

MARKETING YOUR *Student Athlete* EXPERIENCE



As a student-athlete, you have developed invaluable leadership experience and skills that colleges and employers seek in job candidates. Identifying and articulating your transferable skills will allow you to effectively market yourself. Below are statements you can integrate into your resume and during interviews to demonstrate the skills you've developed as a student-athlete.

Leadership

- Mentor new team members to maximize athletic abilities and enhance experience
- Selected by peers and coaches to lead a team of 15 through daily drills
- Serve as team captain, overseeing practices and motivating team members

Competitive

- Ranked first place in the Southern California Championship
- Thrive in a competitive atmosphere

Teamwork

- Collaborate with coaches and teammates to uphold team policies
- Build positive relationships with other members through teamwork and positive work habits
- Motivate players during games and serve as liaison between players and coaches

Disciplined

- Effectively mediate disputes between players and exercise conflict-resolution skills
- Remain focused and committed regardless of competition outcomes

Time Management

- Maintained a 3.6 GPA while balancing coursework and frequent travel for competitions

Goal Oriented

- Set goals and developed strategies to achieve success

Execute Under Pressure

- Demonstrate ability to willingly accept challenges and make decisions under pressure
- Strategized and executed game plans during the tournament

Commitment

- Challenge team on continual improvement and communication
- Voted "Most Valuable Player" by teammates during first year

Sample Resume

Lionel Lion

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OBJECTIVE:

Seeking a Sales Associate position at H&M

EDUCATION

University High School, Irvine, CA

May 2015

High School Diploma

Varsity Soccer

Balanced education with 10 hours or more a week of basketball training and/or related activities

EXPERIENCE

State Farm Insurance, Irvine, CA

Summer 2014

Customer Service

- Responded promptly to customer requests, building rapport
- Processed invoices in a timely manner
- Worked efficiently with customers to problem solve
- Handled general office needs as requested

University High School, Irvine, CA

2013-2014

Team Captain, Soccer

- Effectively mediated disputes between players and exercised conflict-resolution skills
- Collaborated with coaches and teammates to uphold team policies
- Challenged team on continual improvement and communication

Recreation Center, Irvine, CA

Summer 2013

Lifeguard

- Enforced rules and maintained safety
- Balanced multiple responsibilities while always paying close attention to detail
- Assisted guests with inquiries and questions in a friendly, professional manner

Self-Employed, Irvine, CA

Summers 2012-2013

Swim Instructor

- Taught students ages 5 to 12 proper swimming techniques and form
- Successfully communicated skills necessary when learning to swim
- Developed patience and understanding while instructing students

COMMUNITY INVOLVEMENT

Middle School After-School Program

Spring 2014

Volunteer Coach, Boys and Girls Club, Irvine, CA

Summer 2012

AWARDS

Most Valuable Player

2012-2013

COMPUTER SKILLS

Microsoft Word, Excel, PowerPoint, Photoshop