

TURNING WORLD CLASS STUDENT-ATHLETES INTO WORLD CLASS LEADERS



WILDCATS STAND UP AND ROARR (REACH OUT AND REINFORCE RESPECT)

Wildcats Stand Up and ROARR is an anti-bullying program, created by and led by student-athletes. We visit schools all over Evanston and the Chicagoland area presenting the program, which consists of education, interactive games and conversation about how kids can help themselves and other kids to help prevent bullying.

FUEL UP TO PLAY 60 WELLNESS CORPS

Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with the USDA, that empowers students to take charge in making small, everyday changes at school. Student-athletes visit partner FUTP60 schools in the area to help spread the messages of healthy eating, being active and inspiring young kids to take action. We want kids to make a difference not only in their lives, but also their community!

WEEKLY VISITS TO LURIE CHILDREN'S HOSPITAL FAMILY LIFE CENTER

Every other Wednesday & Thursday evenings (6-8pm) & Friday mornings (10-11:30am) NU student-athletes visit with ill children and their siblings in the Family Life Center. Visits can range from reading to playing video games to doing the activity of the day with the kids.

DANCE MARATHON

Throughout the school year, there are numerous opportunities to contribute to the campus-wide initiative. Student-athletes have the opportunity to volunteer at events, fundraise for the beneficiaries, and dance at Dance Marathon.

OTHER OUTREACH OPPORTUNITIES

- S.A.A.C. Field Day in the Fall
- Misericordia Candy Days in the Spring
- Weekly School Visits
- Team Specific philanthropic initiatives
- Mentoring opportunities
- Leading tours for local school field trips



STUDENT-ATHLETE ADVISORY COMMITTEE (S.A.A.C.)

Two representatives from each of the 19 teams. Promotes communication between student-athletes, administration, the BIG Ten and NCAA. Serves as the student-athlete voice within the department, discussing issues and concerns, and providing feedback. Facilitate and organize five department events.

P.U.R.P.L.E. PEER MENTORS

Representatives from each of the 19 teams. Mentors participate in workshops that train them to recognize the warning signs related to various health and wellness challenges and equips them with skills necessary to initiate conversation and refer to professional staff. Mentors are equipped with the knowledge of campus various campus resources and have the ability to refer other student-athletes to respective offices.

ENGAGE

Collaboration with the department of Campus Inclusion and Community. Seeks to create an inclusive culture within the student-athlete community through intentional conversations and meaningful programming.

LEADERSHIP INSTITUTE

The Robert E. and Emily H. King NU P.R.I.D.E. Program Leadership Institute cultivates world class leaders by inspiring students to actively engage in their leadership development. The vitality of this program emerges from workshops that consist of inspirational testimony, world renowned professionals, experiential learning, and reflection, all of which serve to challenge Northwestern Student-Athletes to explore, define, master, and live leadership.

- Exploring Leadership-Year One
- Defining Leadership-Year Two
- Mastering Leadership-Year Three
- Living Leadership-Year Four

FIRST YEAR EXPERIENCE (F.Y.E.)

With full participation from all first-year student-athletes, this program serves to educate student on how to successfully navigate both NUDAR and campus resources while providing an opportunity to network with university faculty and staff. The F.Y.E. program also serves as a forum for student-athletes to learn about the various realms of campus life, relevant to their transition into college.



NU FOR LIFE FOUR-YEAR CURRICULUM

Each student-athlete participates in a structured, four-year program designed to develop professional IQ. Student-athletes are required to attend one event per year that is customized to where they are in their professional development.

CAREER CATALYST

Employer engagement program centered on creating internship and full-time job opportunities. The goal is to engage employers and alumni who understand the time commitments of student-athletes and accommodate their schedules accordingly.

WILDCAT PROFESSIONAL EXCELLENCE PROGRAM

Signature junior event bringing together 40 professionals from across the country to interact one-on-one with student-athletes. Features a networking session, dinner, a keynote speaker and the announcement of annual Irving Kabiller Memorial Awards (\$5,000 award/winner).

PROFESSIONAL PREP BOOTCAMP

Six-week summer workshop designed to develop self efficacy, provide exposure to a variety of professional possibilities, and connect students with alumni and employers.

NU FOR LIFE MENTORING PROGRAM

Pairs sophomores with former letterwinners in order to support their personal and professional development