

2024 New Student Athlete Orientation

Presented by the
Athletic Study Center

Please update your **Zoom Name**
First and Last Name
(Sport, please shorten)
Examples: Oski Bear (W Track)
Sproul Hall (M Swim)

Berkeley
UNIVERSITY OF CALIFORNIA

Agenda

Please ask questions during the program by using the Zoom chat feature

- 12:00-12:06** Welcome
- 12:06- 12:11** By the Numbers & ACC Transition
- 12:11- 12:16** Athletic Study Center (ASC) Staff, Mission & Support Model: Tarik Glenn
- 12:16-12:21** Academic Advising: Melanie Moonsamy
- 12:21-12:26** Student Development and Academic Support: Kris Arden
- 12:26-12:41** Student-Athlete Panel: Dr. Kasra Sotudeh & Student-Athletes

The Academic Study Center

Tarik Glenn, Director

Berkeley by the Numbers

- **#1** Public University
- **35 Nobel Prize winners** (UC Berkeley alumni)
- **223 Olympic Medals** won by students and alumni
- **104 National Championships**
- **16 Periodic Elements** discovered by UC Berkeley researchers



ACC Transition



Our Mission

To support student athletes in developing as independent, self-reliant and successful young adults. We are committed to the integration and engagement of student athletes into campus life.

ASC – Administration



Tarik Glenn
Interim Director



Kelly Barkan
Business
Manager



Richard DeShong
Information
Technology

Academic Development & Discovery



Dr. Kasra Sotudeh
Academic Discovery &
Curriculum Design Coordinator

Academic Advisors



Chris Grace
Assistant Director



Melanie Moonsamy
Academic Advisor



Ed Wright
Academic Advisor



Cassidy Raheer
Academic Advisor



Ellen Macomson
Academic Advisor

Academic Support Staff



Dr. Tony Mirabelli
Assistant Director



Kris Arden
Learning Specialist
Coordinator



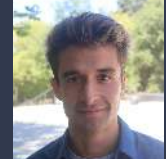
Jenny Eberle
Learning Specialist



Nina Moskowitz
Learning Specialist



Christian Hutchin
Learning Specialist



Daley Stevens
Learning Specialist

Transformative Academic Development

Academic Advising

- Course selection & degree planning
- Exploring academic interests
- Balancing academics and athletics
- SA Portfolio Management
- Referring to resources inside and outside athletics

Academic Support

- Academic skills development
- Time management strategies
- Tutoring

Academic Discovery

- Peer Advising
- First-Year seminar
- Senior thesis support
- Cultivating belonging

Academic Advising

Melanie Moonsamy

Your ASC Academic Advisors

Ellen Macomson



Football (Defense/Special Teams)
Lacrosse
Soccer (M/W)

Ed Wright



Football (Offense)
Basketball (W)
Track & Field/Cross Country

Melanie Moonsamy



Field Hockey
Gymnastics (W)
Rugby
Tennis (M/W)
Softball

Cassidy Raher



Baseball
Beach VB
Golf (M/W)
Rowing (M/W)
Volleyball

Chris Grace

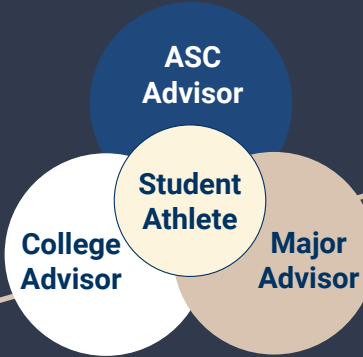


Basketball (M)
Swimming & Diving (M/W)
Water Polo (M/W)
Gymnastics (M)

New Advisor Incoming



Advising for Student Athletes



ASC Advisors monitor student progress to degree and NCAA eligibility requirements, recommend ASC tutorial support resources, help students understand academic policies and degree requirements, assist in major exploration and course planning, and refer students to various campus resources as needed.

Graduation Plan

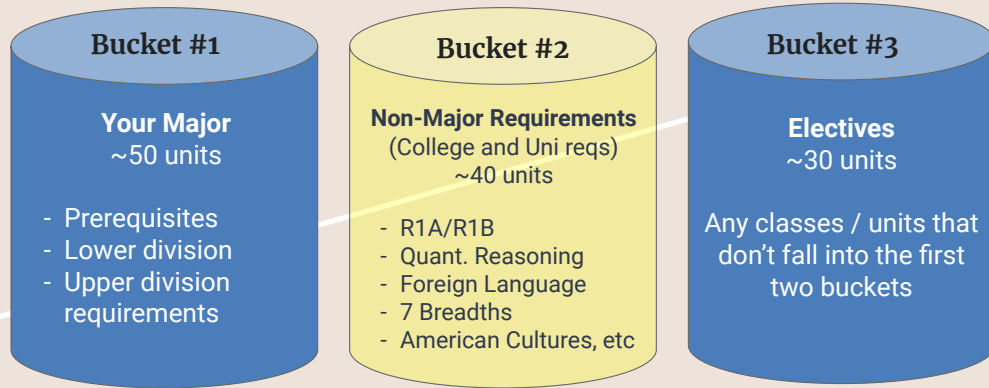
Add Plan Year	Fall	Spring	Summer
Transition, Academic Exploration, Awareness & Discovery			
X 2022-23	HistArt R1B 4 A-	Math 16B 3 A+	Econ 1 4 A+
reviewed	Nusctx 10 3 P	Stats 20 4 A	
Set 2/27/2023	UGBA 10 3 A+	PH 101 (PV) 3 A+	online breadth 0
	UGBA 199 2 P	Music 26AC 4 A	
Units 60.8	PE 2	Apply to Haas	
Tot 60.8	Dev.Plan 3.828 14 3.828	Dev.Plan 3.942 16 4.000	Dev.Plan 3.952 4 4.000
Planning and Decision Making			
X 2023-24	Econ 100A 4 A	Global C10A 4 A	online breadth
reviewed	EPS C20 3 A	LS 110 1 P	
Set 3/28/2023	History 100AC 4 A	UGBA 101B 3 B+	
	LS C160V 3 A	UGBA 180 3 A	
Units 25	PE- 2	PE- 2	
Tot 85.8	Dev.Plan 3.969 14 4.000	Dev.Plan 3.932 11 3.790	
Meaning, Involvement and Progress			
X 2024-25	Econ 165 4	Econ Upper 4	
reviewed	Econ C125 4	Econ Upper 4	
Set 7/5/2024	Sociol 167 4		
	UGBA 102A 3		
	UGBA 106 3		

Graduation Tracker

Economics v.B				Last Mod: 6/27/2024 - Chris Grace			
University	Term	unit	grade	Lower Division	Term	unit	grade
Writing Exam	Satisfied-AP			(Intro Econ) (4)	Econ 1	Su23	4.0 A+
Amer. History	Satisfied-HS			(M 1Acr1GA) (3)	Satisfied-AP		
Amer. Institutions	Satisfied-HS			(M 1Bcr18B) (3)	Math 168	Sp23	3.0 A+
Amer. Cultures	Music 26AC	Sp23	4.0 A	(Stat 25/21) (4)	Stat 20	Sp23	4.0 A
College							
Read/Comp.1A (4)	Satisfied AP			(100A or B)	Econ 100A	Fa23	4.0 A
Read/Comp.1B (4)	HistArt R1B	Fa22	4.0 A-				
Foreign Lang. (5)	Satisfied-HS						
Quant. Reasoning	Satisfied-AP						
I, B, S Breadth							
Arts & Lit. (3)	Music 26AC	Sp23	4.0 A				
Biological Sci. (3)	Nusctx 10	Fa22	3.0 P				
Historical (3)	History 100AC	Fa23	4.0 A				
International (3)	Global C10A	Sp24	4.0 A				
Philos. & Values (3)	LS C160V	Fa23	3.0 A				
Physical Sci. (3)	EPS C20	Fa23	3.0 A				
Soc. Behavior (3)	UGBA 10	Fa22	3.0 A+				
Electives							
1	PhysEd 12	Sp24	4.0 P	Upper Division			
2	UGBA 199	Fa22	2.0 P	Econ Thry A (4)	Econ 100A	Fa23	4.0 A
3	PH101 101	Sp23	3.0 A+	Econ Thry B (4)	UGBA 101B	Sp24	3.0 B+
4				Econ140/141 (4)			
5	LS 110	Sp24	1.0 P	UD Econ 1 (3)	UGBA 180	Sp24	3.0 A
6	<UGBA 106>	Fa24	3.0	UD Econ 2 (3)	<Econ C125>	Fa24	4.0
7	<UGBA 102A>	Fa24	3.0	UD Econ 3 (3)	<Econ 105>	Fa24	4.0
8	<Sociol 167>	Fa24	4.0	UD Econ 4 (3)			
				UD Econ 5 (3)			

Big Picture: Earning Your Degree

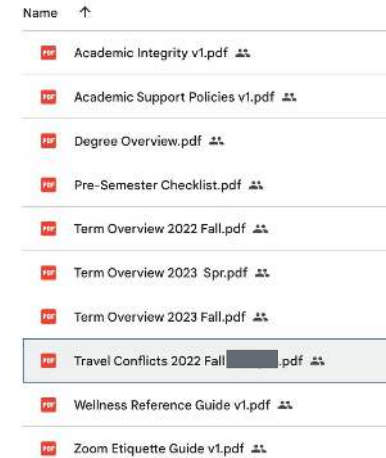
120 units minimum



Portfolio

Your ASC Advisor shares with you a Google folder, your "Portfolio".

All of the documents we produce for you are stored in the folder.



UNIVERSITY OF CALIFORNIA, BERKELEY

BERKELEY · DAVIS · IRVINE · LOS ANGELES · MERCED · RIVERSIDE · SAN DIEGO · SAN FRANCISCO

January 12, 2024

Professor and/or Graduate Student Instructor,

All varsity student athletes are aware of their responsibilities regarding competition, as articulated in campus policies and guidelines specific to extracurricular activities and academic requirements (<https://asc.berkeley.edu>). In your discretion, this student will make arrangements with you to complete missed while participating in these University-sponsored events.

This letter stands as verification that **Oski Bear** (SID# 9252540023) is a student athlete on the 2023-2024 Varsity Mascot team and will be traveling for and/or participating in University of California, Berkeley/Athletic Conference/NCAA sanctioned athletic events during the Spring 2024 semester.

Please find below the specific competition dates of the Varsity Women's Water Polo team and note that, if the team is traveling, they would leave campus **no more than** 48 hours prior to the competition.

Date	Event/Opponent	Location
Fri-Sun, 1/20 - 1/22	Mascot Tournament	Berkeley, Ca
Fri-Sun, 2/24 - 2/26	Regional Tournament	Davis, Ca
Fri-Sun, 3/24 - 3/26	Pac-12 Tournament	Los Angeles, Ca

Travel Letter

Each term, your Advisor creates a **Travel Conflict** letter that you can use to discuss with your instructors how you might be able to handle your class conflicts.

Academic Support

Kris Arden

Tailored Academic Support

- Students receive tailored academic support from the ASC, based on their changing needs from semester to semester.
- The plan is reflected in the student's Portfolio folder.
- Example Plan:

Hours	Tutor Type
1	Time management and study skills
2	Math 16A study group
2	Team study hall
0.25	Bi-weekly Advisor check-in

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Student Athlete Tutorial Support

- Individual and drop-in tutoring, study groups, and study hall.
- Tutors are trained to assist students to develop skills to be successful and self-reliant learners.
- The ASC prioritizes assigning tutors for freshmen, lower division courses, breadth requirements, and general study skills and time management.
- Specific questions on course content should always be directed to Professors and Graduate Student Instructors (GSIs).

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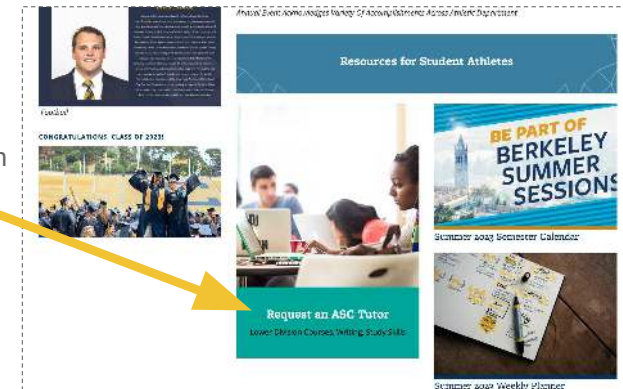
Tutorial Staff

Learning Specialists	Graduate Tutors	Undergraduate Tutors
5 full-time staff	10 part-time grad students	~50 undergraduate students
Assigned	Assigned	Requested on ASC website
Individual	Individual	Individual/Group
Oversee and provide comprehensive support such as time management, organization, developmental writing, strategic reading, and exam preparation	Work with LS to provide comprehensive support such as time management, organization, developmental writing, strategic reading, and exam preparation	Work with student on time management and study skills for both writing-based and STEM courses; course-specific exam preparation

Requesting a Tutor

Tutors can be requested at app.asc.berkeley.edu/tr/

The tutor request button can be found on the home screen of our website



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Requesting DSP Accommodations

Disabled Students' Program (DSP)

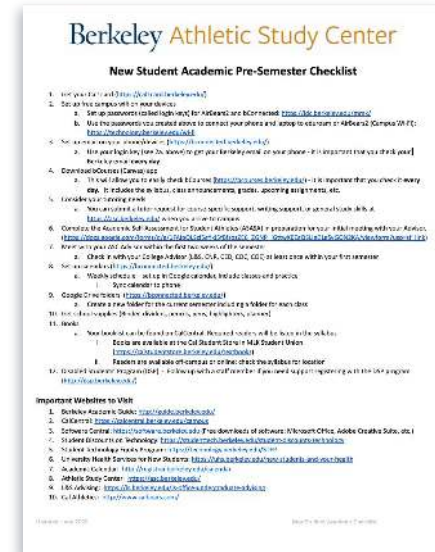
<https://dsp.berkeley.edu/home>

If you have a learning disability and/or an academic accommodations plan from your previous school (e.g. IEP from HS), please start **now** at DSP to make sure you have access to those accommodations here.



Pre-Semester Academic Checklist

- Checklist of items to complete at the beginning of the semester.
- Includes items such as setting up wi-fi and e-mail, downloading important apps, and getting organized for the semester.
 - Please complete the Academic Self-Assessment for Student Athletes (ASASA) prior to initial check-in with advisor in the Fall.
- Review with advisor during initial check-in.
- Copy to be e-mailed out after Orientation along with other presentation handouts.
- Included in the student's Portfolio along with their support plan.



Student-Athlete Panel

Moderated by Dr. Kasra Sotudeh

What will you “discover” about yourself during the Cal journey?



Student-Athlete Panel Participants



Ari Manrique
Soccer
Buford, GA
Psychology
Senior



Abbey Scanlon
Gymnastics
Sterling, VA
Psychology
Senior

ACCOUNTABILITY

As a student-athlete, what are the greatest challenges you have faced in holding yourself accountable to academic and athletic expectations, while maintaining balance with your personal endeavors?

What have you learned in your journey?

ORGANIZATION

What is the significance of managing courses, commitments, and communication via the bConnected platform?

How does maintaining a consistent routine with these tools lead to greater overall success?

RESOURCES

How do you approach taking advantage of, and being selective in, the numerous resources that are available to you, so that you are continuously growing as a scholar and life-long learner?

CAMPUS LIFE

Everyone knows that Cal and the Berkeley community are unique in that there is rich history and culture here.

What did you discover to be eye-opening in your transition onto campus and the way of life in Berkeley?

How did you embrace and adapt to this new space?

PURPOSE

How did you pave your own path, setting into motion meaningful pursuits, while owning the Cal experience beyond the academic and athletic space?

EDUC 98: Directed Group Study

Scholar-Athlete First-Year Transition, Exploration, & Discovery Seminar

2 units

4 sections with 40 students each (Enroll in one section if it works with your schedule)

- Tue, 11:00am-1:00pm (30060)
- Tue, 4:00pm-6:00pm (30020)
- Wed, 11:00am-1:00pm (33982)
- Wed, 4:00pm-6:00pm (30023)

Upcoming Important Dates

June 25 (passed)	Complete Golden Bear Advising
July 16 (9:20am PT)	Student Athlete Transfer Priority Enrollment
July 18 (9:20am PT)	Student Athlete Freshman Priority Enrollment
July 23 - Aug 16	Golden Bear Prep and EverFi Safe & Inclusive Campus Training
August 21	Move-in Begins
August 22-26	Golden Bear Orientation
Wed, August 28	1st Day of Instruction

ASC Contact Directory

Tarik Glenn	Executive Director	glenntarik@berkeley.edu
Kris Arden	Learning Specialist Coordinator	karden@berkeley.edu
Kasra Sotudeh	Academic Discovery & Curriculum Design Coordinator	ksotudeh@berkeley.edu
Chris Grace	Advisor: M Basketball, M Gymnastics, Swimming/Diving, Water Polo	c.grace@berkeley.edu
Ellen Macomson	Advisor: Football (Defense/Specs), W Lacrosse, Soccer	macomson@berkeley.edu
Melanie Moonsamy	Advisor: W Gymnastics, Field Hockey, Rugby, Softball, Tennis	melaniem@berkeley.edu
Cassidy Raheer	Advisor: Beach VB, Baseball, Crew, Golf, Volleyball	raher@berkeley.edu
Ed Wright	Advisor: Football (Offense), W Basketball, Track & Field and Cross Country	edwright@berkeley.edu

Thank you for joining us! GO BEARS!

A recording of this session will be posted on our website.

asc.berkeley.edu/orientation

Upcoming Cal Athletics Webinar
Compliance, Financial Aid & NIL,
Cameron Institute, DEIBJ + ACC
Transition
Wed, Aug 7th @ 5:30PM PT