

TEAM

**Description:**
Student-athletes will socialize with each other outside of their respective team practice settings to discuss various concerns, promoting positive mental health outcomes as they navigate through role strain associated with academic, athletic, and social stressors.  At the beginning and conclusion of each academic year, WKU student-athletes are encouraged to complete a questionnaire which provides valuable information regarding their perceived stress levels.  Participant results from the initial questionnaire will be used as a baseline measure prior to implementation of TOPCARE T.E.A.M. throughout the semester, with those results obtained at the conclusion of this semester serving as the comparison point measuring perceived stress levels.  The intention of the TopCare TEAM initiative is to provide a larger support system for our student-athletes, perpetuate awareness of this program through social media, and to help promote WKU sponsored events.

**Participants:**
You will be paired into groups of two (Senior with Freshman / Junior with Sophomore) and asked to spend a minimum of 30 minutes together outside of a practice setting 2-3 times per week. By pairing in this fashion, we attempt to group one student familiar with the culture of the team and the greater WKU experience with another student new to both settings. You can meet at whatever location or event that you choose; including someone’s apartment, restaurant, WKU sponsored event, etc.

The purpose of each meeting is to discuss whatever stresses you out (Examples: difficulties with your classes, problems at home, issues with your significant other, stresses as an athlete, etc.)

At the end of each meeting, you are asked to post a selfie on twitter as “proof” that you met, with #WKUTopCare. If you choose to meet at a WKU sponsored event, please hashtag that event as well.

**Guidelines for each meeting:**

1. Participate in 2-3 meetings for 30 minutes each week until 11/18/18
2. Please keep your discussion steered towards whatever stress you have going on in your life.
3. Social media posts / photos must be appropriate as outlined by existing team rules.
4. Tag the photo #WKUTopCare
5. Tweet your post @DWilsonATC
6. Retake the TOPCARE Questionnaire on 11/20/18