

# Career Readiness of Student-Athletes

**To what extent are student-athletes prepared for graduate school or careers upon graduation?**

## Learning Outcome

Student-athletes who utilize AAA's Life Skills programs and services will be prepared for the world of work or graduate school and to serve as leaders in their communities.

## Methodology

- 42 junior student-athletes were invited to participate in the Mock Interview Program during the winter and spring quarters.
- Data was collected using observation rubrics completed by interviewers to directly assess learning across 12 characteristics required when seeking a career or graduate degree on a 3-point scale.
- Data from the observation rubrics were analyzed by calculating how many characteristic expectations were met or exceeded per student, as well as the mean score across all 12 criteria per student.

## Demographics

- Of 42 eligible student-athletes, 41 participated in Mock Interview Night.
- Of the 41 student-athletes, 13 are enrolled with the College of Science and Health (32%), 11 with the College of Communication (27%), 10 with the Driehaus College of Business (24%), 4 with the College of Education (10%), 2 with the College of Computing and Digital Media (5%) and 1 with the College of Liberal Arts and Social Sciences (2%).
- 22 student-athletes (54%) identified as female while the remaining 19 student-athletes (46%) identified as male.
- All student-athletes were of junior status.

## Key Findings

- 22 student-athletes (55%) met or exceeded expectations in all 12 characteristics, 14 student-athletes (35%) met or exceeded expectations in 11 characteristics and 4 student-athletes (10%) met or exceeded expectations in 10 characteristics.
- Based on a scale ranging from 0 through 2 points, the overall mean score for all participants was 1.52.
- The highest mean participant score was 2.00 while the lowest was 1.08.
- The highest mean characteristic score was 1.9 for facial expressions while the lowest characteristic score was 1.1 for asking questions and closing the interview.

## Plan of Action

- Partner with the Career Center to host a series of workshops that address the process of preparing for job or graduate school applications, research of specific positions, interview preparation and overall initial career development
- Reach out to team coaches at the beginning of the year and end of their championship seasons to have them remind student-athletes of the importance of participation in multiple career development events
- Create new and revise existing Life Skills programs to emphasize the importance of asking questions and closing the interview with interviewees
- Partner with the Career Center to offer a student-athlete specific UIP 241 course entitled Uncovering Your Skills in spring quarter

“[My experience as a student-athlete helped me be ready for internships or jobs because] I know how to deal with nervousness and calm myself down. I know how to approach interviews because I've learned how to succeed in pressure situations.”