

Transferable Career Skills of Student Athletes

(to highlight on resumes and when interviewing)

1. Teamwork

Teamwork is a top skill sought after by employers in almost every career field. As a student athlete, you understand the importance of **collaboration**, **communication**, and **cooperation**, as well as the collective value of unique strengths.

2. Time Management

As a student athlete, you are used to managing multiple things at once, including coursework, practices, games, tests, and other commitments. Because of this, you are already well suited to **balance multiple projects and tasks** at work.

3. Coachability

You **take feedback** well, you are **willing to learn**, you grow from your mistakes, and you constantly strive to be better. Every good boss wants this type of employee.

4. Competition

Not only do you want to be better than your opposing team, but you also want to be better than your previous self. Competitors are **hard workers**, and your **drive** will help you perform well in the workplace.

5. Leadership

Whether you have been in a formal leadership role, such as a captain or team representative, or have just stepped up when your team needed you, you have already learned leadership skills. Leadership can look different in different contexts, and includes **making decisions** for a group, **motivating others**, and **putting the needs of the team first**.

6. Self-Discipline

While others have supported you along the way, a lot of your success has come from personal commitment to your sport. You are **goal-oriented** and **self-motivated**, two qualities that will make you a great employee at any organization.

7. Handling Pressure

High pressure situations are a natural occurrence in almost every sport; and while not all careers are high stress, any workplace can benefit from someone who knows how to stay calm, **think quickly**, and **problem solve** when things get tough.

8. Commitment

Sports require **dedication**, and as a student athlete, you know how to **follow through** with what you set your mind to and pledge to others. This strength will benefit you at any level of your career.

9. Responsibility

You understand that you have a role to play as part of a larger team, and you don't take this responsibility lightly. You are **reliable** and **dependable** as a teammate, and you will be as a coworker too.

10. Resilience

You probably didn't pursue college athletics because you dislike challenges. In fact, you probably enjoy them and maybe even view them as **opportunities** to see what you're capable of. Challenges will come throughout your life and career, and luckily, you know how to **face challenges head on**.

