centered on four major operational areas including academic programs, cultural programs, resources, and services. Significant resources on multicultural speakers, internships, scholarships, and job opportunities, as well as periodicals, are maintained in the center.

Office of Off-Campus Student Affairs

The Office of Off-Campus Student Affairs (OCSA) aims to educate GW students living in off-campus housing about their rights and responsibilities in the Foggy Bottom, West End, Foxhall, and greater metropolitan Washington communities. OCSA provides students with resources that address transitioning to off-campus living, living options in the District of Columbia/greater metropolitan area, and related information to help students make good decisions when they are off campus. The office works with neighbors in the community to respond to concerns about student behavior in the local neighborhoods. OCSA strives to improve the Foggy Bottom/West End community by encouraging personal responsibility, neighborhood courtesy, and civic involvement.

Office of the Dean of Students

The Office of the Dean of Students provides counseling and information for students and supports nonacademic program development. Staff members are well informed on University policies and the various student services provided on campus, enabling them to provide referrals and answers to many questions concerning general student life. The Dean of Students Office oversees GW Housing Programs, the Center for Alcohol and other Drug Education, the Office of Off-Campus Student Affairs, the Office of Student Judicial Services, the Career Center, Disability Support Services, Student Health Services, and the University Counseling Center.

Sports Medicine

The Office of Sports Medicine (OSM), within the Athletics Department, coordinates educational enhancement programs for student-athletes in relation to key health issues, such as eating

disorders, heat illness, and alcohol and drug education. The OSM, in conjunction with the strength and conditioning staff, educates student-athletes on the misuse and abuse of nutritional supplements and consults with student-athletes wanting to use such supplements. The OSM, in conjunction with The Center for Drug Free Sport, Inc., will oversee the Athletics Department's proposed drug testing policy, which will be available to coaches and student-athletes via the Athletics Department's Web site (www.gwsports.com).

Strength and Conditioning

The strength and conditioning staff, in conjunction with the Office of Sports Medicine, educates student-athletes on the misuse and abuse of nutritional supplements and consults with student-athletes wanting to use such supplements. The staff also conducts a mandatory orientation of the strength and conditioning facility that covers such issues as strength and conditioning protocol and safety.

Student Activities Center

The Student Activities Center furthers the educational mission of the University by offering programs, services, and facilities that foster the social and cultural development of students. Staff members assist individual students and campus organizations with event planning, program coordination, and participation in special projects. Programs and activities include various leadership development programs.

Student Health Service

The University Student Health Service (SHS) is a comprehensive health center serving as a primary care/ urgent care clinic for students. Physical examinations, immunizations, laboratory testing, and medications for distribution are all available through outpatient appointments. In addition to offering outpatient services, SHS provides public health surveillance to governmental agencies, referrals for specialty care, medical training, a Student Health Insurance plan, and Health Education and Outreach. These services are available to all GW students, including student-athletes.

Health education and outreach is organized by a SHS clinician and a graduate student from the GW School of Public Health and Health Service. Health Outreach Peer Educators (HOPEs) is a student group that has existed for over 20 years. HOPEs are trained by SHS staff and utilize health information developed by the American College Health Association for distribution and planning educational programming. The programs developed include a variety of health topics from smoking cessation to diet and nutrition. In conjunction with student groups on campus, numerous special clinics are given throughout the school year across campus including sexually transmitted infection testing, influenza vaccination clinics, and blood pressure testing. Yearly Influenza vaccine clinics are given for student-athletes and at the request of the Athletics Department. The Offices of Sports Medicine and Academic Support for Student-Athletes often requests programming geared specifically for student-athletes.

Student Judicial Services

The Office of Student Judicial Services (SJS) is charged with promoting individual student growth and development, facilitating community standards, and upholding University disciplinary policies and procedures. SJS contributes to the University's mission by educating students and other members of the GW community regarding their rights and responsibilities as citizens of the University and the District of Columbia. Through its programs, services, and resources, SJS teaches and supports community standards and fosters positive relationships while holding students accountable for behavior detrimental to their academic, personal, or social development; their peers; and the larger community.

Based on SJS's philosophy and mission, educational principles of SJS include:

1. Utilizing an educational approach when interacting with students, parents, and University community members regarding student rights and responsibilities;
2. Assigning educational remedies to students whose behavior falls below the standards established by the University community;
3. Providing ongoing comprehensive training for student and professional staff and the campus judiciary to facilitate the philosophical values of the Community Standards Initiative and the "Code of Student Conduct";
4. Developing and implementing a meaningful and educational method of resolving conflict, encouraging personal responsibility and facilitating community accountability; and
5. Creating opportunities for student leadership development and encourage meaningful involvement within the GW judicial system, GW Housing Programs, and the Office of the Dean of Students to teach peer-based governance, the responsibility of democratic citizenship, and civility.

SJS works to educate student-athletes about appropriate behavior, responsible citizenship, and University policies and procedures. In addition, in conjunction with the Center for Alcohol and other Drug Education (CADE), SJS also works to educate student-athletes about trends on campus, specifically those related to alcohol and other drug issues. SJS and CADE staff members frequently present at student-athlete meetings, coaches meetings, and individual team gatherings to appropriately educate student-athletes about policy and trends, and also to educate student-athletes about University procedures and consequences.

University Counseling Center

The University Counseling Center (UCC) services help students address personal, social, career, and study problems that can interfere with their academic progress and success. UCC is staffed by licensed psychologists and highly trained professional counselors. Services include brief individual counseling, crisis intervention, group counseling, and workshops on topics such as time management, study skills, procrastination prevention, family and relationship issues, choosing a career, stress management, conflict management, and self-esteem/self-development. The center offers consultation and training programs for students, faculty, and staff groups. Further information about all UCC services and links to other psychoeducational materials can be obtained at <http://gwired.gwu.edu/counsel>. Information and referrals during business hours and after-hours emergency services are available at 202-994-5300, 24 hours a day/seven days a week.

The center is designed to provide short-term individual counseling only. Counselors provide information about therapists in the nearby community for students who need special services not offered at the center or who want the opportunity for an open-ended counseling experience.

Additional service offerings include:

- Group counseling, which allows students to hear about the experiences and insights of their peers, obtain feedback about their own behavior, and benefit from the support and understanding of other students with similar concerns. Counseling groups include, among other topics, Alcohol/Drug Concerns, Anxiety and Stress Management, Family Stress, Interpersonal Growth, Living with Loss, and Seniors in Transition.
- Consultation for students concerning issues affecting student welfare and development, student crises, or any of UCC's services. UCC staff can help to assess a difficult

- situation, discuss potential resources, develop an intervention, and make a referral, if appropriate.
- Training and workshops: UCC staff are available to make presentations to students groups, teams or coaches on topics including, but not limited to, adjustment to college, cultural and racial diversity, career/major decision making, stress management, healthy relationships, depression, and suicide prevention.
 - The UCC Web site, gwired.gwu.edu/counsel, provides 24/7 access to emergency resources, workshop schedules, self-help materials, information on depression, suicide prevention, and issues relevant to student life. Several podcasts and online mental health screenings are available. The site has links to on- and off-campus resources and specific information for faculty and staff responding to students in distress.

All University Counseling Center service offerings are available to student-athletes. Coaches and Athletics Department staff and administrators can receive consultations about students of concern and request training programs relevant to their work with student-athletes.

University Police Department

The University Police Department (UPD) provides a number of educational opportunities, mostly directed toward safety. The UPD have developed a new and innovative violence awareness training program for student leaders. The Violence Awareness and Mitigation Program (VAMP) teaches participants how to identify pre-violence indicators before they escalate to a dangerous situation on campus. In addition UPD provides a crime prevention program that provides programming on the following topics: operation identification, crime reporting, bicycle safety, harassing phone calls, escort and shuttle services, victim assistance program, campus watch program, fire safety, rape aggression defense classes, sexual assault prevention, and alcohol abuse prevention.