

Programs Offered:

- YOUR DEGREE FIRST (Organization)**
- LADIES NIGHT (GROUP)**
- INTERNATIONAL NIGHT (GROUP)**
- OUTREACH OPPORTUNITIES**
- LIFE SKILLS WORKSHOPS**
- INFORMATIVE SPEAKERS**
- CAREER DEVELOPMENT**
- DIVERSITY WORKSHOPS**
- SOCIAL GATHERINGS**



Cross



**Now that's
the
POWER
OF
RED**



Connecting



Culturally

**UNIVERSITY OF NEBRASKA
ATHLETIC DEPARTMENT
MULTICULTURAL PROGRAMS**



**Programs developed for our
International Students, Female Students
and Students of Color. One program, one
student at a time..... Experiencing
culture and diversity within athletics.....**



**University of Nebraska Athletic Department
Facilitated by Coordinator of Multicultural Programs**

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The Power of Red

YOUR DEGREE FIRST

Your Degree First is a program designed to assist, motivate, and promote minority student-athletes in pursuing the degree of their choice. It is developed to offer a support system for minority student-athletes regarding educational progress, degree program awareness, skill development, and future employment opportunities. Your Degree First also serves as a model program within the NCAA.

Your Degree First Goals:

1. To provide a positive mindset that will allow students to succeed academically, discover self-motivation, be positive role-models, and make a difference in the lives of minority student-athletes as well as in society.
2. To learn how to effectively manage time and achieve one's full potential.
3. To increase graduation and retention rates for minority student-athletes.
4. To promote an environment that respects and honors diversity and responds to multicultural issues and concerns within the university and athletic department.
5. To assist with the recruitment of minority student-athletes.



Activities & Workshops:

- Bi-monthly meetings
- Degree Exploration
- Career Development
- Annual Fundraiser for a Charity
- Community Outreach
- Personal Enhancement
- Resume Writing
- Minority Internship Program (see internship flyer)
- Connection with DASIS (Office of Academic Support and Intercultural Services, see DASIS flyer)

LADIES NIGHT

Ladies Night is designed to provide a safe and comfortable environment in which female student-athletes have an opportunity to discuss and find answers for common issues and concerns they face on our campus.

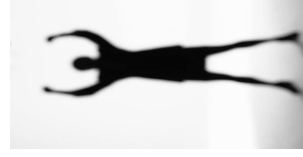
The goal of Ladies Night is to assist female student-athletes in creating a meaningful athletic and academic experience while addressing the unique concerns and issues that affect this particular population. Participants in our program tackle important issues such as gender inequality, sexual harassment, gender violence, dating issues, sexually transmitted diseases, eating disorders and relationship management. These discussions are complete confidentiality and under the supervision of a certified psychologist from the University Health Center and the Coordinator of Multicultural Programs from the Hewitt Center for Student-Athletes.

Ladies Night provides female student-athletes with an environment where they are able to brainstorm possible solutions for issues and seek comfort and understanding from their peers while discussing personal, academic, athletic and social problems.

Plan to join Nebraska's Ladies Night and enjoy the benefits of positive peer relationships!

Activities & Workshops:

- Monthly Meetings
- Relationship Management
- Planned Parenthood
- Career Development
- Self-Reflection
- Outreach
- Connection with The Women's Center (on campus office)

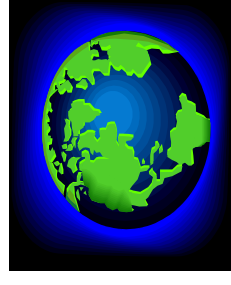


INTERNATIONAL NIGHT

Each year approximately 50 international student-athletes from around the globe compete for the University of Nebraska.

Many of our international student-athletes continue to compete for their Olympic and national teams while competing for the University. They bring not only an excellent work ethic on the field, but a rich tradition of excellence in the classroom as well.

International Night is designed to create a welcoming environment for our international student-athletes as they transition into competition and life in Nebraska and the United States. Furthermore, our athletic department understands the importance of learning from those who come from abroad; providing international student-athletes with opportunities to share cultural experiences and to connect with our campus and community. In this way, we are able to create a rich intercultural environment for student-athletes, coaches, faculty and staff.



Activities & Workshops:

- Monthly Meetings
- Career Development
- Resume Writing
- Potlucks
- Degree Exploration
- FI status, visa, OPT meetings
- Document Overview
- Connection with International Affairs Office (on campus office)