

## **Charting your Game Plan for the Future: Effective Strategies for Working with College Student Athletes**

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NCDA 2014 Roundtable presentation

### **Research Project**

- Previous literature has not compared different types of college student athletes
- Two groups of student athletes were compared to determine unique career development characteristics
  - Goal instability, vocational identity, and career decidedness
- Results of the current study indicated that there were no significant differences between the two groups of college student athletes with regard to their career development characteristics
  - Average to high scores across all three career development variables examined in the two groups of college student athletes
- Importance of assisting college student athletes in learning about options outside of their sport
- Participants in this study indicated that they were currently considering a specific occupation, but were interested in exploring other options before they make a decision
- Examples of events which may benefit a student athlete's career development

### **FSU Freshmen Athlete Questionnaire**

- **Fall 2012 and Fall 2013** = 131 and 112 freshman student athletes, respectively
- **Similar findings**
  - Despite being able to indicate a choice of major, between 45% and 55% of participants were unable to identify a first choice for their future occupation
  - Over 50% of participants surveyed indicated that they plan to look for a job related to their field of study
  - Between 20% and 32.8% of participants indicated that becoming a professional athlete was an option being considered
  - Survey results indicated that over 50% of college student athletes wanted more assistance in gaining experience, preparing a resume or cover letter, matching majors with occupational options, and networking

### **Examples of Programs and Services**

- Conduct presentations – invite respective teams to visit the Career Center
- On-campus recruitment orientations
- Connect with administrators overseeing services offered by governing bodies such as the National Collegiate Athletic Association (NCAA) and professional athletic organizations including:
  - NCAA – C.H.A.M.P.S.
  - NFL Transition Assistance Program (TAP)
  - Career Assistance Program for Athletes (CAPA)
- **Florida State University (FSU)**
  - Reciprocal liaison role with Athletic Department
  - Presentations to athletic advising staff
  - Connecting to the student athlete advisory council
  - Participating in Summer Bridge program for student athletes
  - Collecting career needs information during fall orientation
  - Student athlete involvement in career development class
  - Orienting Career Center staff to needs of student athletes

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