Linfield College
Career Development

Students Athletes Rock these 10 Professional Skills

As a student-athlete, you are not only performing and developing in academics and in your sport. You are learning and honing valuable skills that will help you shine and succeed in your chosen career paths. Employers value many traits and experiences, and here are just 10 that we think you can relate back to your accomplishments as a student-athlete!

- ***Teamwork.*** No matter your job, you'll be working in some sort of teams. Teamwork shows you are willing to put others before yourself. You understand the importance of collaboration and cooperation.

- ***Goal-setting.*** Companies and professionals must be able to reach goals. You set personal and team goals. You work hard towards them. You aim high and you attain your goals. You want to use your skills and knowledge to help your team achieve its goals. Your competitive nature will drive you to perform in the workplace.

- ***Coachable.*** One of the most important skills employers look for in recent graduates is the willingness to learn. That you are coachable shows just this. You are eager to learn. You are able to use constructive criticism and evaluations to better yourself as a professional and individual.

- ***Communication skills.*** The top skill that employers need for a successful team is communication. Whether with a coach, teammate, trainer, sports information director, professor, or administrator, you have had to learn how to convey your ideas and needs to others and also understand other's needs.

- ***Strong work ethic.*** Work can be fun, but it can also be hard! You work hard in the early mornings, late evenings, when you are tired, and when you have had a setback.

- ***Resiliency.*** It is important to employers that their staff show resiliency. You understand challenges. Athletics are not for individuals who want to be comfortable. Athletics has taught you how to turn challenges into opportunities for growth.

- ***Time management.*** In the workplace, you will have many responsibilities and time management is one of your biggest assets. You are a student; an athlete; you may have on- or off-campus jobs, an internship and co-curricular activities; and more. You successfully handle the balancing act of life as a student-athlete. You understand how to handle multiple things at a time and meet necessary deadlines.

- ***Critical thinking.*** This encompasses one of the most valuable attributes that employers seek out in young professionals. You have had to critically evaluate each move you have made and every athletic event you have finished in order to better yourself. You used problem-solving skills in your sport whether it was making a play or if readjusting when something went wrong.

- ***Accountability.*** Organizations seek team members who are responsible for themselves and their groups- whether during a "win" or a failure. Through your sport, you have learned each individual is responsible for him/herself. Your sport is what you have made it. Your coaches and teammates can encourage you, but at the end of the day, your performance is your own.

- ***Perform under pressure.*** Most careers and organizations face challenges and success depends on professionals being able to remain calm, regroup, and move forward. You have acquired the ability to perform under pressure. Every job will have its stressors. Explain how you are able to work well with many demands.

What other skills have you developed? How might you show their relevance to future employers? Career Development is here to help you take a look at what you love about being a student athlete and how to transfer those passions and skills to professional paths!