

NCAA grant funds Prof Academy

Summer 2017

The National Collegiate Athletic Association (NCAA) has awarded Rowan University an Innovations in Research and Practice grant to launch the PROF academy project that began in March.

The program will assist student athletes as they transition to post-graduation by providing education on mental health and well-being including mindfulness, stress management, anxiety reduction and understanding depression.

Rowan was one of only five grant awardees among Division III schools. Dr. JoAnn Bullard, Rowan University's Faculty Athletics Representative and an instructor in the department of Health & Exercise Science, is serving as the project director.

"Research from the NCAA's 2016 Goals Study showed the majority of student athletes nationwide want to be more prepared for the transitional period after college," said Bullard. That's what started our idea for PROF Academy."

The program consists of workshops and online modules that provide career development skills, including resume and cover letter writing, interviewing and network.

Interdisciplinary collaboration among the Rowan community to holistically bolster the psychosocial well-being and mental health of student athletes is paramount. Collaborators include the Office of Career Advancement, University Advising Services, Wellness Center, Office of Academic Transitions, the Athletics Department, the Psychology Department, the Health and Exercise Science Department and the Office of Alumni Engagement.

"Collaboration will be key," said Bullard. "Our number one focus must always be the needs of our students. This program will be highly beneficial in helping them incorporate the fundamentals of maintaining their overall well-being while preparing for graduation and what comes next."