

Office of Siena Student-Athlete Services:
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S.A.IN.T.S. Snippets

Academically Speaking

The deadline for the Ethnic Minority and Women's Enhancement Postgraduate Scholarship for Careers in Athletics is *fast* approaching. All materials are due **December 1, 2011**. The NCAA awards 13 scholarships to ethnic minorities and 13 scholarships to female college graduates who will be entering their initial year of postgraduate studies. The award is a one-time \$6,000 grant. For additional information, see:



http://www.ncaa.org/wps/portal/ncaahome?WCM_GLOBAL_CONTEXT=/ncaa/ncaa/about+the+ncaa/diversity+and+inclusion/diversity+programs/ethnic+minority+women+postgrad+scholarship/minority-womens_scholarships.html

Seniors, thinking of grad school? The deadline to apply for an NCAA Postgraduate Scholarship for fall sports is JANUARY 20, 2012. These include:

Men's Sports: Cross Country, Football, Soccer and Water Polo

Women's Sports: Cross Country, Equestrian, Field Hockey, Rugby, Soccer and Volleyball

There is a nomination process that requires planning. For each of the three seasons, there are 29 awards for men and 29 awards for women. The scholarship is a one-time

\$7,500 award AND recipients have until August 2015 to use it! Foreign students, too, are eligible for this award. Schools have had multiple recipients! For more information, see: http://www.ncaa.org/wps/portal/ncaahome?WCM_GLOBAL_CONTEXT=/ncaa/NCAA/About%20The%20NCAA/Diversity%20and%20Inclusion/Diversity%20Programs/postgrad_scholarships.html

Any other questions? Please see Lori Jancik, MAC 112, with any questions, or contact her

Study Hall Updates

- Please remember to swipe both in and out as you enter and leave study hall. There have been many warnings and violations for those not following the correct procedures.
- No talking or cell phones in study hall, no exceptions!
- Hours are emailed daily and a copy is available in my office. Please be proactive and make sure all your hours are completed.
- Paw passes must be handed in by 9am on Monday morning to Gail's office.

Attention Freshmen:

This year we will be offering registration "how-to" sessions to help you prepare for registration! It is a great opportunity to get your schedule planned out and also get answers to any questions. Please see dates below and look for sign up sheets outside Gail's office. You will get study hall credit for attending! All sessions are in Stan-dish Library Computer Lab (129)

October 28, 12:30-1:30pm

October 31, 12:30-1:30pm

November 1, 3:00-4:00pm

November 2, 12:30-1:30pm, and 7:00-8:00pm

November 3, 6:00-7:00pm

November 4, 12:30-1:30pm





SAAC Updates

SAAC has had a very busy Fall and we are excited for all the events coming up:

Canned Food Drive: SAAC is sponsoring a canned food drive. Teams will be competing with each other to see who can donate the highest percentage of food. The drive will run through November 16th and food can be delivered to the MAAC lobby. Winning team gets a pizza party!

Field Day: Our first annual Field Day will be on November 13th from 11-2 on the grass field by the turf. Come out with your team to play fun games and get to know other athletes!

Also, if you have any questions or concerns about anything related to Siena Athletics please see your team SAAC representative or visit our SAAC page at <http://www.sienasaints.com/saac/sien-saac.html> and send us an



Compliance Corner

Extra Benefits

As we have seen in the past year many college athletes are being punished for accepting extra benefits from outside constituents. The NCAA defines an extra benefit as any special arrangement from an institutional employee or representative of the institution's athletics interests provided to a student-athlete or his or her relatives or friends. News reports have shown student-athletes accepting benefits that range from tattoos to thousands of dollars of cash. However, even the acceptance of meals, clothing and other small gifts of value are considered an extra benefit under NCAA rules. Accepting extra benefits can result in suspensions, loss of eligibility, and the repayment of benefits. Student-athletes who accept extra benefits can also cause penalties for the institution. The NCAA could mandate that the program vacate any wins for contests in which student-athletes violating rules participated in, as well as costly fines and lawyer fees.

As Siena College student-athletes you represent not just yourself, but the entire institution. When student-athletes decide to accept impermissible benefits they effect both their own reputation and that of their respective institution. Remember to always ask your coach or compliance officer before accepting any gifts from individuals who may be considered boosters of Siena Athletics. **GO SAINTS!**



Study Moments

Ever so slightly stressed by mid-terms? See tools designed by Siena's Academic Support and Advising Center in concert with REAL STUDENTS. The Center's link to *Smarter Studying*, <http://www.siena.edu/pages/2243.asp>, includes tips for taking lecture notes, getting the most from a textbook, staying motivated, how to study for an essay exam, even where to study. There are additional links to such scintillating videos as *Learning Strategies for General Chemistry!*

If you're really struggling, ASK FOR HELP. If it's a particular class, make an appointment with your professor. Need more advice? See your Faculty Advisor. Too, each school has an Assistant Dean tasked with – wait for it – helping students!

School of Business: Diane Hannahs
 School of Liberal Arts: Donna Tytko
 School of Science: Angela Mckeever

Freshmen and Transfers: Don't forget that you've been paired with a SAAC peer mentor. Talk to them. They are waiting to hear from you. Frankly, they're lonely.



Game-Time



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