

## **HIGHLY SOUGHT-AFTER STUDENT ATHLETE SKILLS**

*Consider including these transferable skills on your resume, cover letters, and while interviewing.*

### **Communication**

You communicate with your teammates and coaches on a regular basis to solve problems. This diplomatic skill will be just as necessary in the work environment.

### **Time Management**

Balancing a full class schedule, practice, and other obligations takes an efficient, driven, and organized person. Employers desire efficient people who are able to work on a tight schedule.

### **Self-Motivation**

As an athlete, it is critical to recognize your strengths and weaknesses to work effectively towards an ultimate goal. As an employee, self-motivation increased the functionality of the workplace and improves productivity.

### **Detail-Oriented**

Picking up on small cues that can make or break a game or competition is what makes student athletes unique. In work settings, employers need people who can identify small things that could affect a project's success.

### **Analytical**

You apply this skill set each time you think about your body position and/or before your next move. Analytical thinking is essential to understanding what affects outcomes and implementing strategy in the workplace.

### **Goal-Oriented**

Every day you work to overcome hurdles, such as running an extra mile or completing an extra workout. Employers seek workers that can rise to the challenge and work hard to complete a task, while motivating others.

### **Ability to Handle Criticism**

As a student athlete, you improve based on feedback (whether that feedback is good or bad). In any field, you will have to accept critique in order to improve and learn. Have control over your reactions is key.

### **Leadership**

At some point, everyone takes on a leadership role within their sport because a successful team demands each player recognizes his own skills and leads when appropriate. In the workplace, each employee has different roles and skills. You are able to come in as a leader and bring out strengths and leadership in others.

### **Teamwork**

The ability to work with others towards a common goal is the definition of a team and it is a great attribute for any employee. Athletes know how to effectively participate with others, diverse skill sets, and perspectives in order to succeed.

### **Tips for Student Athletes**

- Include coaching or training you've done emphasizing the above skills
- If you are/were a captain/co-captain describe your responsibilities and leadership skills
- Include athletic/athlete-scholar awards (Ex: Player of the Month, All-Conference, etc.)