

Transferable Skills

Skills Employers are seeking:

Verbal Communication: Able to express your ideas clearly and confidently in speech

Analyzing and Investigating: Gather information systematically to establish facts & principles; problem solving

Planning and Organizing: Able to plan activities & carry them through effectively

Teamwork: Work confidently within a group

Initiative/Self-Motivation: Able to act on initiative, identify opportunities & proactive in putting forward ideas & solutions; take action

Drive: Determination to get things done. Make things happen & constantly looking for better ways of doing things

Flexibility: Adapt successfully to changing situations & environments

Time Management: Manage time effectively, prioritizing tasks and able to work to deadlines.

Skills of student athletes:

Teamwork: Athletes understand the value of teamwork, rely on others, encourage and motivate team members

Setting and achieving goals: Athletes regularly set individual and team goals, as well as develop ways to monitor their success. Goal setting has been found to be positively correlated to increased performance – both in sports and other non-athletic endeavors.

Overcoming adversity: Anyone who has ever competed knows that losing comes hand in hand with competing. Athletic competition provides a great learning environment to develop skills to deal with frustration and losing.

Coachable and willing to learn: Athletes respect authority and are willing to learn from coaches and teammates

Self-discipline and motivation: Being an athlete often requires diet and exercise routines, demanding practices, and making choices that non-athletes do not necessarily experience. Athletes make a commitment to stay substance free.

Competitive nature: (especially beneficial for business and sales careers) Athletes seek and love challenges. Athletes are generally mentally tough and confident.

Time management: practices, training, and traveling for competition can be very demanding. Keeping a tight schedule and taking advantage of down time is quite common for many athletes. Athletes have a strong work ethic!

Handling Pressure well/staying composed: Athletes deal with nerves quite regularly and oftentimes they develop specific skills to help them overcome their anxiety. Learning how to relax under pressure is an invaluable skill on the job

Decision making: Athletes make quick, spontaneous decisions during games