



College of Education
& Human Sciences

TENNESSEE TECH

Dean's Quarterly September 2025

Student-Athlete Wellness Advising (SAWA)

The College of Education and Human Sciences and the Department of Counseling and Psychology are honored to support the overall well-being of Tennessee Tech student-athletes through their Student-Athlete Wellness Advising program.

Beginning its third year, the SAWA team provides educational services, programming, and resources focused on wellness, including social, emotional, intellectual, physical, financial, occupational, and more.

The initiative offers walk-in wellness advising and educational programs to empower Tech's student-athletes to take an active and engaging approach towards their well-being, contributing to a healthy and purposeful collegiate experience.

"We identified a need and work closely with Athletics to provide this service," said Julie Baker, associate provost. **"Student-athletes are a unique population with hectic schedules and intense demands.** We're excited to support them holistically."

SAWA is offered to students at no cost. Individual sessions last 15 to 30 minutes and are **conducted by qualified faculty from the Department of Counseling and Psychology.**

"The program has assisted student-athletes in addressing performance-related issues, managing stress, building healthy relationships with teammates and others," said assistant professor Jonathan Wiley. **"SAWA creates a supportive environment that enhances students' contributions to their teams and their own future aspirations."**

For more information, contact SAWA at sawellness@tntech.edu or scan the QR code to visit the website.



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