

RESEARCH HIGHLIGHTS

- Equanimity is when individuals find meaning in times of hardship, are at peace or centered, see each day as a gift, and feel good about their life direction (Lindholm, 2013).
- Previous research suggests it does not develop uniformly for student-athletes.
- Equanimity does play a similar role in contributing to the academic and psychological well-being of all student-athletes.
- Charitable involvement, faculty support of students' spiritual/religious development, and academic engagement are each related to student-athletes' equanimity development.

Consideration of equanimity is requisite to understanding fully how pre-college variables and college experiences relate to the psychological and academic aspects of student-athletes' lives.

QUESTIONS FOR PRACTICE

1. How is our athletic department currently supporting the spirituality of student-athletes?
2. Does our athletic department's approach to mental health and academic success account for student-athletes' spirituality?
3. Could our athletic department tailor charitable involvement, faculty support, and academic engagement initiatives such that student-athletes make meaning of those experiences through the lens of equanimity?
4. What supports are in place to make those efforts successful? What supports are needed?



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Additional Resources:
[Lindholm, J. A. \(2013\). Methodological overview of the UCLA spirituality in higher education project. In A. B. Rockenbach & M. J. Mayhew \(Eds.\), Spirituality in college students lives: Translating research into practice \(pp. 9-16\). New York, NY: Routledge.](#)

[Astin, A. W., Astin, H. S., & Lindholm, J. A. \(2011\). Cultivating the spirit: How college can enhance students' inner lives. San Francisco: Jossey-Bass.](#)

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