

MINU

**Leadership
Academy**



Table of Contents

Core Covenants	2
Freshman Checklist	4
Sophomore Checklist	5
Junior Checklist	6
Senior Checklist	7
NAIA Courses	8
Resume Tips	11
Calendar	13

Core Covenants

MidAmerica Nazarene University is committed to five core covenants that are the foundation for every Pioneer team, student athlete, coach, administrator, and campus community member. These core covenants are visible throughout MNU athletics and extend beyond the playing field.

MNU's Athletic Core Covenants

- **COMPETITIVE**

Stand firm, and you will win life. - Luke 21:19

- **DISCIPLINE**

For the Spirit God gave us does not make us timid, but gives us a spirit of power, love, and self-discipline.

- 2 Timothy 1:7

- **FAMILY**

Train up a child in the way they should go, and when they are old they will not depart

from it. - Proverbs 22:6

- **INTEGRITY**

I know, my God, that you examine our hearts and rejoice when you find integrity there.

- 1 Chronicles 29:17

- **PASSION**

...to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. - Romans 12:1

Student Athlete

- **COMPETITIVE**

• Prepare yourself physically, emotionally, and spiritually to pursue excellence in every aspect of your life.

• Understand and embrace failure as a learning opportunity!

• Understand and appreciate God's call to personal excellence (Field, classroom, community, life)

- **DISCIPLINE**

• Be committed to your mind, spirit, and body

• Maintain consistent personal and professional habits that contribute to your well-being

• Understand faith is a key component to who MNU is

• Be committed to regular and consistent classroom attendance, and demonstrate proactive communication with instructors on course work and missed class time

• Commit to daily & weekly academic success & preparation

Core Covenants

- **FAMILY**

- Invest and serve on your team and in the MNU community
- Maintain consistent attendance in chapel, campus events and student and University supported activities beyond athletics
- Display a mutual admiration and respect for all students on campus, embracing diversity
- Celebrate the success of others while committing to develop a healthy team chemistry
- Engage in healthy relationships w/teammates, other athletes, and university students, faculty and staff

- **INTEGRITY**

- Do what is right
- Be honest with yourself, coaches, teammates, and faculty and staff
- Maintain accountability (personally and with your teammates)
- Maintain a positive social media footprint
- Communicate honestly about the MNU experience
- Endeavor to live in the spirit of honesty, integrity, and fair play, respecting the rights of others
- Embrace MNU's lifestyle covenant and core values

- **PASSION**

- Do more than your fair share
- Embrace your role in the program and adversity as encountered
- Display an enthusiasm for your sport, team, coaches, & university
- Actively participate in community service events

Freshmen Checklist

Reminder: Complete FAFSA by Jan. 30th to ensure maximum financial aid.

- **Pioneer Prep**

Admissions, Financial Aid, Student Accounts, Student ID & Mailbox, Parking Permit, Healthcare Paperwork, Download MNU Mobile Up App, NAIA Academy (Champions of Character Learn to Live 5 & myPlaybook NAIA Rules and Performance Enhancing Drugs education courses.)

- **Meet Your Advisor**

Once in the Fall for Spring registration and again in the Spring for Fall registration. Be sure to ask specific questions and/or concerns to discuss with advisor.

- **Avoid WITHDRAWING from Courses**

There is a grace period for adding/dropping during the first week of the semester. Remember, fees will be incurred for late schedule changes and it could impact your eligibility if you drop below 12 credits.

- **Utilize Campus Resources & Get to Know Your Professors**

The Student Success Center offers free tutoring. Attend professor's office hours and ask your classmates/teammates for help. Visit the library and learn to use the research materials. Career services offers assessments that may be used to help in determining major/career.

- **Be Involved**

Join groups/clubs that interest you. Volunteer and attend school functions. Take pride in MNU and in doing so, you will greatly enhance your resume.

- **Eat Right & Exercise**

Stay on top of your physical and mental health. Sleep, exercise, and healthy eating habits all contribute to a better sense of well-being.

- **Know Where to Turn for Help**

Seek confidential guidance and advice from an array of sources. Be it an academic advisor, coach, RA, campus clinic, etc.

- **Familiarize Yourself with Moodle, E-mail**

Check your email every day. It is the official way of communicating on campus.

- **Academic Excellence**

Student-Athlete goal is to achieve a 3.00 GPA. Strive for academic honors at MNU, conference, and national levels. Learning good study habits and perfecting time management is vital to success.

- **Know & Satisfy Eligibility Requirements**

9 hours must be earned in the first semester. 24 hours must be earned in your last two semesters to be eligible to compete next year. (i.e. Fall= 9 Spring= 15) You may use upcoming summer school. Understand NAIA Eligibility Center and YOUR eligibility.

- **Continue Success**

Pioneer ready, meet with your advisor, know adding/dropping course policy, campus resources, technology, etc.

- **Clarify Academic Goals & Officially Declare Major**

- **Courses**

Enroll in the courses listed on the NAIA Courses pages that correspond to your year in school. Log-in at www.naia.org/learn

Sophomore Checklist

Reminder: Complete FAFSA by Jan. 30th to ensure maximum financial aid.

Confirm degree plan by filling out major declaration form and then meet with major advisor to receive Advising Form. Undecided student-athletes need to take career services assessment.

- **Gain Hands-on Practical Experience in Chosen Field.**

Find an internship, research opportunity, volunteer, or job shadow to learn more and help you identify essential knowledge, skills, and abilities related to your career. Build your network.

- **Get Involved | Become a Leader**

Look for leadership opportunities in student organizations, student government, residence life, and community service.

- **Continue Practicing Effective Time Management & Study Habits**

Be aware of your own personality traits, learning habits, learning styles, strengths, and weaknesses.

- **Friend a Freshman**

You have “been there, done that” and passing your knowledge along to someone new is what it is all about. In doing so, it will help you focus on what you love about your college experience.

- **Be Smart About Your Financial Future**

Track your spending; it is a habit that will serve you well for the rest of your life. Save credit cards for emergencies and understand how to build credit.

- **Improve Professional Profile**

Reflect on your year, note your accomplishments, and update documentation of involvement, jobs, etc. on resume. Begin building your professional wardrobe.

- **Academic Excellence**

Set goals to exceed Freshman year’s GPA and work hard to keep academics your #1 priority.

- **Know & Satisfy Eligibility Requirements**

24 hours must be earned in your last two semesters to be eligible to compete each semester. (i.e. Previous semester [Fall or Spring] = 9 + next semester = 15 : Total = 24) You may use upcoming summer school. Must have earned 48 cumulative hours entering Junior year.

- **Courses**

Enroll in the courses listed on the NAIA Courses pages that correspond to your year in school. Log-in at www.naia.org/learn

Junior Checklist

Reminder: Complete FAFSA by Jan. 30th to ensure maximum financial aid.

- **Bucket List**

Before leaving MNU, list all the things you would still like to accomplish before your college days are over. Do "that" next thing because this is the best time of your life- your future will depend on it.

- **Exit Timeline**

Degree sheet should be highlighted and list final classes needed to graduate. Plan your timeline related to your expected graduation date. You may need to think about summer classes.

- **Intent to Graduate Form**

Students are responsible for making sure they are enrolled in the courses required to meet the graduation requirements specified within their major. This form should be completed and submitted to the Registrar's Office prior to the end of the Junior year. Understand fees and criteria related to graduating.

- **Research Graduate School, Prepare for Entrance Exams, &**

- Know Admission Deadlines**

Graduate schools require specific entrance exams such as the GRE, LSAT, MCAT, GMAT or DAT. Exams are offered at limited times throughout the year and preparing to do your best will prevent spending more money on multiple attempts.

- **Professional Portfolio & Resume**

It is one thing to tell an employer what you can do; it is another to show them. Your portfolio is a collection of class assignments, certificates, acknowledgements, projects, and other documents that showcase your accomplishments. Career & Life Calling services can advise you on resume development and format.

- **Recommendation & References**

Ask those who you have made meaningful relationships with to construct a letter of recommendation or be listed as your reference. Be sure to give ample time for the letter and always ask before listing someone as a reference.

- **Summer Plans**

If you haven't had an internship already, the summer between Junior and Senior year is crucial for landing one. It is the last chance to really explore career options through hands-on work experience before graduation. Nearly 50% of interns are offered full-time job offer from their employers.

- **Academic Excellence**

Continue to meet the standard of the athletic department - 3.0 GPA. These are the last grades that will show if you plan to apply to graduate school next year and what most employers will see before hiring you.

- **Know & Satisfy Eligibility Requirements**

24 hours must be earned in your last two semesters to be eligible to compete each semester. (i.e. Previous semester [Fall or Spring]= 9 + next semester= 15 : Total= 24) You may use upcoming summer school. Must have earned 72 cumulative hours entering Senior year.

- **Courses**

Enroll in the courses listed on the NAIA Courses pages that correspond to your year in school. Log-in at www.naia.org/learn

Senior Checklist

Reminder: Complete FAFSA by Jan. 30th to ensure maximum financial aid.

- **Participate in the Career Ready Program**

Career Ready is a program offered to juniors and seniors to process and anticipate life after college. The program will be composed of four workshops to help with transitioning from college to career.

Career Ready is offered in the spring. If you have any questions, please contact Christine Snyder at crsnyder@mnu.edu.

Below is a schedule of the topics:

Spring Session

- Resumes, Cover Letters, and Career Fair Prep
- Interviewing
- Job Search
- Career Progression and Pursuit of Calling

- **Attend Champions of Character Life Skill Training**

Once a month, held in Hager Lecture Hall.

- **Meet with the Career & Life Calling Office**

Contact Christine Snyder to discuss resume building, practice interviews, any transition questions from college to career.

- **Attend Career Fair**

Mark your calendar to be at the February 28th Career Fair. Have your portfolio of information ready to present that day.

- **Come Back**

We want you to support future MNU Pioneers. Please check back in with us in the years to come.

- **Courses**

Enroll in the courses listed on the NAIA Courses pages that correspond to your year in school. Log-in at www.naia.org/learn

NAIA Courses



NAIA Academy Courses

Live 5 Courses are designed to be progressive with one course being the prerequisite for the next. Student-athletes start with the first course, Learn to Live 5 and progress through the final course, Live 5 for Life. Transfer students and others who begin Live 5 coursework after their freshman year will need to complete the prerequisite lower level coursework prior to taking their appropriate grade level course. Character studies precede each course and are offered post-season.

Freshmen Courses

- **REQUIRED SA 120 Live 5: Learn to Live 5**

Recommended Year 1 course. Learn to Live 5 is an introduction to the Champions of Character five core values. This course names and defines each of the five Champions of Character core values of Integrity, Respect, Responsibility, Sportsmanship and Servant Leadership. The course also provides examples for demonstrating each of the Five Core Values inside and outside of competition.

- **REQUIRED SA 130 myPlaybook: NAIA Rules and PED**

Awareness

Recommended Year 1 course. This course will cover the NAIA's drug testing procedures and protocols and will expose student-athletes to the NAIA's banned substance list. Student-athletes will also learn about the harmful effects of using performance enhancing drugs and identify means of achieving improved athletic performance without drug intervention. Finally, a detailed demonstration of the Resource Exchange Center will be provided.

- **SA 740 myPlaybook: Sexual Assault Awareness & Prevention**

Standard education related to key sexual assault concepts is essential to promoting the health and wellbeing of all college students. myPlaybook Sexual Assault focuses on normative perceptions, behavioral intentions, and harm prevention. Specifically, this course uses evidence-based strategies to correct misperceptions regarding the prevalence and acceptability of sexual assault on campus among student-athletes, outlines content related to the rights of student-athletes and the responsibilities of their university related to sexual assault, and promotes the development of intellectual skills aimed at increasing student-athlete efficacy to be safe active bystanders.

Sophomore Courses

- **SA 220 Live 5: Master the Fundamentals**

Recommended Year 2 course. Master the Fundamentals reinforces and expounds on the Champions of Character core values of Integrity, Respect and Responsibility and how student-athletes can model those values. This course further defines, reinforces and explains the Champions of Character core values of Integrity, Respect and Responsibility. Challenges to each of these core values are presented. Student-athletes have the opportunity to determine how best to model those values in response to the challenges presented.

- **SA 230 myPlaybook: Dietary Supplements & Sports Nutrition**

Recommended Year 2 course. In this course student-athletes will learn about the role nutrition plays in athletic performance. Specifically, student-athletes will explore the best pre and post competition foods as well as campus dining options appropriate for student-athletes. Lastly, student-athletes will better understand dietary supplementation and will be able to make informed decisions about their own personal dietary supplement use.

NAIA Courses



Junior Courses

- **SA 320 Live 5: Live 5 and Lead**

Recommended Year 3 course. Live 5 and Lead reinforces and expounds on the Champions of Character core values of Sportsmanship and Servant Leadership. This course further defines, reinforces and explains the Champions of Character core values of Sportsmanship and Servant Leadership. Challenges to these core values are presented. Student-athletes have the opportunity to determine the best response to those challenges as a leader and mentor.

- **SA 330 myPlaybook: Life Skills**

Recommended Year 3 course. Stress is an everyday occurring event. This course is devoted to exposing student-athletes to both positive and negative coping strategies as well as explore what works best for them. Ultimately, student-athletes will learn how to effectively manage their own stress by becoming more adaptive and resilient which in turn will help them perform more optimally during competition and in the classroom.

Senior Courses

- **SA 420 Live 5: Live 5 for Life**

Recommended Year 4 course. Live 5 for Life describes how student-athletes can demonstrate the Champions of Character core values after college and enables student-athletes to build their own plan for modeling the core values. This course provides examples for modelling the Champions of Character core values after college in the work place, school, in volunteer activities and relationships. Post-graduation situations are presented which call for

demonstration of the Champions of Character core values. Student-athletes are encouraged to think through those situations and respond. Student-athletes will build their own personal plan for modelling the Champions of Character core values after college.

- **SA 430 myPlaybook: The Transition from College Athlete to Healthy Adult Lifestyle**

Recommended Year 4 course. Maintaining a healthy lifestyle after college can be challenging for many student-athletes. The transitions course will help senior student-athletes transition out of collegiate athletics. Student-athletes will explore their identity (who they are) outside of athletics, learn how to develop effective goals conducive to optimal health promotion, and develop decision making skills that will aid them beyond college sports.

My Playbook Courses (Optional Courses)

- **SA 710 myPlaybook: Alcohol Impact on Athletic Performance**

The objective of the myPlaybook Alcohol and athletic performance course is to support student-athletes in making healthy decisions regarding their own personal alcohol use or their choice to not use. Specifically, this course provides effective strategies for dealing with potentially harmful situations that surround alcohol use. This is accomplished by presenting accurate student athlete use data and challenging their positive expectations regarding alcohol use. Lastly, student-athletes will consider ways in which they can use harm prevention strategies for themselves and others to reduce the potential for negative consequences associated with alcohol use.

NAIA Courses



- **SA 720 myPlaybook: Drug Prevention**

This course is devoted to targeting normative perceptions held by student-athletes, their alcohol and other drug expectancies, as well as their efficacy to use harm prevention strategies for themselves and others. Student-athletes will explore alcohol and drug use by other student-athletes and compare it to their own use/non-use. Additionally, they will consider ways to reduce the negative effects of alcohol and other drug use on their athletic and academic performance. Interactive learning activities increase user-engagement and enhances the student-athletes' myPlaybook experience.

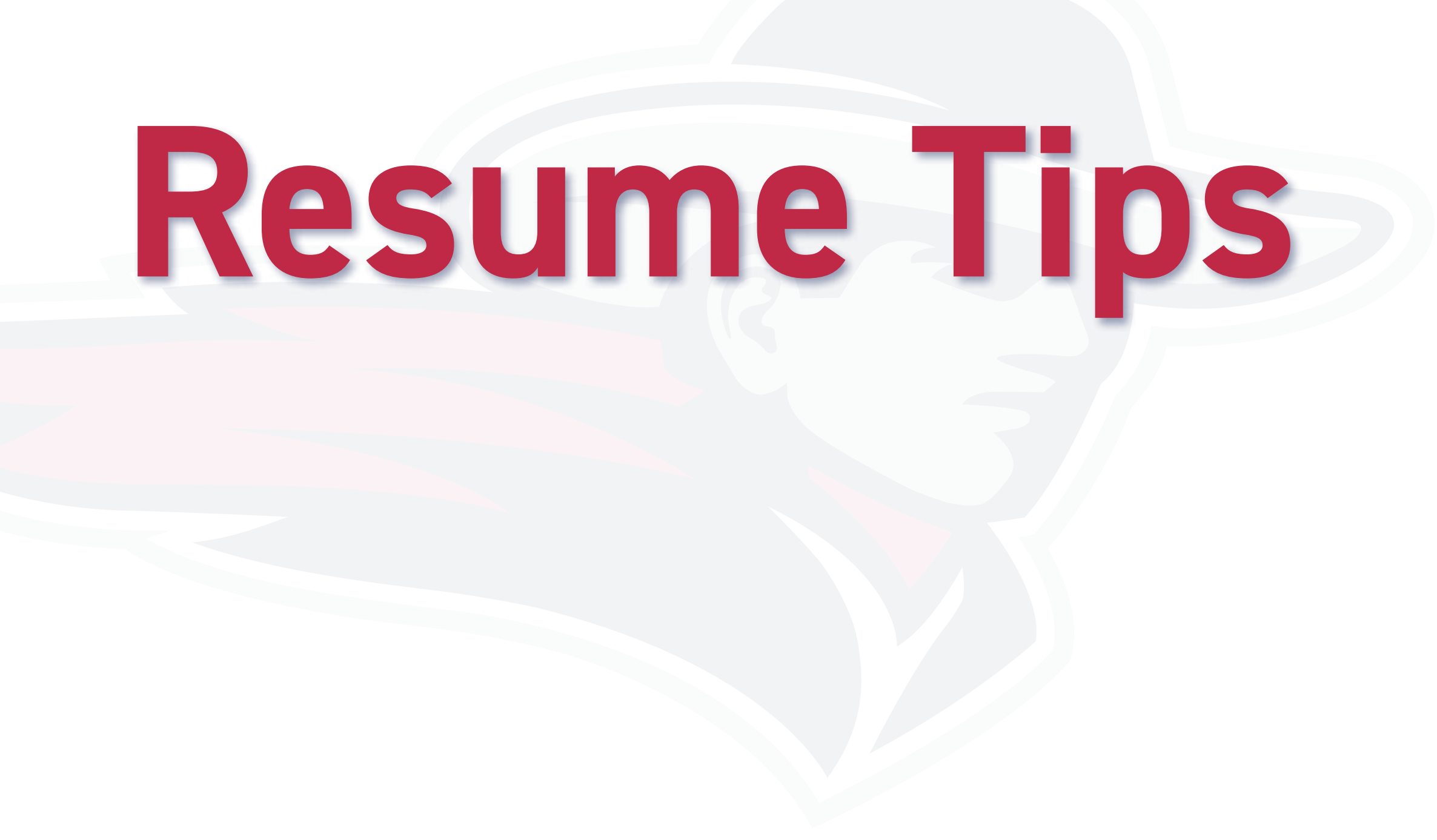
- **SA 730 myPlaybook: Marijuana Impact on Athletic Performance**

In this course, student-athletes will learn about the effects of marijuana on athletic performance. Once a student-athletes has completed this course they will better understand common myths about marijuana and its use, describe how the body reacts to marijuana use, and draw links between marijuana use and poor athletic performance. Ultimately, this course will help student-athletes make healthy and informed decisions regarding marijuana use.

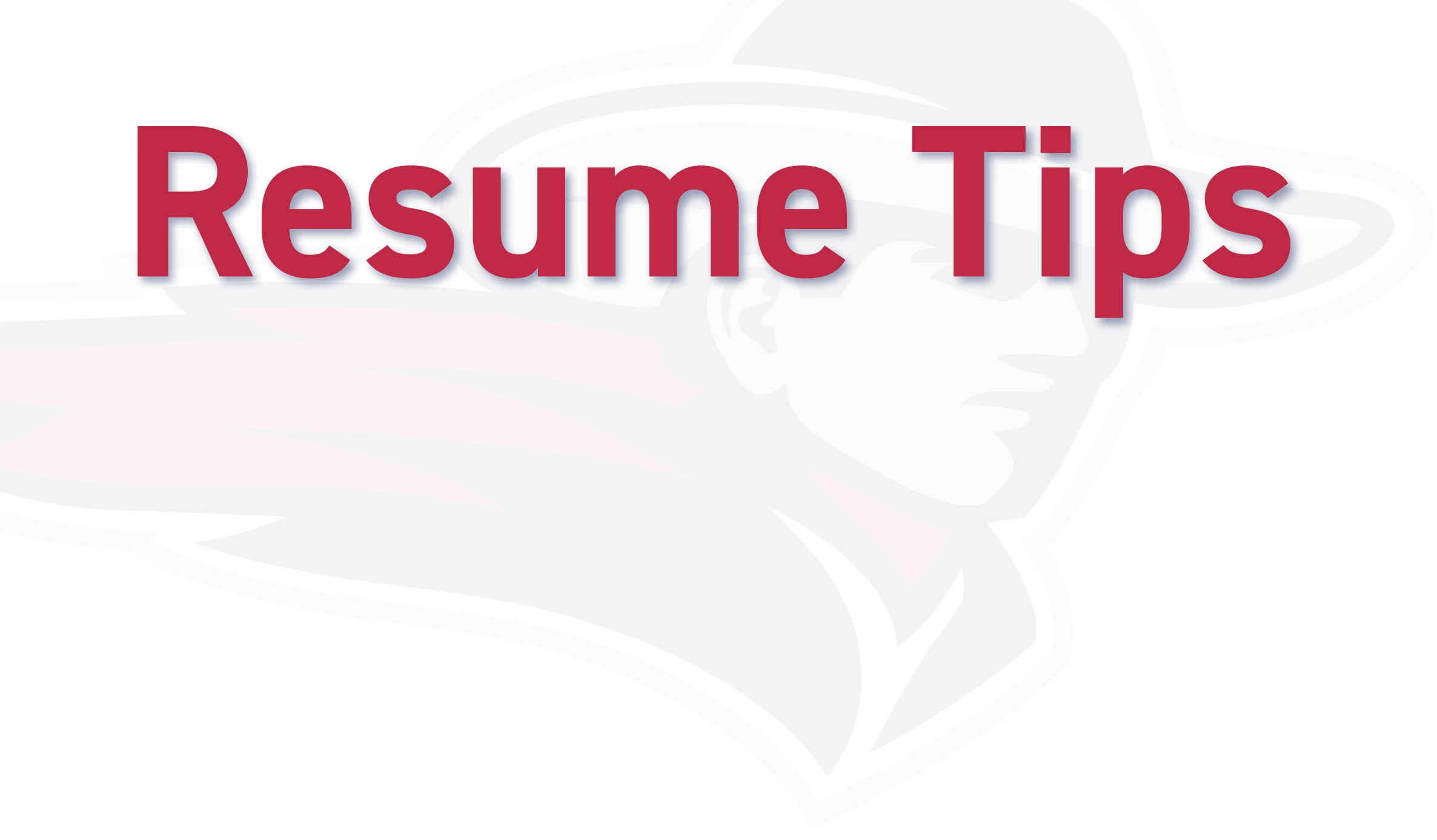
- **SA 750 myPlaybook: Tobacco Impact on Athletic Performance**

Today's student-athlete is well aware of the harmful effects of tobacco use. Therefore the objective of this course is to not only remind student-athletes of the short and long-term effects of tobacco use, but also curb exaggerated normative perceptions about the use and acceptability of tobacco. The course challenges positive expectancies and reinforces negative expectancies of tobacco use, as well as supports student-athletes' intentions to be tobacco free. Like other myPlaybook courses, innovative instructional design activities are used to engage the user and optimize the end-experience.

Resume Tips



Resume Tips

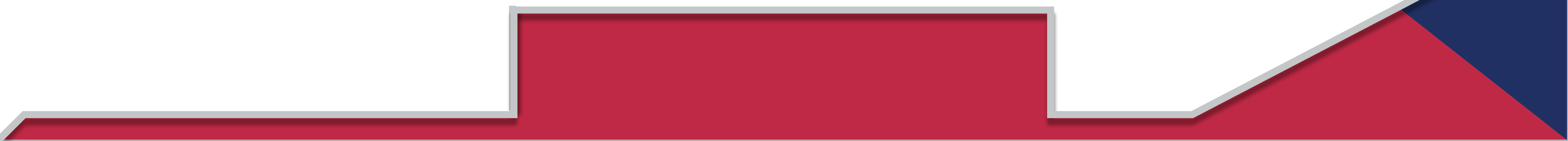




August

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



September

2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5



October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



November

2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



December

2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4





January

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

February

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29





March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



April

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

May

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

we are not settlers



**we are
Pioneers**

