

STUDENT ATHLETE EDITION

Interview Tip:

Behavioral Interview Prompts

Employers often ask questions about how you responded to specific situations. For example:

- Tell me about a time when you experienced a conflict while working on a team.
- Describe a time when you had to work well under pressure.
- Give me an example of a time when you showed initiative and took the lead.
- Tell me about a time when you made a mistake, and how you handled it.

S.T.A.R. Method

You can use STAR as a framework to structure your response to behavioral interview questions.

- Describe the context and background for a **situation** that's relevant to the question.
- Explain the **task** that needed to be completed. What was the goal?
- Outline specific **actions** you took. How did you exhibit transferable skills?
- Share the **results** of your actions. What was the outcome? What did you learn?



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MARKET YOUR EXPERIENCE

LET'S TALK ABOUT YOUR STUDENT ATHLETE EXPERIENCE

As a student athlete, you have obviously become skilled at your sport. At the same time, the skills you have developed over years of playing organized sports can be translated to work environments in all industries. Use this guide to help you elaborate on these skills on resumes, cover letters, and interviews.

TRANSFERABLE SKILLS

Analytical/Strategic Thinking During practice and film sessions, you have learned to think analytically, execute strategies, and improve outcomes. This translates directly to success in the workplace.

Coachability/Ability to Take Criticism As an athlete, you possess the ability to take criticism and improve based on feedback. In industry, accepting criticism is the key to professional growth and success.

Commitment Playing a sport while maintaining a rigorous course load shows dedication, perseverance, and work ethic, qualities employers value. Translate your passion for the game to your desired field of work.

Detail Orientation Attention to detail can separate a good athlete from a great one. You know that small actions affect the outcome, in a game or in life. This mindset is key to successful projects in the work place.

Goal Orientation Athletes work toward a goal, displaying foresight, commitment, and maximization of potential. Employers value candidates that work hard until a goal is achieved.

Leadership Team dynamics allow individuals to lead in a variety of ways. Perhaps you led by example, were used as a “spark” in big or late game situations, or helped players adapt to team customs or college life.

Performance Under Pressure Athletes demonstrate steadfastness and determination in competitive environments. Work often comes with similar pressures, which your experience can help you handle.

Teamwork “People who work together will win, whether it be against complex football defenses, or the problems of modern society. Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work” – Vince Lombardi.

Time Management Balancing your athletic commitments with your full class schedule requires you to be efficient, driven, and able to work on a tight schedule. Employers value this self-discipline and motivation.

SAMPLE RESUME ACTION STATEMENTS

- Cooperated with coaching staff on ongoing basis to enhance team cohesiveness
- Facilitated tours of athletic facilities to prospective student athletes and families
- Executed and complied with NCAA policies and procedures
- Managed full course load while committing approximately # hours per week to training, studying playbooks, watching films, traveling, and playing matches
- Developed concentration, work ethic, and perseverance to meet personal and team goals
- Prepared communication plan regarding team nutrition and hydration goals
- Achieved 100% attendance at practices and games for # consecutive years
- Demonstrated ability to accept challenges and make decisions under pressure
- Built positive relationships with team members through collaboration and communication

**Because each student's experience is different, use this as a general guide to help you articulate your unique experience.