

First Group Session - scenario 3

Sarah is a high performing athlete, she has moved to Sheffield from Liverpool because there is a well renowned coach for her sport at the English Institute of Sport and Sheffield Hallam University offered a well rated course she was interested in. Sarah is enjoying her course and her sport but the amount of training she is required to do with her new coach is a bit more than she was initially expecting, and her competition schedule means that she is missing several Friday sessions and Wednesday afternoon's to travel to compete.

It's only a few weeks into her course but Sarah is concerned that she is slipping behind with one module in particular because she has had to miss the last three sessions and she isn't sure what she can do to catch up. Although her training is going really well and her performances seem to be improving she is worried that if she gets too far behind with university she might struggle to pass and so might have to leave university. Sarah hasn't really spoken to anyone about her concerns and feels like the tutors think that she's just not really that bothered and missing sessions because she's not interested.

Q1 - How do you think this situation might affect Sarah in terms of her academic studies?

Q2 - What can Sarah do? Who should she talk to?



Signposting

Affect to Sarah in relation to her studies:

- Missing too many sessions may well make it hard to catch up and so her performance is likely to suffer when it comes to assessment.
- Being behind with sessions may make Sarah feel anxious.
- Missing sessions could cause issues with group allocation and project work.

What can she do? Who can she talk to?

- Sarah should contact Sport Hallam to discuss the Performance Athlete Support Programme who offer a range of support for high performing athletes across a range of sports. Email: performancesport@shu.ac.uk
- Her Student Support Officer should be informed so they can offer support and guidance which might include changing seminar groups if possible so that she doesn't miss as many sessions. They will also liaise with teaching staff to make them aware of her circumstances.
- She should talk to her Academic Advisor about her external commitments who will be able to discuss the implications on her studies as her course progresses.