



# **The Scholar Athlete**

MENTORING SPIRIT, MIND, BODY

## **College Careers Academic Enhancement Structured Study Hall**

### **Expectations**

#### ***Commitment to Academic Excellence***

**Tuesdays and Thursdays**

**5:30 PM to 6:30 PM (Ages 9 to 12)**

**6:30 PM – 7:30 PM (Ages 13 to 18)**

**All Scholar Athletes who would like to participate in the Criollos and/or Felix Mantilla Little League Tuesdays and Thursdays winter clinics/practices are required to participate in this Structured Study Hall prior to that evening's clinic/practice.** The structure varies based on the Scholar Athlete's level of academic preparation. This Structured Study Hall is intended to create a productive learning environment that prioritizes task completion and academic skill enhancement progress.

***Please note that this is not a homework help period.*** Scholar Athletes should manage their time and complete homework prior to arrival at Journey House or after practice is complete. Journey House Structured Study Hall is designed to prepare Scholar Athletes for college, careers, and/or military.

- **Be on-time** (this means arriving 10 minutes prior to start time).
- **If you are 10 minutes late, you may participate in the Study Hall.** However, you will not be able to participate in that evening's clinic/practice (unless you have prior approval for late arrival from Journey House CEO Dr. Bria). No exceptions.
- This program will enhance Scholar Athletes' knowledge in academics and life skills.
- Upon arrival, each Scholar Athlete shall retrieve their folder and begin working on the following daily projects.
  - **SAMPLE Schedule (until A status is achieved)**
  - Group Breathing Technique Practice (5 minutes)
  - Memorizing the key-board (10 minutes)
  - Creative Writing (5 Essay Series) (20 to 45 minutes)
  - Money Smart Financial Literacy (30 minutes) (for ages 13 to 18)



## The Scholar Athlete

MENTORING SPIRIT, MIND, BODY

- **Be prepared.** Journey House will provide each Scholar Athlete with a folder that includes a notebook and a Scholar Athlete Education Plan for Success.
- **Bring a book.** Scholar Athletes should bring their tools: a pen and the current book/magazine that they are reading.
- **Be assertive and ask questions.** College Career Coaches and/or tutors will be available to assist in assignments, guidance, and answer questions
- **Be authentic.** Each Scholar Athlete will meet with a College Careers Coach for initial academic assessment and on-going monitoring of academic enhancement progress.
- The **Scholar Athlete Personal Education Plan (PEP) is a “living document,”** which will assist Scholar Athletes to be prepared, competitive, and stand-out when applying for colleges, workforce, or armed forces. The PEP is a guide to monitor your Scholar Athlete’s academic enhancement progress. The PEP is designed to customize curriculum to each Scholar Athlete’s unique academic skills at a self-paced rate.
- This college preparatory curriculum is designed to enhance their time management, academics with special emphasis on reading and writing, vocabulary, life-skills, team-building skills, and creative vision.
- Upon conclusion of the Structured Study Hall hour, Scholar Athletes will place all work into their work folders and return them to their designated crate. Once dismissed, they may proceed to the gym for practice.
- Even if Scholar Athletes are not scheduled for a practice/clinic, they are welcome to attend both evenings (Tuesdays and Thursdays) to further enhance their academic performance.
- When scheduled, Scholar Athletes will participate in breath-work and community building activities.
- Negative behaviors (use of derogatory terms, profanity, bullying) will not be tolerated.
- Cell phones are strictly prohibited during this time.
- If a Scholar Athlete would like to work on the assigned academic enrichment project outside of the Structured Study Hall, they are welcome to do so but not required.
- Please visit <http://www.journeyhouse.org/athletics.html#baseball> for more information.