

## OUR MISSION

The University of Wyoming Department of Intercollegiate Athletics is committed to the development of tomorrow's leaders by creating an environment that promotes personal growth, academic and athletic excellence in a progressive, inclusive, and transparent manner.

The Department of Intercollegiate Athletics will support the overall University of Wyoming mission, provide an outstanding fan experience, encourage community engagement, and serve as a source of pride for alumni, supporters, and the state of Wyoming.



Aaron Lozano speaks to our UWYO 3050 class today about mental health after sports!



@EXCELLENCE7220



@EXCELLENCE\_AT\_7220

GOWYO.COM



Don McPherson, a leading speaker on men's violence against women, meets with UW student-athletes and staff.



Josh Bridges talks perseverance in discussion with UW student-athletes.



## STUDENT-ATHLETE DEVELOPMENT PROGRAM

AT THE UNIVERSITY OF WYOMING



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We feel it is important that we provide both our student-athletes and employees an opportunity to grow personally and professionally.

– Tom Burman, Wyoming Athletic Director



# COURSES

EACH COURSE IS 1 CREDIT HOUR GRADED S/U

## UWYO 1050

STUDENT-ATHLETE ACADEMIC SUCCESS

### SKILLS FOR LIFE

- Note Taking/Test Taking
- Major Selection/Identity Exploration
- Reading/Summarizing
- Student-Athlete Code of Conduct/UWPD
- Time Management
- Financial Aid and Budgeting
- Community Service Project

### HEALTH & WELLNESS

- Stress and Mental Health
- Sexual Adult Prevention Training
- Nutrition for Freshman Year
- Healthy Relationships Part 1

### LEADERSHIP

- Introduction to College Athletics
- NCAA Rules
- Leadership Principles
- Bystander Intervention Training Part 1

## UWYO 3010

STUDENT-ATHLETE LEADERSHIP SKILLS

### SKILLS FOR LIFE

- Identity Development
- Job Search Basics
- Resume Writing
- Cover Letter Writing
- Professionalism/Etiquette
- Interview Practice
- Preparing for Internships
- Credit Workshop (Financial Planning)
- Social Media and the Job Search

### HEALTH & WELLNESS

- Healthy Relationships Part 2
- Healthy Eating on a Budget

### LEADERSHIP

- Intermediate Leadership Principles
- NCAA Diversity & Inclusion
- Bystander Intervention Training Part 2

## UWYO 3050

STUDENT-ATHLETE CAREER PREPARATION

### SKILLS FOR LIFE

- Resume/Cover Letter Update
- Attend a Job Fair
- HR 101
- Taxes
- Networking
- Interview Experience
- Graduate School Prep
- Elevator Pitch
- Next Big Purchases (Home, Car, etc.)

### HEALTH & WELLNESS

- Healthy Relationships Part 3
- Mental Health After Sports
- Nutrition/Physical Health After Sports

### LEADERSHIP

- Advanced Leadership Principles
- Bystander Intervention Training Part 3



Game Plan is a software platform that helps athletics organizations deliver online education, mentorship and career services to support their athletes through every step of their developmental journey.

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