Training for Transition

Preparing for the move out of college and away from your sport

Presented By:

C.A.T.S. LIFE SKILLS

BE A LIFE CHAMPION!
Dear Student-Athletes,

We are very proud of our C.A.T.S. Life Skills program and our national reputation of being a model program. Every so often we like to evaluate our programming in order to improve services to our student-athletes.

We asked former student-athletes (from roughly the last 10 years) to take a few moments and complete a survey to identify issues they might have faced making the transition out of college and away from their sport. Although the list of topics was not exhaustive, we tried to identify main areas where people might have had difficulties, including:

- Identity issues
- A sense of belonging
- Financial issues
- Support
- Structure and routine
- Finding a job
- Confidence to be successful in something else
- Competence to be successful in something else
- Finding something else I was passionate about

Included in this booklet are some demographic results and comments in specific target areas. We hope this is informative and helpful as you continue your journey as a student-athlete or move on in your life and your career. As always, please don’t hesitate to contact C.A.T.S. Life Skills if you have any questions.

Thanks and Bear Down,

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RESULTS

Males

Female

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<tr>
<th>Category</th>
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<th>Females</th>
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<td>Identity (as an athlete, self image...)</td>
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<td>Sense of Belonging (to a team, community...)</td>
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<td>Support (teammates, coaches, C.A.T.S...)</td>
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<td>Financial</td>
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<td>Structure/Routine (independence, free time...)</td>
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<td>Finding a job</td>
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<td>Confidence to be successful at something else</td>
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<td>Finding something else I was passionate about</td>
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Other demographic data results

Scholarship

Non-Scholarship
MISSION STATEMENT
To encourage and promote lifelong connections with Arizona teammates, coaches, and staff, while upholding the tradition and heritage of Arizona Athletics and building pride in the "A" that only Letterwinners understand.
Best thing I did for myself

- Active participation in Athletes in Action.
- Leveraging Becky Bell and the mock interview process prepared me for interviewing for a job.
- Attending campus career fairs in order to find a job.
- I met with my advisors both in my major and in the athletics department during my last 1.5 years as a student. I worked with Becky on needed skills such as writing a resume and mock interview preparation prior to applying to medical school. I knew what my goals were which made it much easier to seek out the support I needed to achieve them. The C.A.T.S. Life Skills program was a huge help!
- Was involved with AIA.
- C.A.T.S. Community service, FeelGood club.
- An internship Becky Bell found through TEP. Great experience!
- I took my education seriously because it was an important step in accomplishing the goals I have set for my life. This made the transition for me relatively easy because playing football was only a small part of the complete picture.
- Doing an internship with Sports Marketing.
- Became close with the coaching staff, strength and conditioning staff and training staff. Also, my teammates were a huge support system. It's a brotherhood in the locker room.
- I developed other relationships and networks outside of sports, which helped me accept being "normal." I stayed in contact with the sport on other levels such as coaching and clinics.
- Took advantage of all the student services and C.A.T.S. had to offer.
- Bonding and creating friendships with those that match my interest.
- Playing college football helped out tremendously in my transition to "regular life." Learning how to effectively and efficiently manage school work with football has paid immeasurable dividends for me.
- Independent study classes on the future job. On-site training.
- I didn't do a good job of preparing, but the structure and goal setting were probably the skills that translated the best to the working world.
- Being a two sport high school athlete gave me the structure to be successful. Also, I had my sister on campus for my first semester and having someone who I could talk to and mentor me really made it an easy transition.
- Resume and interview preparation. Found time to make friends outside athletics dept. Try and have as normal a college routine when not in season.
- Have a degree that was recognized in more than one country, continue my sport for a little bit longer after college, get a coaching degree as well so I did not have all my eggs in one basket, move close to my family.
- Sometimes you just have to throw yourself into something out of your comfort zone, especially after not knowing anything else but softball this is what I did. Sink or swim.
- Worked and did internships.
- Used any "free time" to study.
I was on an NROTC scholarship. This allowed me to have a job secured upon leaving college, and made everything very easy with regard to transitions.

Be realistic about the future.

Athletes to Business was a huge help and ended up finding me my first job out of school. I went to the career fairs which helped me get a better idea of what I was looking to do for work. Lastly, since I had such a great experience at the school I realized my last meet did not have to be perfect because of the great things that happened throughout my career. I had this attitude throughout my senior year, which made the transition out of gymnastics much easier.

I worked as a gymnastics coach during my 5th year of college and on which helped in my transition into the 'real world'.

Being in a competitive environment helped me prepare for the real world. Sports definitely 100% applies to the real world.

Many, many hours with Becky Bell working on resumes and mock interviews.

Just always being independent and being able to take care of myself and figure things out on my own.

Getting active in our Step-Up program, SAAC, and various community service opportunities.

Persistence. I competed professionally for years after I graduated and felt like I couldn’t access most of the services set up by the university for departing seniors

Research assistantship in my department helped me feel much more comfortable as an engineer. Becky helped me feel comfortable with the job application/interview process.

Presentations in PAL, discussions in SAAC, advice from Life Skills (Becky Bell).

Planning, took ownership and more planning.

Was involved in the academic community (especially being involved in my specific college)

Utilizing Becky Bell’s help for life after sports.

Networking, public speaking, being involved with the community, school spirit.

Loading myself with a lot of responsibilities in high school helped with my transition to college and beyond

Network! Talk with other people on how they were successful.

SAAC, SALT, Blue Chip.

Getting involved in other activities on campus, continuing to connect with my former teammates.

Having Becky help me with a resume :)

The best thing I did was intern with Erika Barnes. I also conducted my own softball lessons and did Coach Candrea’s softball camps which helped me be able to have the skills to coach and direct camps on my own terms.
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What I would do differently

- After graduation and before moving to my new job, I wish I had tried to find more connections in the new city. It was a tough transition trying to find new friends. Being a college athlete you are blessed with an immediate family of teammates and fellow athletes. So, moving to a new city and trying to meet people was a difficult transition.
- I would have loved to have the opportunity to have more summer internships. Because I needed to be on campus to train during the summer, I did not have the opportunity to pursue internships in my field of studies. I feel like if I did internships I would have been able to discover different industries that I was interested in vs. jumping in the work world pretty blindly. I still struggle to know what I am passionate about outside of sports.
- Found a Church or AIA earlier.
- Explore more than one postgraduate option in case plan A didn't work out. Don't expect life to be easier after college, just different. Take more time while in college to
- Explore more jobs related to my major before choosing a major. I would have liked to pursue more career related experiences during my college career.
- I would have worked harder and somehow found the time to create a complete and tested system for my fellow athletes that would allow them to think much larger than a simple game and to invest just as much in their minds as they do with their bodies.
- I would try to find what I loved sooner. It took me until my last semester to realize what I wanted to do with my future.
- More time on homework.
- Been more active in other groups/internships/clubs.
- Learn to take a larger perspective and accept what I accomplished, not always looking at what I never achieved. I would also not compare myself to others.
- I would try to utilize it much sooner.
- Ask for more assistance.
- I would have worked harder on my academics and less on my social life. I would have tried to realize the importance of good grades and learning.
- Not sure. It was hard leaving the program and teammates behind.
- instead of just picking a major in college just to know I would graduate college someday (at a 4 year school), sit back and really think about what I want to do and not be afraid if it is not a specific major at a big university.
- Take advantage of the programs available.
- I wish I would have taken advantage of all the resources available to me.
- Spend more time thinking about what to do in life after football.
- Wouldn't be as easily swayed out of my true passion/professional goals if they didn't fit my sports schedule.
- I would have tried to find something else I was passionate about and study in that field instead of just studying what I thought would open most doors once I was done with college.
- Feeling passionate about work. Even as a physician nothing feels as important as competitions did.
Wish I had more time to plan for after college. I was too busy during to come up with a set plan.

I would have sought out guidance from older athletes that had done it before me instead of trying to do it alone.

Complete another internship during college, maybe between my junior and senior year. Therefore when I got out of school it would help me decide what I wanted to do. I completed a book called 'What color is your Parachute' which helped me reevaluate. I wish I had done it before graduation.

I would've stayed more connected with the University and my old team.

I would have done more ride-alongs for future careers. I did not realize how competitive and cut throat the real world was. It’s just like sports.

Internships, internships, internships. I feel that internships are one of the best ways to make connections for non-student-athletes and while I did other productive activities in my summers (coaching, classes, and training) I would have greatly benefitted from internships in my interest areas. I have been in more than one interview that asked where I interned and while I can pivot to my experience as a student athlete, I feel that experience is less of an asset as I get older. I also feel I probably would have changed what I studied sooner.

Just being prepared financially.

Taken graduate classes as I competed professionally. Tried to gain work experience while I was training or in school.

The hardest thing for me is picking the thing I’m most passionate about to pursue. I don’t know that there’s anything I could have done differently to help with this.

I would have tried to have more of a plan for when I graduated in regards to my running options- finding groups, coaches, etc.

Get involved with the community more.

I wouldn't have interned with the department earlier in my academic career.

I wouldn't do anything differently. I was a walk on to both cross country and track and field teams. Nursing was my career so I had to give up athletics to finish my nursing career. I am happy with the choice I made.

I would have gotten my degree before I finished my eligibility.

Network!

More internships. More career counseling, but for sure more internships.
ARIZONA ALUMNI LETTERWINNERS

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Top Pieces of Advice

- Use the resources available through C.A.T.S. and ask their advice. They have a genuine interest in helping you accomplish your goals. Make a plan for how you would want your life to be in 10, 20, 30 years and pursue a career that's in line with those goals. Don't just seek money, go for what you enjoy and the money will follow. Travel before you get busy with a career. I'm thankful that I spent a month in Europe when I was only 21. Once you get busy with a career and then family, traveling is not as easy.
- Listen to your professors, pay close attention to what your advisor tells you, stay grounded when you leave U of A, you are not a big fish anymore.
- Try to get involved in some activities different from your sport. Have some friends outside your teammates.
- Create a resume early. Take advantage of the interviewing practicing provided through the student athlete services. Attend campus career fairs to see what's out there and what you might be interested in. Attend career seminars provided by your academic college to get exposure to career recruiters and industries you might be interested in. Complete internships during the summer in different fields you are interested in. Try to find something that you passionate about (outside of sports) while still being an athlete, so it is easier to find an activity to help fill your "free time" when you are finished with sports. Perhaps this "passion" can lead to your future career.
- Take advantage of the support services offered through C.A.T.S. Life Skills - they have the experience to help you correct your weaknesses and further develop your strengths. Try to think about your career goals before graduating, as it will help focus your preparations to leave college and find a job.
- Find a church; Love your sport; Love school. If you don't love what you’re doing, it’s not the place for you.
- Find balance in your life. Meet people outside McKale. Attend other campus and community events. Do community service events! Do not limit your career choices just because you are a student athlete. Always keep in mind that your education comes first. Get to know your professors and TA’s. Take advantage of the resources available to you!
- Seek council, seek every opportunity and go after your goals, don’t wait.
- I wish I had more interaction with the other athletes. You tend to get in your sport and not have the opportunity to get to know other athletes in your class.
- My advice is not focused on the transition because to me it is often too late if you were to wait until you are going to graduate to think about life after sports. One should be preparing in college for life after their sport even if they have a 10 year pro career.
- Choose a school with an environment that you would be happy in even if you were not a student athlete. Try to participate in a group or club not associated with the athletic department.
- Don't get frustrated. The hiring process is a long one, stay focused. Be patient.
- Try to find a way to give back to the younger generations in the field of athletics. Don't brag about sports during job interviews; have it on your resume but sell yourself on your knowledge, passion and commitment to the job/company. Let them figure out that you were
part of a winning Wildcat tradition/team; let them imagine how hard you worked to get through school while practicing every day and games all week long.

- Get into an internship when you can! Stay organized in all facets of college! (studies, schedules, etc.) Make good connections with other athletes!
- Enjoy class. Enjoy class. Enjoy class. Find something that you are interested in, because even if you go on to play professionally, eventually you will have to hang up the proverbial cleats and get a job.
- Live in the moment and make the most of every opportunity. Being able to be satisfied with your career makes it much easier to move on from it. Don't be afraid to be uncomfortable. Speaking opportunities and community service might not be easy, but they are such great skills to develop for the workforce. Surround yourself with ambitious people. It helps you get moving when everyone around you is in motion too.
- Network with anyone and everyone. Use what is available and find something that you will enjoy.
- Plan ahead, Execute and Evaluate
- Work as hard as you can in everything that you do. Most athletes go into college with the hopes of playing professionally. Unfortunately, that is only possible for very few, and even the few that do play in the pros, their career is short lived. There are 3 important things to do in college as an athlete. #1 your sport, #2 your academics, #3 social life. During the season you only have time for 2 of them. Social life is important but not at the expense of failing in academics. I would tell them also to try and learn how to effectively and efficiently manage their time early on in their college careers. Use all of the resources you have available to you, professors, teachers, assistants, managers, coaches, advisors, tutors. Everyone is there to help you succeed in athletics, academics and most importantly in life. Long after football is over and no one cares about that anymore, you will be able to say you have a college degree which will open up more doors than you can imagine.
- Make time to do everything: train, compete, be social, go out, do an internship, be a mentor, take a hike, etc.
- Network; Investments; Fitness and daily goals.
- Work hard, do your research, and be nice to everyone you meet.
- If you are really interested in a certain area of study but the college does not offer exactly that, do what you can in the major closest to your study and find any extras you can do to make it more specific to what you really want to do.
- It'll be different, but if you apply the same work ethic, you'll find success. It will be near impossible to put that work ethic into a career you don't enjoy. Find ways to measure your improvements; in athletics, it's easy because you get bigger, stronger, faster, but it's not always as easy to see in your professional life.
- To experience everything and take advantage of everything available. The individuals involved with the C.A.T.S. department want you to succeed and use them.
- Put as much energy into education as you do sport. Focus on public speaking. Get involved with the community.
- Don’t think you are young and you have time to decide what you want to do later.... the earlier you know what you want to do, the better you will be prepared. 4 years goes by SO
FAST! Give 100% effort at practice so you don't regret anything once your career is over because you can't go back. Do what you dream of now because once you work, have a family etc... you barely get a minute to yourself anymore. This is the time you can focus on yourself, and EVERYONE is there to help you. Make the most out of it, it won't last forever.

- Find a way to look at yourself that does not include your sport.
- Find new hobbies/interests. Use available resources to find jobs etc. Realize you won't have a routine but find something that you can work towards!
- Don't be afraid to ask for help and or get out there.
- Start focusing on the future not. Your sport is just a sport and is not your career. It is more beneficial to better your career than focus on just your sport. Take the harder major, do not just opt for the easier one because your sport takes over everything. Even though it was supposed to be school first, it was not.
- You will never have as much free time as you have in college. Success in school will open doors for you that you never thought possible. Although you may never use your major, challenge yourself with a difficult one, as it does matter.
- You are a student athlete, the student comes first. The odds that you will become a pro, slim to nil, so fine tune other talents You are a normal person, not above anyone or moral laws, so don't make choices that show you don't value other 'normal' people.
- Realize that once you are done with sports there are many opportunities in the workforce to feel like you are part of a team. You can still be a top performer in the workforce even if it is not related to athletics. There are just as many opportunities in the real world to excel... Even if the first or even the second jobs don't work out, do not get discouraged and keep trying. You will find a job that you like just as much as you liked playing or competing in your sport if you are patient.
- First, would suggest to keep in touch with your team and coaches and to follow their progress and stay involved as much as possible. Next, current student-athletes should use all resources provided by the college. As you grow, you mature and the more knowledge you have, the more educated decisions you can make regarding your future and more opportunities will be at your fingertips. Lastly, learn how to save money and save as much as you can now!
- Get involved with Athletes to Business early on. Also go to the UofA career fairs. Most sales careers are looking for an athlete type, very competitive, willing to do anything to win and be #1, willing to work very hard, and being a great team member, aka attitude.
- Do at least one internship! Be patient, don't just take a job because it's a job. Talk to a LOT of people ... learn from their experiences and ask them to help you expand your network.
- Be financially smart, have a plan and know that things get real once you graduate from college.
- Plan ahead. Figure out what you want to do and where you want to live and search from there. Be smart about the money you do make, and save it!
- If you can fit time to do co-ops or internships do it! Think and plan seriously for life after sports, not after it's over and you're left wondering "where next". Utilize the resources available to get interviews and meet with perspective employers.
- Try to get experience in your field early on. It doesn't have to be a ton, but it will make you feel so much more comfortable in the real world. Use the resources available to you to help
with job applications/interviews. It is uncomfortable and you may feel vulnerable having someone read your resume and doing practice interviews but it helps SO MUCH. Work NOW to find things you are passionate about outside of your sport. Give yourself something to look forward to!

- Pursue what you're passionate about, disregarding what other people think you "should" be doing with your life. More people than not don't have a perfect plan for after graduation- it's OK! Ask for help! Advice, referrals, anything... take advantage of other people's experience.
- If you need help, then ask for it. Utilize the facilities and people around you Enjoy the experience.
- Be involved academically as well as athletically. Have a plan for the direction you want to go post-graduation Utilize the resources that the university and the athletic department offer
- Internships are key. Meet with Becky Bell. Network now while you are hot!
- Sports are not forever, it will end someday for you. Do not put all of your eggs into one basket when it comes to competing at the next level after college. Teach yourself how to live independently - (i.e. cook, clean, pay bills)
- Make a thorough and detailed resume and cover letter that is tailored to EVERY job you apply for. Travel the world before settling down - this is the only time you will be able to gain those amazing life experiences before settling in a career or family. Enjoy what you do! If you realize you do not like your area of specialty, don't be afraid to go back to school and get a Masters or Credentialed in another field.
- Advocate for yourself-be the one to ask questions and seek information; don't wait for someone to help you-help yourself. Stay in contact with those who provided helpful information.
- Take the time to get to know others outside of your team support. Start planning for jobs in your junior year, not senior. Find a mentor that will help you adjust from being a student-athlete to a normal person.
- Network! Get to know everyone you can within athletics. Not being a part of a team post-graduation can be difficult and feel weird initially.
- Take advantage of all the services provided to student-athletes Finish your degree before leaving school. Have short term and long term plans for your life (i.e. while in school and what you want to do after college.)
- Get a resume ready, take an internship(s) of your choice, get a summer job if you can so you have experience, or at least a summer internship.
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General Thoughts

- I do GREATLY appreciate the advice of Becky Bell to connect me with a lady who was an accountant (a major I was strongly considering). My interview of the lady's job and life helped me to realize that my personality as an extrovert would not have fit the solitary schedule of an accountant. It helped me to pursue my ultimate majors, Marketing and Business Management, which are a better fit for me.
- Remember why you started and continued your sport, don't lose track of the joy it has brought you.
- Absolutely loved my college experience. My decision to attend UA was greatly persuaded by the C.A.T.S academic program.
- Thank you for striving to become a better program and for looking to help the young minds that, whether much of the staff knows it or not, you are helping to shape.
- Use the programs available through the University and athletic department. Ask for help before you become buried. Enjoy your time as a student-athlete! Bear Down!
- The only way to get ahead in life is to be motivated, have great people skills, and stay organized.
- I am grateful for my time as an athlete, and I’m sure I would not be as successful as I am without the lessons learned on the game field, in the weight room, in the summer workouts, in the film room, in the locker room and on the practice field. Being a college athlete is similar to carrying two full time jobs, which is very difficult. If you can successfully be a competitive athlete while carrying a full course of college credits and graduate with a Bachelor's degree, you can do anything you want to in life!
- One of the things I miss the most is not having teammates anymore.... it is not the same in the workplace. Cherish these moment while you can :)
- I had an absolutely amazing college experience at University of Arizona. I walked on and then earned a scholarship my senior year by demonstrating hard work and dedication. This lesson has helped me to excel in the workforce and I am thankful for the opportunity.
- Becky Bell's programs were amazing and I miss every part of my student athlete experience. Though I have had a great time growing and being out of school too.
- Of all the programs that the UA offers to student-athletes, C.A.T.S. Life Skills is the best resource to student-athletes. It provides skills and knowledge as well as stability and guidance in an otherwise crazy lifestyle.
- My situation was a bit different in that it wasn't until a few years after my graduation is when I started the process to move into a career which is why I believe I struggled with identity and finding a career path I was excited about. As a senior I believe a lot of those opportunities were there but I was focused on my sport and decisions relating to that rather than my major (Civil Engineering). When I was done swimming, I felt like I was way behind the 8-ball.
- C.A.T.S. Academics provides awesome support, opportunities, and personnel.
- I think it's a tough transition when you leave college, you are no longer a part of something special, or at least you don't fell as integrated. I believe if there was a mandatory career prep program it would GREATLY help student-athletes.
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ARIZONA ALUMNI LETTERWINNERS

MISSION STATEMENT
To encourage and promote life long connections with Arizona teammates, coaches, and staff, while upholding the tradition and heritage of Arizona Athletics and building pride in the “A” that only Letterwinners understand.
<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
<th>Sport</th>
<th>Phone</th>
<th>Career Field</th>
<th>Email</th>
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<tbody>
<tr>
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<td>Abrams</td>
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