Members Present: Joe Tront, Dan Thorp, Rachel Holloway, Robin Queen, Lisa Karlisch, Jen Irish, Christopher Wise, John Galbraith, Paul Knox, Phil Miskovic, Brent Kremer, Eric Martin.
Absent: Alex Efird, Emma Atkinson, Dirk Buengel, Frank Thompson, Amy Ingram, Whit Babcock, Liesel Ritchie, Simon Allen, Travis Burns, Mark Feldman, Leanna House, Brad Whitney, Brad Wurthman.
Guests: Sarah Anderson, Danny White, Gary Bennett.

1. **Approval of Agenda.**   Group

2. **Electronic Approval of December 12, 2024 Meeting Minutes.** Posted on the Governance web page (http://www.governance.vt.edu).   Galbraith

3. **Student-Athletic Academic Support Services Update:** Sarah Armstrong discussed NCAA legislative landscapes, including the transfer portal. She detailed the process that SAASS goes through for prospective transfer athletes to be sure that they are fully aware of their degree options should they transfer to Virginia Tech. There is a concern because a large number of students who enter the transfer portal do not get an offer from another school and may end up without a school to transfer to where they can continue their academic or athletic career. She mentioned that the more hours the athlete has completed before they transfer, the harder it is to find degree options. Her presentation is attached below.

4. **Guest Presentation:** Dr. Gary Bennett is a clinical and sport psychologist for the Virginia Tech Athletics Department. He coordinates the CAMP (Counseling and Athletic Mental Performance) program, as well as oversees ADHD and substance misuse programming. Gary discussed the NFL Mental Health programming and shared a video link about the program. He said that Virginia Tech tries to offer complete counseling services to student athletes. About 50% of the 600 student athletes come to see one of the counseling group. For comparison, Cook Counseling Center sees about 18% of the remaining student population. A particular concern for his group is the prevention of depression, anxiety, and suicidal thoughts among athletes, who are under more stress than the general student population. His presentation is attached below.

5. **Athletic Director Update:** Danny White gave a report about current and upcoming sports events and sports seasons. Dates for 2025 football games will be released on Monday the 27th. He said that news about a Defensive Coordinator hire would be coming soon. Danny presented a few slides showing the numbers of students involved in the transfer portal. He said that many more students have been evaluated by SAASS and other Athletic Department staff than actually transfer in, and emphasized what a large workload that is. About 2075 football players have entered the transfer portal, an average of about 16 from

each of the 134 Division I schools. Over half are from schools other than the Power 4 conferences (SEC, B1G, ACC, and B12). About 2984 total athletes are transferring in 2024, and about 1098 have signed, but that means about 1657 have not. His presentation is attached below. Jen Irish shared this related link: https://www.ncaa.org/sports/2022/4/25/transfer-portal-data-division-i-student-athlete-transfer-trends.aspx.

6. **Adjourned at 4:59 pm.**

<u>Proposed Spring 2025 UAC Meeting Schedule</u>
Feb 13th – 3:30 p.m. – 5:00 p.m. (TBD)
March 20th – 3:30 p.m. – 5:00 p.m. (TBD)
April 17th – 3:30 p.m. – 5:00 p.m. (TBD)
May 7th (if needed) – 3:30 p.m. – 5:00 p.m. (TBD)

ADVISING FOR THE TRANSFER PORTAL

UNIVERSITY ATHLETICS COMMITTEE

Student-Athlete Academic Support Services
January 23, 2025
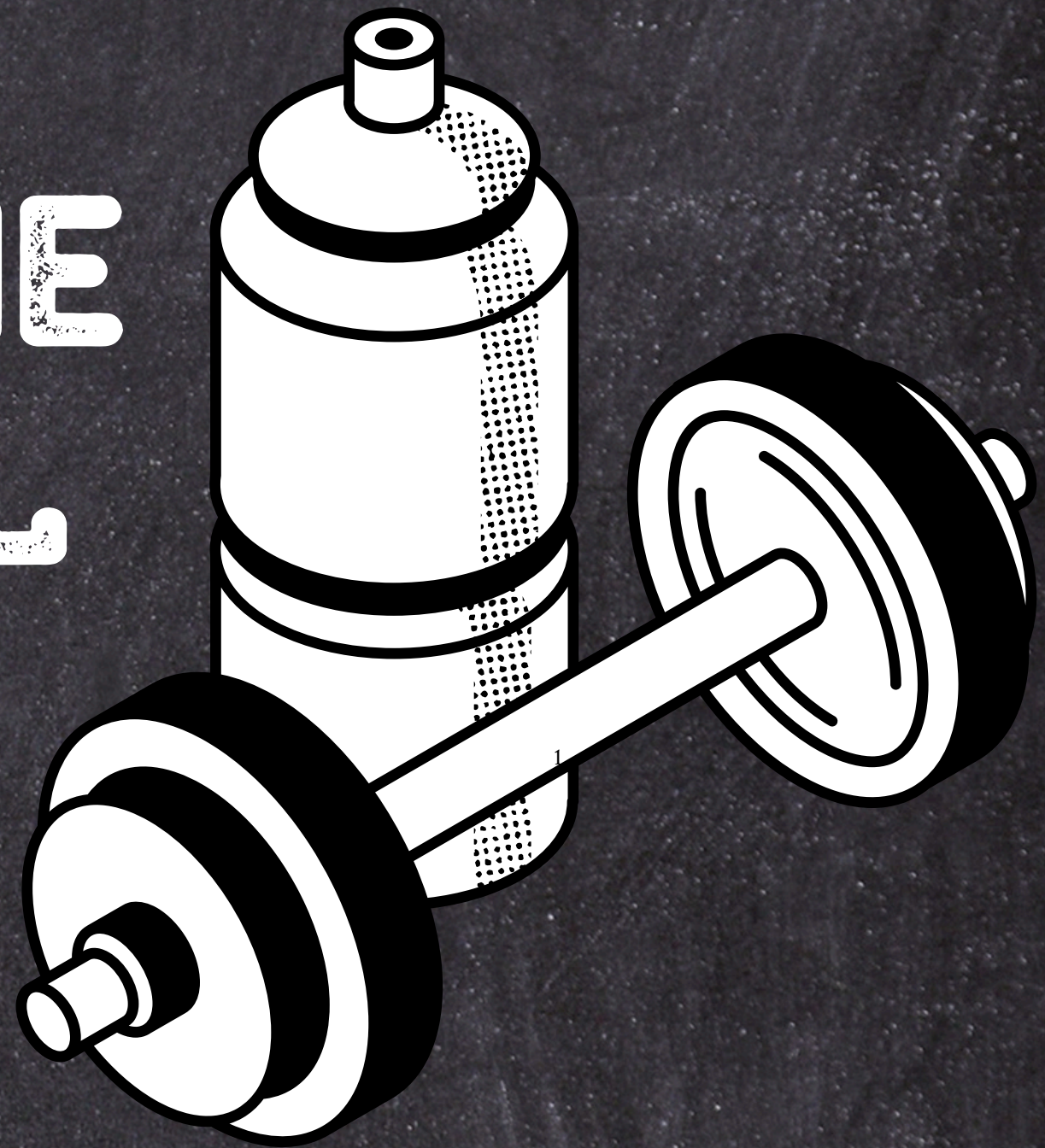
ALL DIVISION / SPORT STUDENT-ATHLETE

TRANSFER PORTAL ENTRY TRENDS

Legend: 2022-2023 Total = 40k+ · 2023-2024 Total = 44k+ · 2024-2025 Total = 8k+

Y-axis values: 0, 2000, 4000, 6000, 8000

Data labels: 4,999 · 7,555 · 7,204 · 3

X-axis: August, September, October, November, December, January, February, March, April, May, June, July
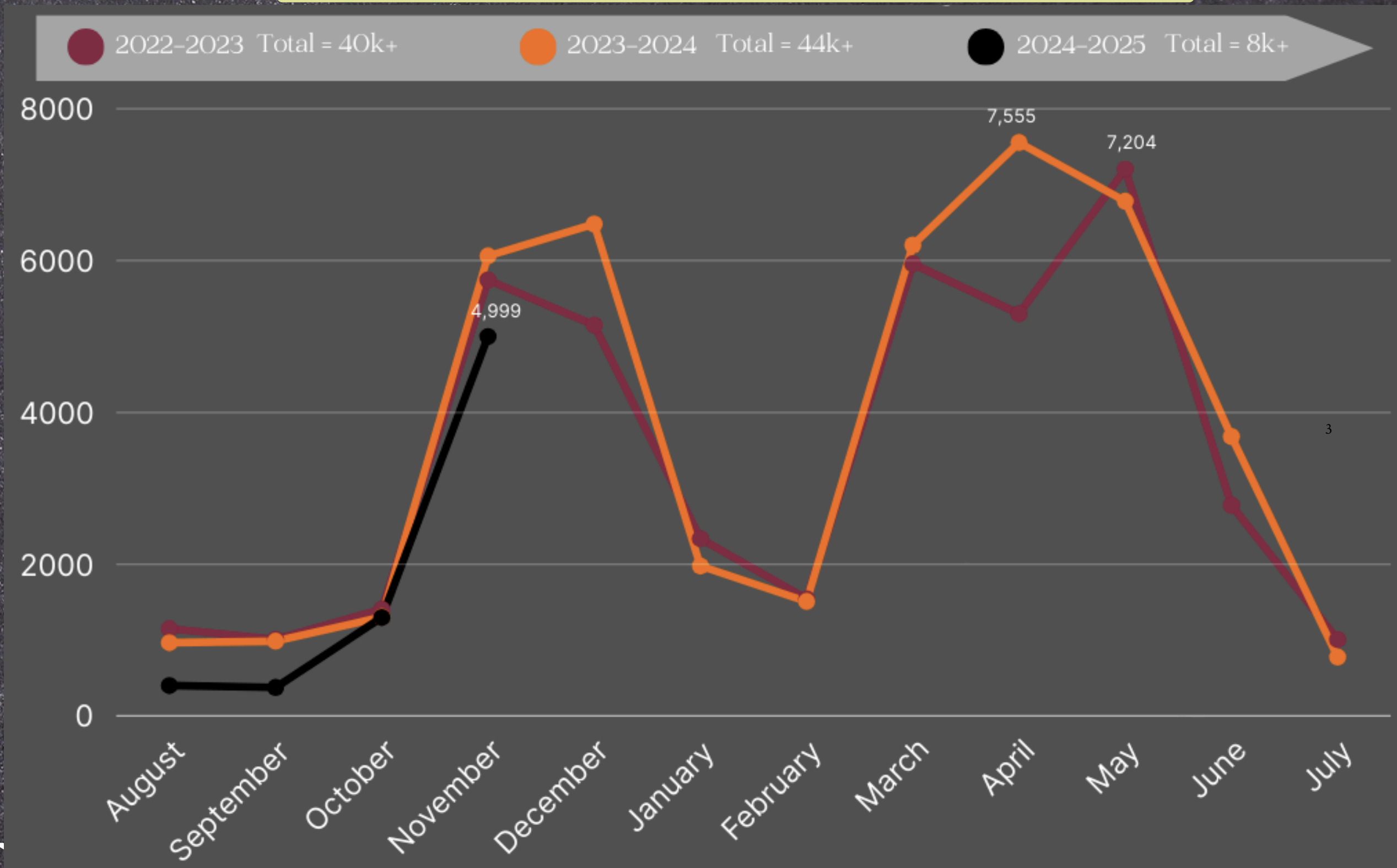
NCAA TRANSFER WINDOWS
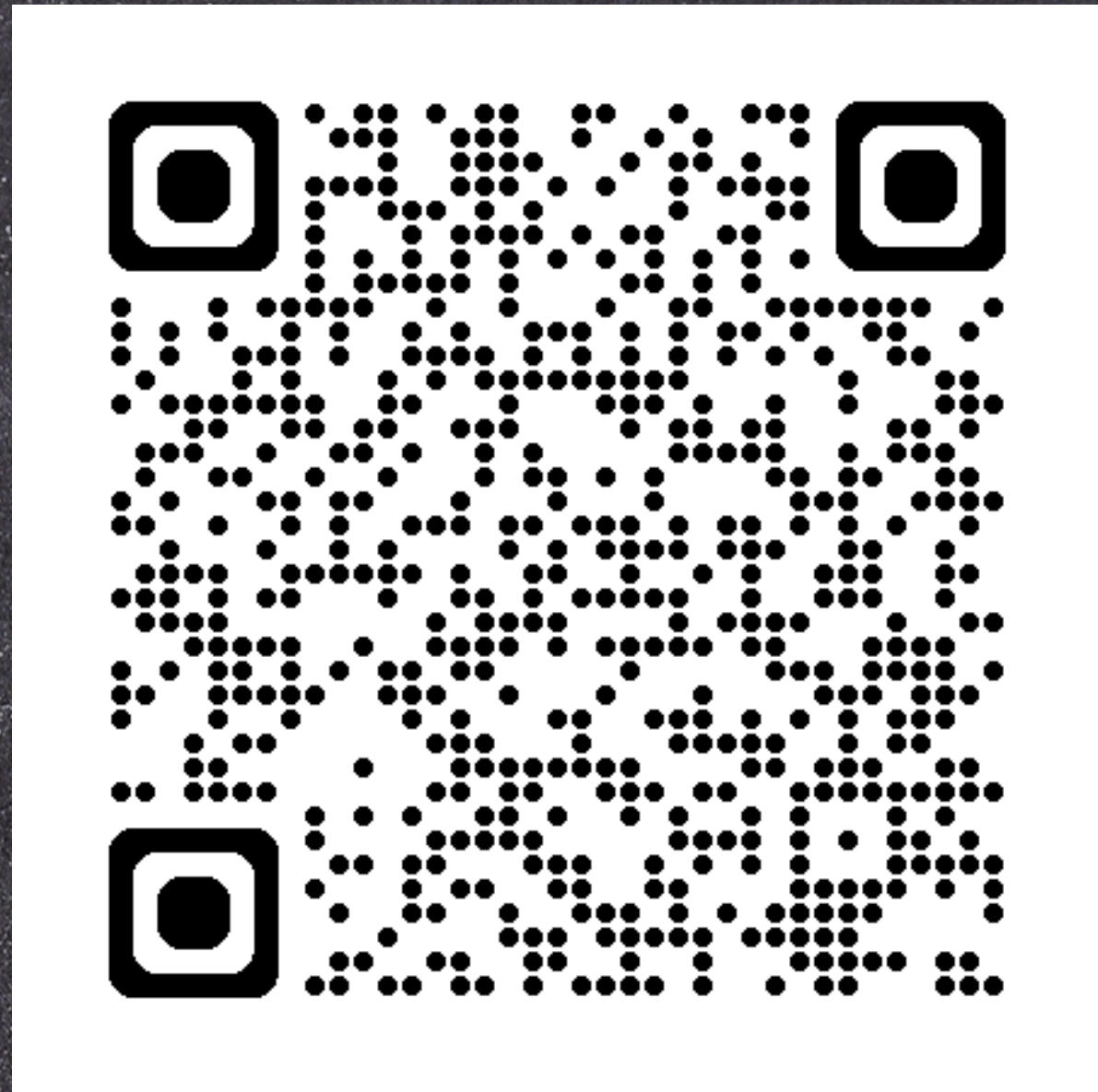
ALL DIVISION / SPORT STUDENT-ATHLETE

NCAA TRANSFER PORTAL

Legend: Matriculated | Withdrawn | Total Entered

Year	Matriculated	Withdrawn	Total Entered
2020-21	12,532	2,221	28,105
2021-22	16,120	3,135	35,360
2022-23	18,997	3,685	40,567
2023-24	20,810	3,334	44,237

5
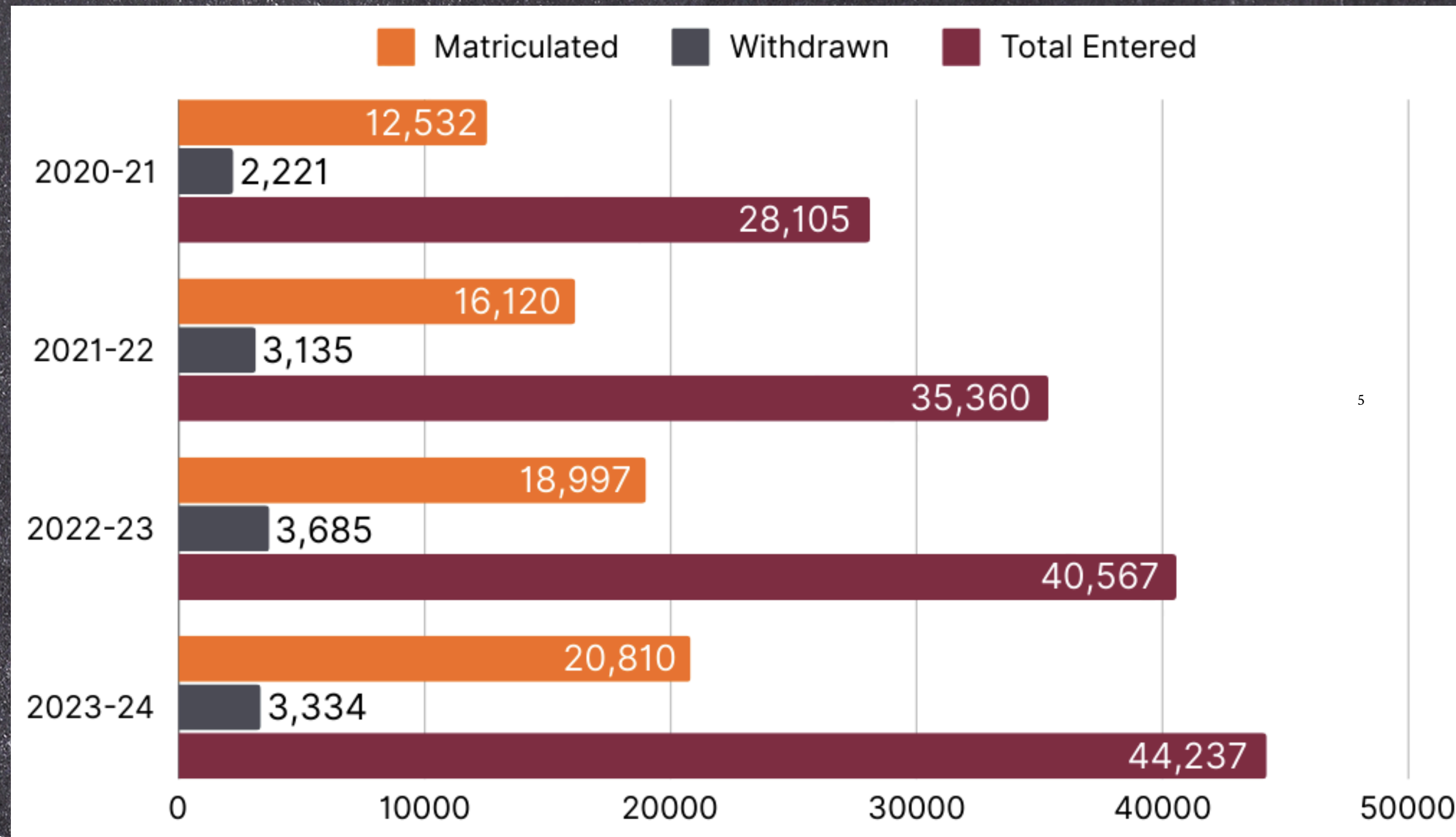
VIRGINIA TECH TRANSFER EVALUATION PROCESS: ATHLETICS

Transfer Evaluation Process

START

Transfer

Coach
Receives transcript(s) from PTSA & submits ARMS Transfer Eval workflow.

Compliance
- Receives notification of submitted ARMS Transfer Eval workflow. Begins transfer evaluation*. Sends courses and/or syllabi for further evaluation by the Registrar as needed.
- Sends transcript(s) to Admissions to determine admissibility to VT.

Admissions
Evaluates admissibility to VT in desired major.

Eval Begins

Registrar's Office
Evaluates courses*** not in the transfer database and updates database as needed. Sends syllabi needing further evaluation to departments for review.

Registrar

Compliance
- Receives evaluated transfer credits from the Registrar** and admissibility read from Admissions.
- Updates/Completes Transfer Evaluation.

SAASS Counselor
Receives Transfer Evaluation from Compliance and evaluates PTD % if needed in desired major and/or alternate majors.

40% 60% 80%

FINISH

Transfer Enrolls

Compliance- receives PTD% projection from SAASS Counselor. Works with Admissions on alternative majors as needed and the Registrar's Office on any additional credit/syllabi evaluations needed. Completes ARMS workflow.

Coach
- Receives completed Transfer Evaluation.
- Admissibility to VT in desired major.

WHICH MAJOR IS BEST FOR MY CREDITS / INTEREST?

01. Recruitment Process

02. Admissions Roadmaps
Major Options

03. NCAA Eligibility
Degree Planning

NCAA CONTINUING ACADEMIC ELIGIBILITY

Start of the 5th Full-Time Semester: 40% Degree Completed

Start of the 7th Full-Time Semester: 60% Degree Completed

Start of the 9th Full-Time Semester: 80% Degree Completed

Pass at least 6 credits toward major/minor each semester

Pass 18 credits between Fall and Spring semester

Freshmen: Pass 24 hours in their first full academic year
(Fall/Spring/Summer)

TRANSFER EVALUATION

STUDENT-ATHLETE ACADEMIC SUPPORT SERVICES

Assess incoming benchmarks

Review transfer evaluation

Determine Pathways courses

Cross reference courses with UG catalog

Project Progress Towards Degree

SAASS 2nd independent review

Consult with department advisor*

Consult with Pathways General Education*

Communicate out findings

*as needed

VIRGINIA TECH
ATHLETICS

Student Name: 4-4 Transfer- EC= Final Non w CW
Sport: Needs to meet 40% PTD

Major Applying Into:
ALL INFORMATION - BASED ON UNOFFICIAL TRANSCRIPT(S) & VT TRANSFER EQUIV DATABASE   Last Updated: 5/3/2024

Cumulative GPA	**4.157**
Total Credit Hours	46
Total Transferable Credit Hours:	**51**
Total Points	191.2

Transfer Course Info

VT Equiv Info

GPA Table

Grade	Points
A+	4.3
A	4
A-	3.7
B+	3.3
B	3
B-	2.7
C+	2.3
C	2
C-	1.7
D+	1.3
D	1
D-	0.7
F	0

Fall 2022- Western Carolina University

Course #	Course Name	Grade	Credit	Points	Course #	Course Name	Credit
ENGL 101	Writing and Rhetoric	A+	3	12.9	ENGL 1105	First-Year Writing	3
ENVH 200	Intro to Public Health	A+	3	12.9	PHS 2004	Introduction to Public Health	3
ND 330	Human Nutritional Needs	A+	3	12.9	HNFE 1004	Foods, Nutrition and Exercise	3
PAR 145	Eastern Rel Traditions	A	3	12	RLCL 1904	Religion and Culture in Asia	3
PSY 150	General Psychology	A	3	12	PSYC 1004	Introductory Psychology	3
		Hours:	15			Hours:	15
		Semester GPA:	4.180				

Spring 2023

Course #	Course Name	Grade	Credit	Points	Course #	Course Name	Credit
BIOL 190	Discovers in Biology	A	3	12	*Under Review by Dept*		
GEOL 140	Investigations Envrnmt Geol	A+	3	12.9	GEOS 1XXX	GEOS Elective	3
HEAL 123	Health and Wellness	A+	3	12.9	PHS 1514	Personal Health	3
HIST 218	Modern Asia	A+	3	12.9	HIST 2XXX	History Elective	3
MATH 170	Applied Statistics	A	3	12	STAT 2004	Introductory Statistics	3
		Hours:	15			Hours:	12
		Semester GPA:	4.180				

Fall 2023

Course #	Course Name	Grade	Credit	Points	Course #	Course Name	Credit
BIOL 291	Human Anatomy-Physiology I	A	4	16	*Under Review by Dept*		
COMM 201	Communication	A	3	12	COMM 2004	Public Speaking	3
ENGL 202	Writing and Critical Inquiry	A	3	12	ENGL 1106	First-Year Writing	3
HSCC 311	Sys/Trnds Hlth Care Del	A+	3	12.9	HNFE 3XXX	HNFE Elective	3
HSCC 322	Medical Terminology	A+	3	12.9	HNFE 2204	Medical Terminology	3
		Hours:	16			Hours:	12
		Semester GPA:	4.113				

Spring 2024

Course #	Course Name	Grade	Credit	Points	Course #	Course Name	Credit
BIOL 292	Physiology II	IP		0	*Under Review by Dept*		
COMM 301	Interpersonal Communication	IP		0	COMM 3XXX	COMM Elective	3
HSCC 330	Legl Legis Asp Hlth Care	IP		0	HNFE 3XXX	HNFE Elective	3
PAR 332	Biomed Ethics & Soc Just	IP		0	VT 3XXX	VT Elective	3
PSY 320	Dev Psy I: Childhood	IP		0	HD 3214	Infancy and Early Childhood	3
		Hours:	0			Hours:	12
		Semester GPA:	-				
						Total Hours:	51

4-4 Transfer- EC= Final Non w CW
Needs to meet 60% PTD

Major Applying Into:
ALL INFORMATION - BASED ON UNOFFICIAL TRANSCRIPT(S) & VT TRANSFER EQUIV DATABASE

Last Updated: 4/4/2024

Cumulative GPA	2.749
Total Credit Hours	73
Total Transferable Credit Hours:	68
Total Points	200.7

Transfer Course Info / VT Equiv Info

Course #	Course Name	Grade	Credit	Points		Course #	Course Name	Credit
Summer 2021								
UNVS 1001	First Year Seminar I	A-	1	3.7		VT 1XXX	VT Elective	1
ANTH 0817	Youth Cultures	B+	3	9.9		SOC 1XXX	SOC Elective	3
	Hours:		4				Hours:	4
	Semester GPA:	3.400						
Fall 2021								
AAAS 0857	Sport & Leisure in Amer Soc	B	3	9		AFST 2XXX	AFST Elective	3
EDAD 0855	Why care about College?	B-	0	0		*No VT Equivalent*		
ENG 0802	Analytical Reading & Writing	B	4	12		ENG 1106	First Year Writing	3
HRM 1101	Leadership & Organ Management	B	3	9		LDRS 1XXX	LDRS Elective	3
MATH 0702	Intermediate Algebra	W	0	0				0
	Hours:		10				Hours:	9
	Semester GPA:	3.000						
Spring 2022								
EES 0836	Disasters: Geology vs Hollywd	B+	3	9.9		COS 1XXX4	General Education Pathway 4	3
IH 0851	IH I: The Good Life	A	3	12		HUM 1XXX	HUM Elective	3
LGLS 1101	Legal Environment of Bus	C-	3	5.1		FIN 3054	Legal & Ethical Env Bus	0
MATH 0702	Intermediate Algebra	C-	4	6.8			*Syllabus Needed*	0
MIS 2101	Digital Systems	W	0	0				0
	Hours:		13				Hours:	6
	Semester GPA:	2.600						
Summer 2022								
STAT 1001	Quant Methods of Business I	C-	3	5.1		VT 1XXX	VT Elective	0
ECON 1101	Macroeconomic Principles	C+	3	6.9		ECON 2006	Principles of Economics	3
	Hours:		6				Hours:	3
	Semester GPA:	2.000						
Fall 2022								
DANC 0831	Shall we dance?	B	3	9		DANC 1XXX	DANC Elective	3
ECON 1102	Microeconomic Principles	C-	0	0		*No VT Equivalent*		
IH 0852	IH II: The Common Good	B	3	9		HUM 1XXX	HUM Elective	3
MIS 2101	Digital Systems	C	3	6		ACIS 1504	Intro to Bus Analytics & BI	3
MKTG 2101	Marketing Management	C	3	6		MKTG 3104	Marketing Management	3
STAT 1102	Quant Methods of Business II	W	0	0				0
	Hours:		12				Hours:	12
	Semester GPA:	2.500						

GPA Table

Grade	Points
A+	4.3
A	4
A-	3.7
B+	3.3
B	3
B-	2.7
C+	2.3
C	2
C-	1.7
D+	1.3
D	1
D-	0.7
F	0

Course #	Course Name	Grade	Credit	Points		Course #	Course Name	Credit
Spring 2023								
BA 2101	Prof Develop Strategies	B	1	3		BUS 1XXX	Business Elective	1
BA 2196	Business Communications	C-	3	5.1		ENGL 2844	Intro to Prof & Tech Writing	0
EDUC 0823	Kids in Crisis	W	0	0				0
GUS 0862	Development & Globalization	B-	3	8.1		IS 1XXX	IS Elective	3
SRM 3220	Special Topics: Sport and Rec	CR	0	0				0
STAT 1102	Quant Methods for Business II	W	0	0				0
	Hours:	7					Hours:	4
	Semester GPA:	2.314						
Summer 2023								
ADV 1101	Intro to Media & Society	B	3	9		COMM 2084	Media and Society	3
ADV 1196	Prersuasive Writing	C-	3	5.1		ENGL 1XXX	ENGL Elective	0
	Hours:	6					Hours:	3
	Semester GPA:	2.350						
Fall 2023								
ADV 1102	Intro to Advertising	B+	3	9.9		MKTG 3504	Advertising	3
ADV 1103	Digital Media and Advertising	B	3	9		MKTG 3164	Intro Digital MKTG Strategy	3
ADV 2104	Personal Branding	A-	3	11.1		ADV 2XXX	Advertising Elective	3
ADV 3101	Creative Thinking/Advertising	B	3	9		ADV 3XXX	Advertising Elective	3
EDUC 0823	Kids in Crisis	A	3	12		SOC 2004	Social Problems	3
	Hours:	15					Hours:	15
	Semester GPA:	3.400						
Spring 2024								
ADV 1196	Persuasive Writing	IP		0		ENGL 1XXX	ENGL Elective	3
ADV 2131	Introduction to Media Planning	IP		0		MKTG 3164	Intro Digital MKTG Strategy (Duplicate course)	0
ADV 2141	Introduction to Brand Strategy and Research	IP		0		MKTG 2XXX	MKTG Elective	3
ADV 3033	Advertising Sales	IP		0		MKTG 3XXX	MKTG Elective	3
EES 0842	Sustainable Enviroments	IP		0		ENSC 1XXX4	ENSC Elective	3
	Hours:	0					Hours:	12
	Semester GPA:	-						
							Total Hours:	68
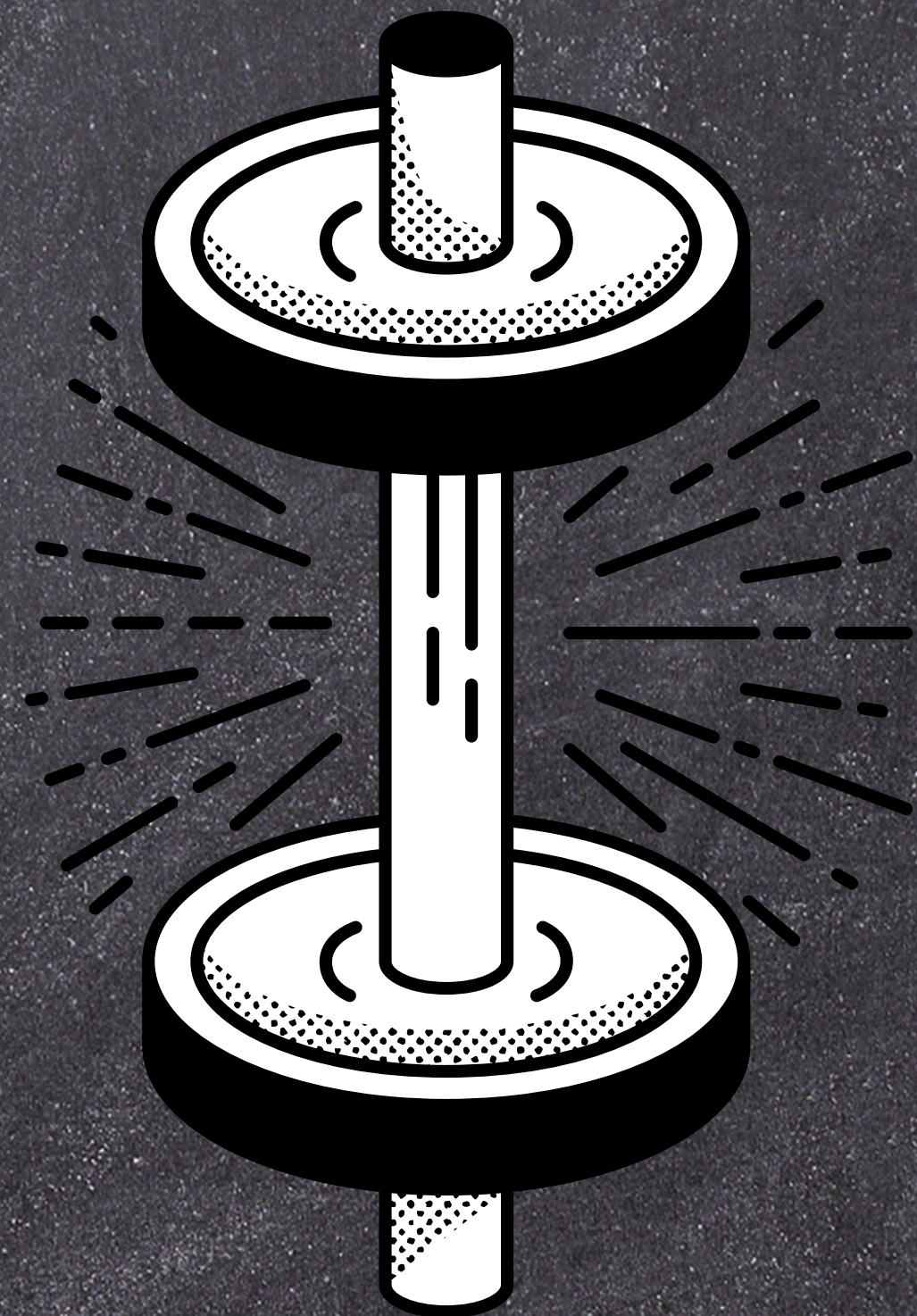
POST ADMISSION

Admitted to the correct major

Final transcripts from previous institutions

Hokie Spa Transfer Credit Evaluation status page

Cross reference Compliance Transfer Evaluation

Virginia Tech Degree Audit

Confirm NCAA Progress Towards Degree

Follow up on any pending subs

Assist in upcoming term enrollment

SUCCESSFUL TRANSFER PROCESS

PARTNERSHIPS

Speed

Accuracy

Communication

Q & A

Mental Health & Performance

Introduction to Counseling & Mental Performance (CAMP)

Gary Bennett, Ph.D.

CAMP Staff

- **Gary Bennett, Ph. D., LCP, CMPC**
  - B.A. – English (Centre College)
  - Ph. D. – Counseling Psychology (University of Kentucky)

- **Lauren Naldo, M.A., LPC**
  - B.S. – Psychology (Mount Saint Mary's)
  - M.A. – Community Counseling (Marymount University)

- **Kara Hoff, M.S., Psy. D.**
  - B.S. – Psychology (Marywood University)
  - M.S. – Clinical MH Counseling (University of Scranton)
  - Psy. D. – Clinical Psychology (Florida School of Prof. Psychology)

- **Paul Knackstedt, Psy. D., LCP, CMPC**
  - B.S. – Psychology & Kinesiology (William & Mary)
  - M.S. – Kinesiology (UNC-Greensboro)
  - Psy. D. – Clinical Psychology (Pacific University)

Student-Athlete Support Staff
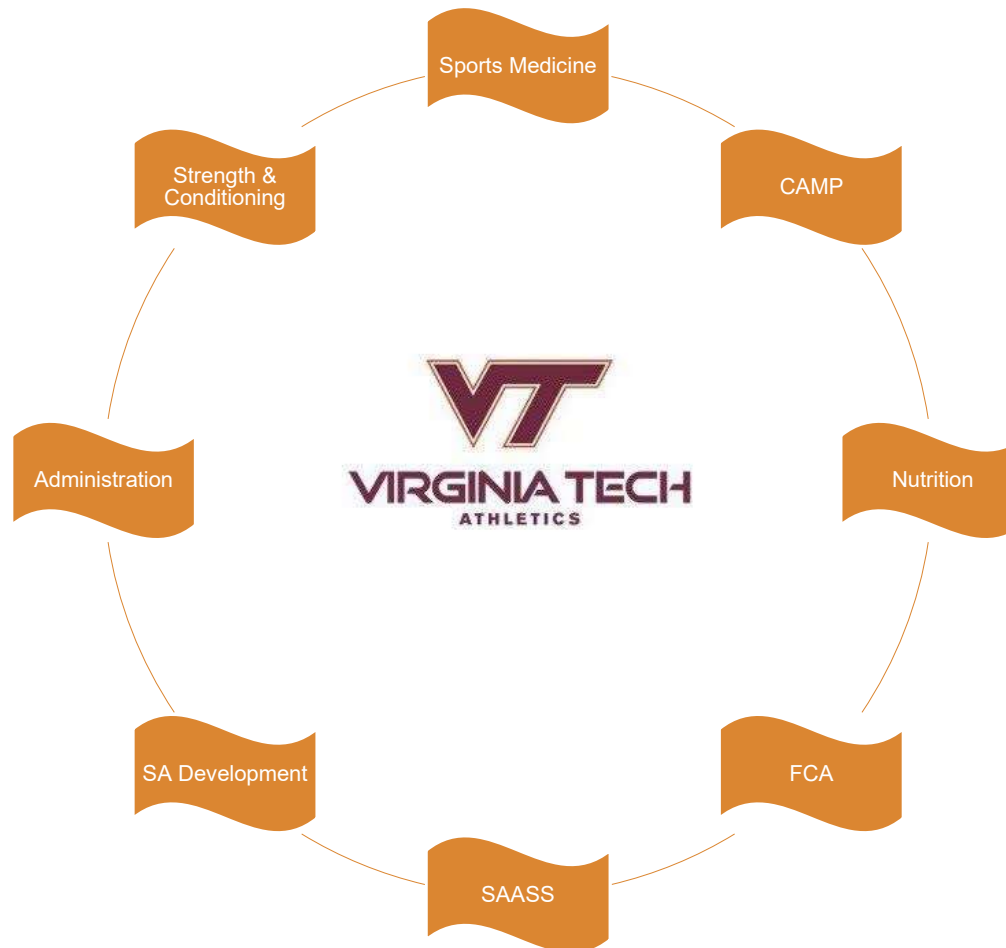
NFL Mental Health Programming

- [Colts - Kicking the Stigma](#)

Common Concerns for Student-Athletes

- Transition to College
  - Academic and/or Athletic
  - "Big Fish, Little Pond Effect"
  - Dealing with failure & Developing a "Growth Mindset"
  - Adjusting Expectations and Setting Realistic Goals
- Generalized and Performance Anxiety
- Academic & Pre-performance worry
- Depression
- Substance Use/Abuse
- Relationship Issues
- Disordered Eating
- Sexual Assault
- Attention Deficit Hyperactivity Disorder (ADHD)

Continuum of Care

Marked distress	Mod-Mild Distress	Stable	Doing well	Well being
Serious impairment	Compromised functioning	Normal ups and downs	Handling stressors Resilient	High level functioning

SURVIVE ┄┄┄┄┄► COPE ┄┄┄┄┄► THRIVE

Psychiatrist

Mental Health Professional (Psychologist, LMFT, LPC, MSW)

Sport Psychology Consultant

2023-2024 and Beyond

- Saw 264 student-athletes—about 45% of student-athlete population
- 30% reported symptoms of depression and/or anxiety
- 65% female, 35% male
- 27% African-American
- 113 outreach sessions/team meetings
- 30% reported symptoms of depression and/or anxiety
- Suicide prevention programming—intervened with a number of SAs having thoughts of suicide. Hospitalized 3 SAs who were considered high risk
- Mental health screenings
- NIL/Roster cuts
- West coast travel

Available Services

- The Sport Psychology Program provides:
    - individual counseling,
    - psychological rehabilitation from injury,
    - psychological assessment,
    - substance use counseling,
    - medication management,
    - performance enhancement,
    - psychological skills training,
    - referral to psychiatric services,
    - and consultation with coaching, medical, training, and administrative staff

- Mental skills training and team building activities are also available for teams

Questions?

Transfer Portal Windows

Season	Sport	First Day	Final Day
Fall	Cross Country	Saturday, November 23, 2024	Sunday, December 22, 2024
Fall	Football (FBS)	Monday, December 9, 2024	Saturday, December 28, 2024*
Fall	Men's Soccer	Monday, November 25, 2024	Tuesday, December 24, 2024
Fall	Women's Soccer	Monday, November 18, 2024	Tuesday, December 17, 2024
Fall	Women's Volleyball	Sunday, December 8, 2024	Monday, January 6, 2025
Spring Window	Football	Wednesday, April 16, 2025	Friday, April 25, 2025
Spring Window	All Other Fall Sports	Thursday, May 1, 2025	Thursday, May 15, 2025
Winter	Men's Basketball	Monday, March 24, 2025	Tuesday, April 22, 2025
Winter	Women's Basketball	Tuesday, March 25, 2025	Wednesday, April 23, 2025
Winter	Men's Swimming and Diving	Wednesday, March 19, 2025	Friday, May 2, 2025
Winter	Women's Swimming and Diving	Wednesday, March 12, 2025	Friday, April 25, 2025
Winter	Indoor Track and Field	Tuesday, March 11, 2025	Thursday, April 24, 2025
Winter	Men's Wrestling	Wednesday, March 19, 2025	Friday, May 2, 2025
Fall Window	All Spring Sports	Sunday, December 1, 2024	Sunday, December 15, 2024

VIRGINIA TECH®
ATHLETICS COMPLIANCE

Transfer Portal Data FBS Football

As of 12/16

- 134 FBS Schools
- 2075 portal entries

Power 4 Conferences

- ACC: 205
- Big 10: 256
- Big 12: 260
- SEC: 275

VIRGINIA TECH®
ATHLETICS COMPLIANCE

Transfer Portal Data FBS Football

As of 1/22

- 2,984 total entries
- 229 withdrew their names
- 1,098 have signed

Power 4 Conferences

- ACC: 309/118
- Big 10: 401/159
- Big 12: 358/156
- SEC: 373/170

Student-Athlete by Month *(All Years - All Sports - All Divisions - All Institutions)*

August
- 1,241 **(4%)**
- 400 **(3%)**

September
- 1,181 **(3%)**
- 374 **(3%)**

October
- 1,719 **(5%)**
- 1,296 **(9%)**

November
- 6,062 **(14%)**

December
- 3,487 **(10%)**
- 6,628 **(48%)**

Student-Athlete by Month (All Years - Football - FBS - All Divisions - All Institutions)

Legend: 2018-19, 2019-20, 2020-21, 2021-22, 2022-23, 2023-24, 2024-25

August
- 118 (4%)
- 5 (0%)

September
- 89 (3%)
- 1 (0%)

October
- 142 (5%)
- 42 (2%)

November
- 379 (12%)
- 155 (4%)

December
- 650 (21%)
- 1,356 (39%)
- 1,583 (40%)
- 1,767 (94%)