

RESEARCH HIGHLIGHTS

- Student-athletes often face additional life challenges with respect to exploring, choosing and preparing for meaningful careers.
- Student-athletes often must navigate an institutional barrier of academic clustering that can further implicate meaningful career preparation for life after sport.
- Individuals who engaged outside of their athletic environment felt ready to pursue life after sport.
- Individuals who demonstrated a clear alignment of major choice and career aspiration are more confident in pursuing their career field.

Educational policy leaders at both a macro & micro level must work together to maintain clear program goals and objectives to guide program development.

QUESTIONS FOR PRACTICE

1. In what capacity does your athletic department support/encourage the process of career exploration among student-athletes?
2. Within your athletics department, are efforts in place to help student-athletes engage with both athletics specific and campus wide career development initiatives?
3. What specific efforts are being made to help expose student-athletes to both academic majors and career fields of which they may not be familiar?
4. At what point during a student-athlete's experience on your campus are career goals introduced and discussed?
5. If your student-athlete support includes preparation for life after college, how much of that support is focused on career preparation?



Kristina M. Navarro, PhD, CSCS

Assistant Professor
University of Wisconsin, Whitewater & Madison
[Author Website](#)
navarrok@uww.edu

Additional Resources:

- [Career Athletes NCAA Career Center](#)

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