

PROMOTING SUCCESS AFTER SPORT

Assisting Athletes in Defining and Utilizing Transferable Skills from Sport to Life

RESEARCH FROM THE FRONT PORCH

RESEARCH HIGHLIGHTS

- While student-athletes are gaining valuable, transferable skills through their sport, they have few opportunities to apply those skills in non-sport spaces, reinforcing their identity as an athlete and creating a lack of preparation for transition out of sport.
- Preparing before a transition out of sport is essential for student-athlete success after completing their eligibility (Paskus & Bell, 2016).
- Integrating coaches into development processes and post-career exploration is an important component of the holistic development of student-athletes.
- Skill development conducted within an environment that is mindful of limited schedules promotes buy-in, leading to higher success and confidence when exploring post-athletic opportunities.

The skills student-athletes use in sport are the same skills that will help them become successful later in life.

QUESTIONS FOR PRACTICE

1. Does student-athlete development effectively communicate the importance of programming with coaches and other staff who see student-athletes more frequently? How do we change their mindset if they don't see the long-term benefit?
2. Do we provide transition programming without adding a large number of hours for student-athletes; meeting student-athletes where they are at for easier involvement?
3. How can we use student-athlete development principles to empower and encourage academic coordinators and mentors to make long-term goal planning and identity investigation part of their work?
4. What tools are we using to promote information among all constituents that work with our student-athletes? Are these tools easy to access and understand for all users?



Katherine Kubancik, M.Ed.

Senior Student-Athlete Development Assistant
University of Washington
kubancik@uw.edu
[LinkedIn.com/in/katherine-kubancik](https://www.linkedin.com/in/katherine-kubancik)

Katherine Kubancik received a 2018 Intercollegiate Athletics Leadership Graduate Program Award for her work on student-athlete transition from sport.

WANT TO LEARN MORE?

[Visit the Center's Research Brief Library](#)

[Explore the UW Intercollegiate Athletic Leadership \(IAL\) Graduate Program](#)



[Refer a student for the IAL Graduate Program](#)



CENTER FOR LEADERSHIP IN ATHLETICS

UNIVERSITY of WASHINGTON