

COGWELL LISTEN UP

Find Your Support System



BECCA BOCOCK

IMMACULATA UNIVERSITY SOFTBALL '25

"CogWell has helped me become a better person on and off the field. On the field, I have become a better teammate by understanding my teammates' needs. CogWell has ultimately helped me grow in many different aspects of my life: as a teammate, friend, daughter, co-worker, RA, and overall human."

OLIVER WILKINS

IMMACULATA UNIVERSITY MEN'S SOCCER '25

"I have only just become an involved member of CogWell, but it has already affected me and my peers so much. Especially being a D3 athlete, I always find myself needing to communicate properly. Whether it's one of my coaches, captains, or teammates speaking, I will actively listen to apply what's being said to myself. Furthermore, CogWell teaches me all of these skills and more to better all aspects of my life."



MAEVE STILES

UNIVERSITY OF PENNSYLVANIA WOMEN'S TRACK & FIELD '24

"CogWell has helped me see that being a person is more important than any other titles of "athlete" or "student" that I label myself as. It has taught me both how to be open to others around me as well as learn to be an open and available person for others to talk to. Overall, Missy and everyone at CogWell has made myself and so many others feel supported and taught me that it's okay to not be okay."

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CAT KNOLL

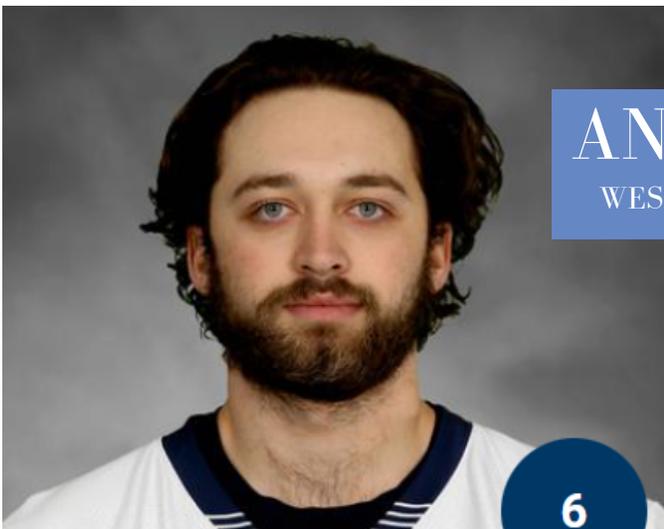
IMMACULATA UNIVERSITY SOFTBALL '22

"CogWell has fundamentally changed me. I am using skills learned even after my softball career. Softball is a mental sport, we need to lean on our teammates for support when things on and off the field become difficult. However, genuinely supporting someone you may be competing with is difficult in itself! CogWell has helped me be present in a conversation despite my relationship with the other person, leading me to better support my peers."

PETER BERRY

UNIVERSITY OF ALABAMA MEN'S ADAPTIVE BASKETBALL '24

Peter brought the Listen Up workshop to his team in February. Peter learned how to be a better listener in order to better support his teammates. Throughout the workshop, the student-athletes discussed how venting to others is difficult as they try to "down-play" or "understand" their disability. The student-athletes learned how to ask to vent and discuss the various roles of a listener.



ANTHONY KERRIGAN

WESTMINSTER COLLEGE MEN'S LACROSSE '24

Anthony participated in the Listen Up workshop and heavily related to the content. He shared a time when he needed someone to just listen, but everyone shied away. Anthony is a student leader on campus and wants to help other student-athletes learn how to better support each other. He explains how athletes' juggle so much and having a vulnerable conversation can help ease the stress.