

Career Guide for Student Athletes



Did you know that only 2% of student-athletes continue on to professional sports?

Instead, the majority of student-athletes take the skills they develop through sports and pursue a wide variety of careers. Despite busy schedules, student-athletes successfully complete internships, partake in student organizations, and plan ahead for their future career.

Transferable Skills for Student-Athletes

Your commitment to sports has curated transferable skills that are desirable to employers and graduate school programs. Make sure to include skills, such as the ones below, in your resume, LinkedIn, and interview answers.

- Communication
- Teamwork
- Goal Setting
- Time Management
- Leadership
- Discipline / Work Ethic
- Personal Responsibility / Accountability
- Attention to Detail
- Commitment
- Self-Awareness
- Resilience
- Competition
- Self-Discipline
- Coachability
- Strategic Thinking



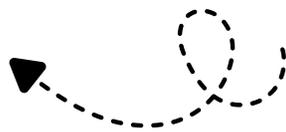
Resume Example

INTERCOLLEGIATE ATHLETICS

UC Irvine Men's Soccer
Team Captain, 2024-2025

2021-2025

- Lead and mentor teammates, fostering communication, accountability, and teamwork.
- Balance 20+ hours of weekly athletic commitments with full-time academic and leadership duties.
- Represent UCI Athletics in community and campus engagement events.



Make sure to:

- Mention awards and/or scholarships earned
- Highlight personal accomplishments in addition to team accomplishments
- Include the hours/week of sport commitments
- Have a career counselor review your resume!





Networking & LinkedIn

Your identity as a student-athlete will naturally connect you with teammates, coaching staff, alumni and community members. Maintain an updated LinkedIn profile that is ready to share. Consider requesting to link your profile when your name is mentioned in posts or press releases. To create or update your profile, use our [LinkedIn career guide](#) or [schedule a meeting](#) with a career counselor.



Career Exploration

With a busy practice & competition schedule, you might not have time to attend events or workshops on campus. Many career exploration resources are available online. Before diving into a job search, develop a general awareness of career options available to you.

- **Free Career Assessments:** Focus 2 (career.uci.edu/focus-2-career); My Next Move (mynextmove.org)
- **Career Exploration Websites:** O*Net (onetonline.org); Occupational Outlook Handbook (bls.gov/ooh); What Can I do with My Major (career.uci.edu/undergraduate/explore-a-career/choosing-a-major)
 - **Tip:** For careers in sports, read the career guide on “[Coaching & Sports Training](#)” or “[Sports Jobs](#).” For detailed guides on other careers, access the [Vault: Job Guides](#) on the UCI Library Career Research page (guides.lib.uci.edu/career-research/home). *You must be connected to the UCI VPN to access.*



Job & Internship Search

Many student-athletes find time to complete an internship or part-time job! DCP has a wealth of resources to assist with resume writing, interviewing skills, job and internship search strategies, and much more. Login to Handshake (uci.joinhandshake.com), our comprehensive career platform, to apply to open positions and register for career fairs.

Create your job seeker profile on NCAA After the Game (fsacareercenter.ncaa.org/jobseekers) to find employers looking to hire former NCAA student-athletes.



Interview Preparation

Preparing for an interview by practicing anticipated questions and rehearsing thoughtful and articulate answers can produce positive results. **Big Interview** (uci.biginterview.com) is an online system that combines training and practice to help you improve your interview technique and build your confidence.



Graduate School Planning

NCAA student-athletes are 1.3 times more likely to earn a postgraduate degree than non-student-athletes (Gallup, 2020). DCP offers 1:1 advising, workshops, and a graduate school fair for students interested in pursuing further education. To get started, explore different graduate degrees, talk with faculty & admissions representatives, and start working towards application requirements.



Meet with Us

Appointments and drop-ins are available with career counselors in both virtual and in-person formats. Schedule your appointment through Handshake (uci.joinhandshake.com/login).