

HEA 492-001 – CHAMPS/Life Skills 301
Junior Seminar/Leadership and Community Service
One Credit

Instructor: John P. Bennett, Ed. D.
Office: Hanover 107
Phone: 910-962-3740
Office Hours: As posted
E-mail: bennettj@uncw.edu
Web page: <http://www.uncw.edu/people/bennettj/>

I. Goals of Course:

- Complete self-exploration in terms of leadership
- Build intercommunity networks through outreach and service to community
- Acquire valuable mentoring skills through recruitment of underclassman to participate in service projects
- Begin preparation for career objectives

II. Requirements of this course: (Class Policies and Information)

A. Attendance and participation

1. All students are expected to attend and participate, and appropriately in this class.
2. After 2 absences, each absence will result in a 1/2 letter grade deduction from your final average.
3. Two lates will count as one absence.

B. Assignments

1. All papers , projects and other assignments are to be typed and are due on their due date. No points will be provided for materials that are turned in late.
2. Late assignments will not be accepted without prior approval of the instructor before the due date. No points will be provided for materials that are turned in late.

C. All written work will be evaluated according to the most recent edition of the American Psychological Association Style Manual.

D. The instructor reserves the right to modify or change assignments during the semester.

E. Honor code - Dedication to the physical education profession requires a high ethical commitment to the field, peers, and oneself. Dishonesty can neither be tolerated or accepted. Specific policies are described in the Student Handbook and Code of Student Life.

F. The Learning Center will provide free tutorial assistance for students. If you are interested in tasking advantage of the tutoring sessions, you need to register with The Learning Center on the second floor of Westside Hall.

III. Outside Activities

- A. Service Project (5 visits required with a summary and analysis, reflective paper, due on or before last class)
- B. Attendance at one of the Leadership Lecture Series Performances with a summary and analysis, reflective paper, due on or before last class
- C. Two summary and analysis/reflections on leadership/service articles, each worth 5%

IV. Journal

- A. All entries are confidential (minimum one reflection per week)
- B. Journals will be graded for the seriousness and honesty they reflect

V. Career Assignments

- A. Resume
- B. Cover Letter

VI. Evaluation/Grading

A. Components

Service project and reflection	20%
Journal, each entry 6%X5=	30%
Attendance & Participation	15%
Resume & Cover Letter	15%
Leadership Seminar & reflection	10%
Leadership/service article review #1	5%
Leadership/service article review #2	5%
Final (must complete satisfactorily to pass the course)	
Total	100%

B. Grading Scale

A = 94-100	C = 74 - 76
A- = 90 - 93	C- = 70 - 73
B+ = 87 -89	D+ = 67 - 69
B = 84 - 86	D = 64 - 66
B- = 80 - 83	D- = 60 - 63
C+ = 77 - 79	F = 0 - 59

“Tentative” Semester Schedule

8-25-03 Week One:	Introduction to course – expectations
9-8-03 Week Two:	Life After College – former athletes as speakers
9-15-03 Week Three:	“Networking 101”, Selling Yourself – Creating your personal commercial. Due: Journal #1
9-22-03 Week Four:	Researching Employers
9-29-03 Week Five:	Leadership/Service Article Review #1
10-6-03 Week Six:	Conducting a job search, Accepting jobs – salary negotiation–realistic expectations–benefits Due: Journal #2
10-13-03 Week Seven:	Relocation; Job choice, budgeting geographic specific
10-20-03 Week Eight:	NCAA Information and Rules – Pat Howey, guest speaker
10-27-03 Week Nine:	Applying to graduate school – graduate school representative Due: Journal #3
11-3-03 Week Ten:	Leadership/Service Article Review #2
11-10-03 Week Eleven:	Athlete to employee (work schedule, attitude, tips for success, coping with change, appropriate dress)
11-17-03 Week Twelve:	Mentoring: Leadership center speaker Due: Journal #4
11-24-03 Week Thirteen	:Financing your life: Credit cards, loans, school loans, financial aid – Financial institution guest speaker
12-1-03 Week Fourteen:	Post Sport Nutrition – modifying your diet according to future decrease in energy expenditure to prevent weigh gain – Nutritionist guest speaker Due: Final Journal #5
Week Fifteen:	Exam – REFLECTION – “What does leadership and service mean to you and your future as a college athlete?”