

The Game Plan

SEMESTER	SESSION TOPICS	PROPOSED PROGRAMMING
Fall 2017	Healthy Relationships <ul style="list-style-type: none"> • Sexual Assault, Alcohol and Drug prevention. • Keys to healthy relationships with family, teammates, coaches and significant others. 	<ul style="list-style-type: none"> • Speaker on realities of and how to prevent sexual assault and violence. • Event to promote healthy living.
Spring 2018	Coping with the Challenge of Change <ul style="list-style-type: none"> • Mental Health • Self-Discovery • Self-Esteem 	<ul style="list-style-type: none"> • Motivational and/or Mental Health Speaker • Presentation on Campus Activities and Counseling Services
Fall 2018	Financial Future <ul style="list-style-type: none"> • Understanding Salary and Benefits • Healthcare/Insurance • Investing 	<ul style="list-style-type: none"> • Presentation by Human Resources • Questions and Answer sessions with a Human Resource Specialist.
Spring 2019	Preparing for Life After Athletics <ul style="list-style-type: none"> • Finding the Career that Fits • Identifying Transferable Skills • Employment Outlook • Working Conditions 	<ul style="list-style-type: none"> • Speaker from Career Services about the job market. • Career aptitude survey workshops. • Practice Interviews
Fall 2019	Financial Literacy <ul style="list-style-type: none"> • Personal Budgeting • Debt Management • Saving • Protecting against identity theft 	<ul style="list-style-type: none"> • Financial Literacy Speaker • Personal Budget Building Workshop • Social Media; Financial Tips
Spring 2020	Professional Athlete (Developing Your Personal Brand) <ul style="list-style-type: none"> • Networking • Self-Promotion • Social Media- The Right Way • Goal Setting 	<ul style="list-style-type: none"> • Professional Athlete- Former UL Student-Athlete Speaker • Former Student-Athlete Panel (Graduate Students and those starting their Careers) • Social Media; Networking/Social Media Tips
Fall 2020	After The Game (Career Readiness) <ul style="list-style-type: none"> • Identifying Your Skills/Experience • Seeking and Securing Internships • Resume Building • Dress for Success 	<ul style="list-style-type: none"> • Career Fair for Student-Athletes. • Resume and Dress for Success Workshops. • Social Media; Resume/Internship Tips • Etiquette Dinner
Spring 2021	Giving Back/Leadership Development (Mentoring and Community Service) <ul style="list-style-type: none"> • Mentoring local youth (K-6) • Benefits of Volunteerism • Peer Mentoring • Learning from Leaders in the Community/Former Student-Athletes 	<ul style="list-style-type: none"> • Presentation from local volunteer coordinators. • Community Service Project • Former Student-Athlete Speaker • Workshop on How to Become a Mentor and Develop these Qualities

