

**NCAA Innovations in Research and Practice Grant Program
2019 Grant Recipients**

Development, Implementation, and Evaluation of the Orientation for International Student Athletes (OISA)

* Timothy Baghurst, Ph.D., Oklahoma State University

International students represent an ever-growing population on collegiate campuses, and the student-athlete body is no exception. Unfortunately, many international student-athletes arrive on American campuses in sporting and academic environments where little support is provided for them. Therefore, using focus groups of international student-athletes and their coaches, this project will develop the resources necessary to deliver an academic orientation class specifically designed for international student-athletes. Once delivered, a “How To” guide will be created to assist those at other college campuses interested in replicating the program.

Social Media Literacy for Student-Athletes

* Brian Foster, Ph.D. and Patricia Lally, Ph.D., Lock Haven University

There is currently no standardized social media training program available for college student-athletes. Social media training is important because consequences of posting unsuitable content may include loss of reputation, eligibility, scholarships, and future career prospects. The purpose of this project is to develop and test an online social media literacy program that emphasizes showcasing one’s unique strengths, assessing message credibility for active online citizenship, enriching sport performance, and managing cyberbullying. Based on recommendations from recent research, the self-paced program will be designed to cultivate responsible social media attitudes and use.

Resilience for the rocky road: Supporting first year student-athletes in their transition to college

* Eric Martin, Ph.D., Kelly Rossetto, Ph.D., Boise State University and Scott Pierce, Ph.D., Illinois State University

The transition from high school to college brings many challenges, yet also presents the opportunity for personal growth and development. Currently, several NCAA institutions offer programming to aid student-athletes in this transition. At present, these programs vary considerably among institutions and little data to evaluate effectiveness have been collected. Because of the variation between organizations, we will create an in-person and online resilience-based educational program with a specific focus on developing resilience-based skills. To judge program effectiveness, we will interview student-athletes concerning the program, assess student-athlete resilience with surveys at multiple time points, and include a control group.

Using Peer Podcasts to Develop and Strengthen Resilience in Student-Athletes

* Joyce Mikal-Flynn, EdD, FNP and Bethany Crouch, Sacramento State University

College athletes face challenges when transitioning into college curriculum and athletics including; injuries, redshirting, deselection, the evolving athlete identity and moving beyond sports. An innovative program using podcasts addresses these issues for current and former student-athletes; encouraging a growth mindset, resilience, and support of mental health and well-being. Student-athlete insights regarding these challenges and strengths are the foundation of the peer podcasts: Developing and Strengthening Resilience in Student-Athletes (DSR). Podcasts, created and recorded on-campus, will provide a framework and blueprint to guide NCAA member institutions on how to create, produce and utilize resilience-building podcasts for student-athletes.

Career Readiness Challenge: Development of an online platform to support the translation of professional competencies learned through athletic participation to career readiness

* James Pembridge, Ph.D., Leroy Long III Ph.D. and Erin Minta, Embry-Riddle Aeronautical University

The ability for student-athletes to translate competencies learned through athletic participation into real-world applications outside of the athletics context is as a high-impact practice. However, athletic and academic responsibilities may limit the student-athlete's ability to engage in traditional career service activities. The objective of this project is to develop the "Career Readiness Challenge" (CRC) that will utilize game mechanics and a blended instructional platform to increase motivation and enhance attitudes towards career planning. The research will provide insight into how perceptions of career readiness competencies and attitudes toward career planning relate to the students' athletic experiences and their identity.

Student-Athlete Well-being Scale (SWS).

* Jeff Reese, Ph.D., Rena Goodwin and Marc Cormier, Ph.D., University of Kentucky

As sport psychology and mental health professionals are becoming members of athletic department medical teams, it is important to consider efficient and effective ways to screen student-athletes for psychological distress and monitor the resulting progress for those who receive psychological services. The purpose of this project is to create a culturally and developmentally appropriate measure for college student-athletes that has the capacity to serve as both a screening and treatment outcome measure. The project will consist of three phases that includes student-athlete and athletic staff input on content domains, follow-up feedback on the resulting measure, and an initial psychometric evaluation.

*Principal investigator