Student-Athlete Career Development

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THE FACTS

- Most student-athletes will **not** be professional athletes
- Student-athletes lag behind other students in terms of career readiness

THE CHALLENGE

- Connecting student-athletes to career development resources

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EMPOWER ATHLETES WITH CAREER DEVELOPMENT

- Knowledge
- Confidence

THE METHOD

- Athlete-specific interactive career development workshop
- On campus delivery
- Effective for a range of workshop presenters

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OVERVIEW OF WORKSHOP

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TRANSFERABLE SKILLS INVENTORY

44-item questionnaire with 11 subscales

- Communication
- Teamwork
- Leadership
- Ethics & Conduct
- Problem Solving
- Self-motivation
- Organization
- Physical Health
- Coping
- Execution
- Creativity

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Example Feedback Target
SMALL GROUP DISCUSSION #1

- What personal qualities have helped you succeed in sport?
SMALL GROUP DISCUSSION #2

- What personal qualities and skills learned in sport can be used to succeed in the workplace?
WORKSHOP WRAP UP

- Reiterate workshop purpose
- Student-athletes share workshop key ideas
- How can you use what you learned today as you take the next step in the career process?” or “What is the next step in the career process?
- Student-athletes keep Transferable Skills Inventories for future use

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RESEARCH RESULTS STUDY 1

- Evaluate workshop content and format
  - academic athletic advisors, athletic directors, coaches, graduate assistants, life skills coordinators, psychologists, SAAC advisors, and senior women administrators

- Good treatment acceptability

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RESEARCH RESULTS STUDY 2

- Controlled field trial with student-athletes
  - Workshop presented by assistant coach, director of student-athlete development, lecturer, life skills coordinator
- Increased career self-efficacy
- Good treatment acceptability

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TAKE HOME MESSAGE

- Student-Athlete Career Self-Exploration Workshop is effective
- Workshop can be presented by diverse personnel
- Workshop compatible with campus career centers
- Workshop materials/training is free

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