My name is Rachel Cook and I am the athletics academic advisor at Heartland Community College. In addition to my caseload of general students, I am the only advisor who meets with student-athletes. I was a volleyball student-athlete and have worked with student-athletes for several years. There are many benefits to you in having an advisor specializing in student-athletes and with a personal background in athletics.

Many of our players transfer to four-year institutions and continue playing their chosen sport. I have previously worked at the NCAA and have been trained on eligibility requirements for transfer students at the NCAA Division I, II and III levels, as well as the NAIA. That means I can help you make a smooth transition no matter where you choose to transfer. Completing your Associate’s degree in two years ensures that you have as much athletic eligibility as possible at the four-year institution. Helping you do that is another important reason to stay connected with me.

In addition to advising, I also track your eligibility for the NJCAA – the governing body for athletics at the community college level. My job is to make sure you put the “student” first in student-athlete and keep your academics at the forefront of your time at Heartland. Your coaches and I will closely monitor your grades and make sure you have the support you need to succeed academically.

I have put many systems in place to make sure student-athletes like you are successful on the field and off. I provide study skills support if you need help making the transition from high school to college coursework – as most students do! I also teach a workshop series for all new student-athletes where we talk about many different topics such as the responsibilities of being a student-athlete, getting acclimated to Heartland, your eligibility, finding a major, transferring and of course, academics.

I work with the coaches on scheduling if you would like to meet with me and ask questions when you come to campus to visit. Or you may contact me at your convenience at rachel.cook@heartland.edu or (309)-268-8060.

I am excited for you as you start your college journey and hope that Heartland can be a good fit for you both academically and athletically!