



CHAMPS Newsletter



Counseling to **H**elp **A**thletes **M**aximize **P**ersonal **S**uccess

Career Development for Student-Athletes

NOVEMBER 2003

No time to spare!

Weight training, class, quick bite to eat, class again, practice, study table, sleep. Sound familiar? You have devoted your life to sport. Day in and day out you train hard and do your best to keep up with your jam-packed schedule. Is it any wonder that you might struggle to find the time to think about your career after sport?

What? Life after college? Life after a sport career?

Many student-athletes hope to play professional sport. Even if you beat the odds and make it to the pros, you WILL need to pursue another career eventually, usually sooner rather than later. Did you know that football players who are drafted into the NFL play professionally for an average of three-and-a-half years? Lifers like Jerry Rice, Jack Nicklaus, Mia Hamm, and Michael Jordan are rare. And even THEY have to retire from sport! Plus, Exploring career options now can provide you with a sense of direction beyond college.

Where do I start?

So, why not invest some time and energy planning for the future while you're still in college? There are many resources available at K-State to help you do just that.

- Learn more about your career personality, values, and interests
 - Take career assessments through Counseling Services.
- Learn more about various careers
 - Visit the Academic and Career Information Center (ACIC) in the basement of Holton Hall

Earn course credit for your exploration!

Sign up now for EDCEP 202 (Career and Life Planning). This course helps athletes explore career interests and develop skills such as resume writing, interviewing, and job search techniques.

Getting a job...

Participation in sport may limit the time you have to gain "work" experience, but do not underestimate the valuable skills you have gained through sport. Confidence, teamwork, leadership, communication, performing under pressure, dedication, goal setting, time management. These are all skills that employers look for in employees. Let the CHAMPS staff help you think about how you can apply the things you have learned as an athlete to the workplace.

Coming soon to a classroom near you!

EDCEP 502 Performance Enhancement

Section F – Tu 12:30-1:50pm, Lafene Building 232

Athletes will learn more about the mental aspects of sport performance and will gain valuable skills for managing arousal through biofeedback training.

EDCEP 202 Career and Life Planning

Section B – Tu/Th 2:30-3:20 pm, Derby Food Center - Room 134

Athletes will explore career interests and develop skills in resume writing, interviewing, and job search techniques.

Talk to your athletic advisor concerning enrollment in either of these classes.

CHAMPS Specialists:

Fred B. Newton Adrienne Leslie-Toogood
Megan Brent Rob Pettay
Dana Wyner



Contact Us:

For Team or Individual Services or More Information Please Contact:
Ksu Counseling Services **CHAMPS@ksu.edu**
232 Lafene Building, 785-532-6972

