

# SKILLS AND ATTRIBUTES OF STUDENT ATHLETES

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## Describing the Marketable Skills and Attributes of a Student Athlete for Graduate Schools and Employers

*The resume of a student athlete may contain sections that are different from other students' resumes.  
It is common to see sections such as:*

- Athletic Experience
- Honors and Awards
- Achievements
- Coaching Experience
- Professional/Student Sport Associations
- Certifications
- Training
- Professional Development

*Some of the skills and attributes that may be developed as a result of participation in athletics:*

- Accomplishment
- Accuracy
- Achievement
- Agility
- Attention to detail
- Awareness of diversity
- Balance in life
- Challenging yourself
- Coaching
- Commitment
- Communication
- Competition
- Confidence
- Cooperation
- Coordination
- Decision making
- Dedication
- Determination
- Diligence
- Discipline
- Endurance
- Fitness
- Flexibility
- Focus
- Following plans/directions
- Give/take feedback and criticism
- Goal-directed
- Improvement
- Integrity
- Individual/group effort
- Keeping records
- Leadership
- Learning from failure
- Management
- Motor skills
- Multi-tasking
- Observation
- Organization
- Overcome obstacles
- Pain/fatigue management
- Patience
- Performance
- Persistence
- Positive attitude
- Prioritizing
- Problem solving
- Public speaking
- Punctuality
- Pursuit of excellence
- Reduce tension
- Respect
- Responsibility
- Scheduling
- Self-directed
- Self-esteem
- Set goals
- Stamina
- Strategies
- Strength/conditioning
- Stress management
- Supervision
- Tactics (offense/defense)
- Teaching
- Teamwork
- Thinking on your feet
- Time management
- Training motivation
- Work ethic

*Gain the most from your experiences while in college by reviewing them with a career counselor in Career Services—Schedule an appointment through RhodyNet. For assistance call 401-874-2311.*