

The skills you developed to become a competitive athlete are likely to help you succeed in other contexts. Employers value transferable skills like communication and time management. Consider how you can leverage your experience in athletics to a potential employer through your resume, cover letter, and interview.

Communication – Working with your teammates and coaches to solve problems and using your diplomatic and teamwork skills to complete a task will be effective in any work environment.

Time Management – To balance a full class schedule with athletics you must be extremely efficient, driven, and able to work on a tight schedule. Employers desire efficient people who are self-disciplined and motivated.

Self-Motivation – As a student-athlete, it is crucial to recognize your strengths and weaknesses so that you can work efficiently towards your goal. A self-motivated employee will seek opportunities to increase the efficiency of the office and improve the ultimate level of productivity.

Detail-Oriented – Being detail-oriented allows you to pick up on small cues that can make or break the game. As an athlete, you know that little things you do in life affect the whole. Employers value people who can recognize details that may influence the success of a project.

Analytical/Strategy – Analytical thinking is key to understanding outcomes and executing your strategy to advance your goal. You utilize this skill every time you consider how you will compete against an opponent, and it will be useful in thinking about short-term and long-term strategic planning for your employer.

Goal-Oriented – Employers need workers who will rise to challenges and work hard until they complete their tasks while motivating others to do the same.

Ability to Take Criticism – As an athlete, you improve based on feedback. In any industry, you will need to accept criticism to improve and learn from your mistakes. Your reaction shows whether you are willing to grow.

Emphasize the skills you developed as a student-athlete.

- Goal-oriented
- Leadership
- Confidence
- Commitment
- Work well under pressure
- Coachable
- Teamwork
- Disciplined
- Self-motivated

Use strong action verbs to describe your accomplishments and skills:

- Achieved
- Established
- Led
- Motivated
- Redesigned
- Oversaw
- Influenced
- Collaborated
- Reinforced

For individual resume sections:

- ***EDUCATION*** – Include a list of Relevant Coursework related to an internship or job.
- ***EXPERIENCE*** – Include experience in public speaking to the media, training camps, schools, or conferences. Include coaching or training you have done emphasizing communication, motivational, and organizational skills.
- ***LEADERSHIP*** – If you were a captain/co-captain, describe your responsibilities and leadership skills.
- ***AWARDS AND HONORS*** – Include athletic and athlete-scholar awards (Player of Month, All-Conference, etc.)