What is a student-athlete?

A student-athlete is a participant in an organized competitive sport sponsored by an educational institution. A student-athlete is required to fulfill the role of a full-time student and a full-time athlete, which requires an optimum level of performance in both roles. Furthermore, student-athletes are subject to eligibility rules that require them to maintain a certain grade point average as well as complete a percentage of their declared major requirements at the end of their sophomore (40%), junior (60%) and senior (80%) year and they are also prohibited from competing in professional competitions.

What issues do student-athletes face?

- Student-athletes are required to fulfill the role of a full-time student and a full-time athlete, which requires an optimum level of performance in both roles.
- How can I remain committed to my athletic responsibilities and be the best athlete I can be and have social life?
- Learning to balance athletic success and or failures with emotional stability is challenging because everyone expects them to perform well at a high level all the time both inside and outside of the classroom.
- Balancing physical health and injury with the need to continue competing.
- Trying to balance the demands of relationships with entities such as coaches, teammates, parents and friends can be testing. For example, while very supportive of the academic rigors, the coaches expect for the sport to come first but the athlete’s priority may be his/her academic success.
- Addressing the termination of one's college athletic career can be very challenging. It can be very difficult to transition into the world of non-athletics after having identified as an athlete for so many years, in many cases it leads to deep depression, suicide and a loss of belonging.

Center for Academic and Tutorial Services

The CATS Advantage (the information below is from the CATS website)

- The Center for Academic and Tutorial Services is unique in that it is located in close proximity to the central academic campus. This means that student-athletes have ready access to CATS before, after, and between classes.
- Most universities provide tutors upon request. Usually a student requests a tutor after poor performance in a course. At UK, the advisors examine the student-
athlete’s schedule at the beginning of the semester then assign tutors immediately. This can help prevent the student-athlete from falling behind.

- Whereas most universities may have a study table where a tutor meets with a group of students for certain subject needs, CATS provides scheduled 1-on-1 tutor sessions for student-athletes.

- Another CATS Program advantage is that the Jerry Claiborne Study Center allows student-athletes to complete their required quiet study hours anytime during operating hours.

- Student-athletes may make arrangements to use CATS resources during non-working hours.

- CATS has a cadre of mentors, many of whom are retired educators, to assist student-athletes with organizational skills and study strategies.

CATS - Center for Academic & Tutorial Services
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www.ukathletics.com/athletic-dept/cats.html