

STUDENT-ATHLETE HANDOUTS

**CAREER SELF-EXPLORATION
FOR STUDENT-ATHLETES**

WORKSHOP

SupportForSport.org



Transferable Skills Inventory – 44

This activity will help you identify the skills you have learned through sport that can be applied outside of sport. Use the following scale to indicate how your sport participation contributed to your skill development.

- 0 = **Not at all developed** through sport
- 1 = **A little developed** through sport
- 2 = **Moderately developed** through sport
- 3 = **Well developed** through sport
- 4 = **Very well developed** through sport

Write your answers on the answer sheet. For example, if your nutritional habits were well developed through your sport participation, you would place a “3” in the space for the nutritional habits item on the answer sheet.

Describe your development of the following skills as a result of participating in sports.

1. Communicating with others	23. Cooperating with others
2. Accepting your role within a team	24. Understanding your role within a team
3. Motivating others	25. Teaching
4. Behaving in a fair and ethical manner	26. Showing respect for officials
5. Thinking fast	27. Making quick decisions
6. Motivating yourself	28. Striving for success
7. Balancing multiple roles and responsibilities	29. Committing to long-term efforts
8. Physically preparing yourself	30. Staying fit
9. Performing under pressure	31. Coping with setbacks
10. Following instructions	32. Carrying out plans
11. Imagining possibilities	33. Adapting the ideas of others
12. Getting along with others	34. Respecting others
13. Being loyal to a team	35. Keeping a balance between your own and team needs
14. Directing activities	36. Delegating responsibility
15. Playing within the rules	37. Being a good winner
16. Learning new strategies	38. Revising strategy when necessary
17. Working hard for future outcomes	39. Persisting when times are tough
18. Setting realistic goals	40. Setting short-term goals
19. Getting in shape	41. Getting the most out of your body
20. Rebounding from disappointment	42. Overcoming obstacles
21. Finishing a job	43. Staying on task
22. Designing strategies	44. Coming up with new ways to do things

Transferable Skills Inventory – 44


Answer and Scoring Sheet

Use the following scale when describing your skill development as a result of participating in sports:

- 0 = **Not at all developed** through sport
- 1 = **A little developed** through sport
- 2 = **Moderately developed** through sport
- 3 = **Well developed** through sport
- 4 = **Very well developed** through sport

				Total for row
1. _____	12. _____	23. _____	34. _____	Communication. _____
2. _____	13. _____	24. _____	35. _____	Teamwork. _____
3. _____	14. _____	25. _____	36. _____	Leadership. _____
4. _____	15. _____	26. _____	37. _____	Ethics & Conduct. _____
5. _____	16. _____	27. _____	38. _____	Problem Solving. _____
6. _____	17. _____	28. _____	39. _____	Self-motivation. _____
7. _____	18. _____	29. _____	40. _____	Organization. _____
8. _____	19. _____	30. _____	41. _____	Physical Health. _____
9. _____	20. _____	31. _____	42. _____	Coping. _____
10. _____	21. _____	32. _____	43. _____	Execution. _____
11. _____	22. _____	33. _____	44. _____	Creativity. _____

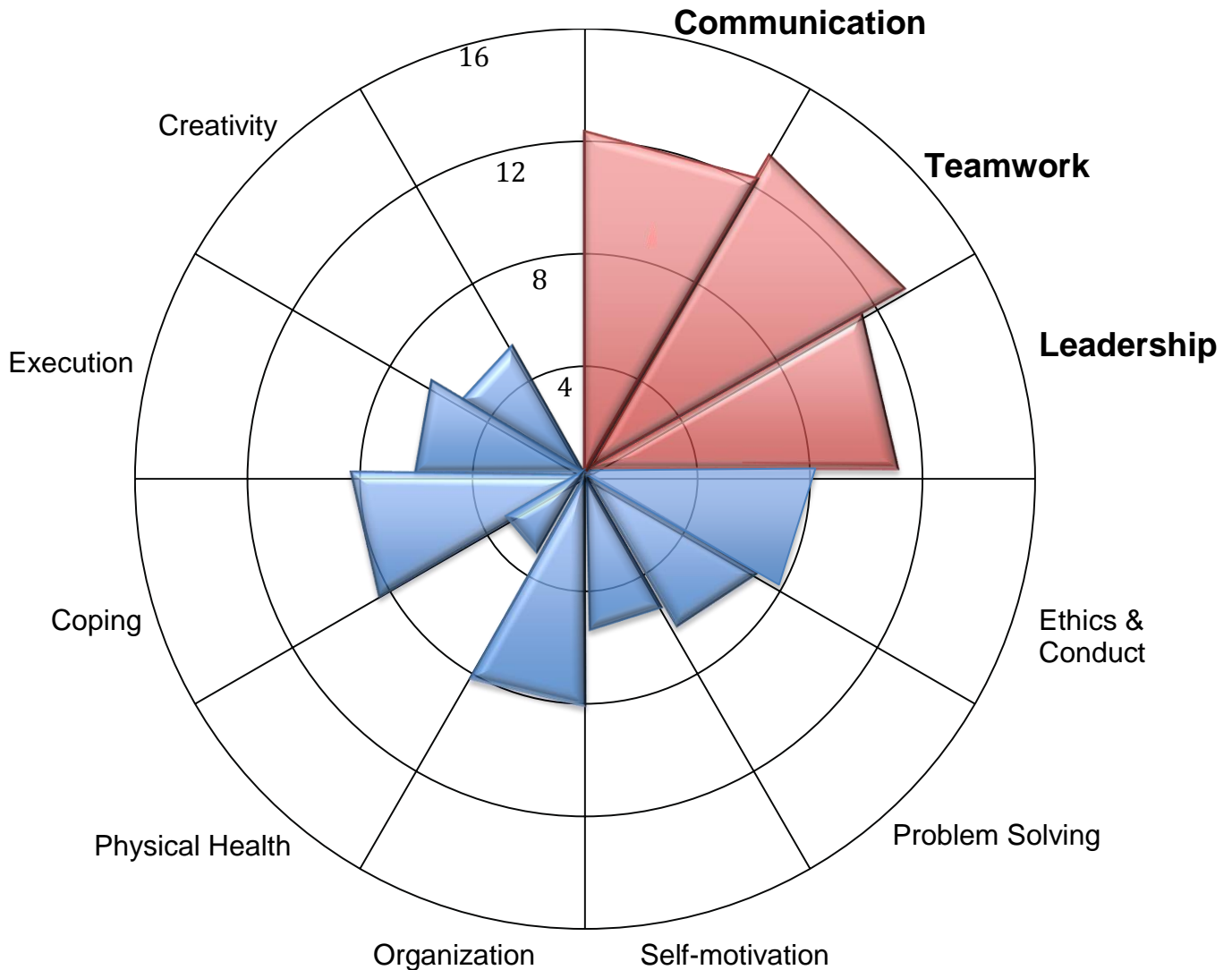
After you have answered all of the items, calculate your scores for each skill category by adding the values across the rows.

Add this way 

For example, if the values for items #1, #12, #23, and #34 are 3, 4, 1, and 2 respectively, then the Communication score is a 10.

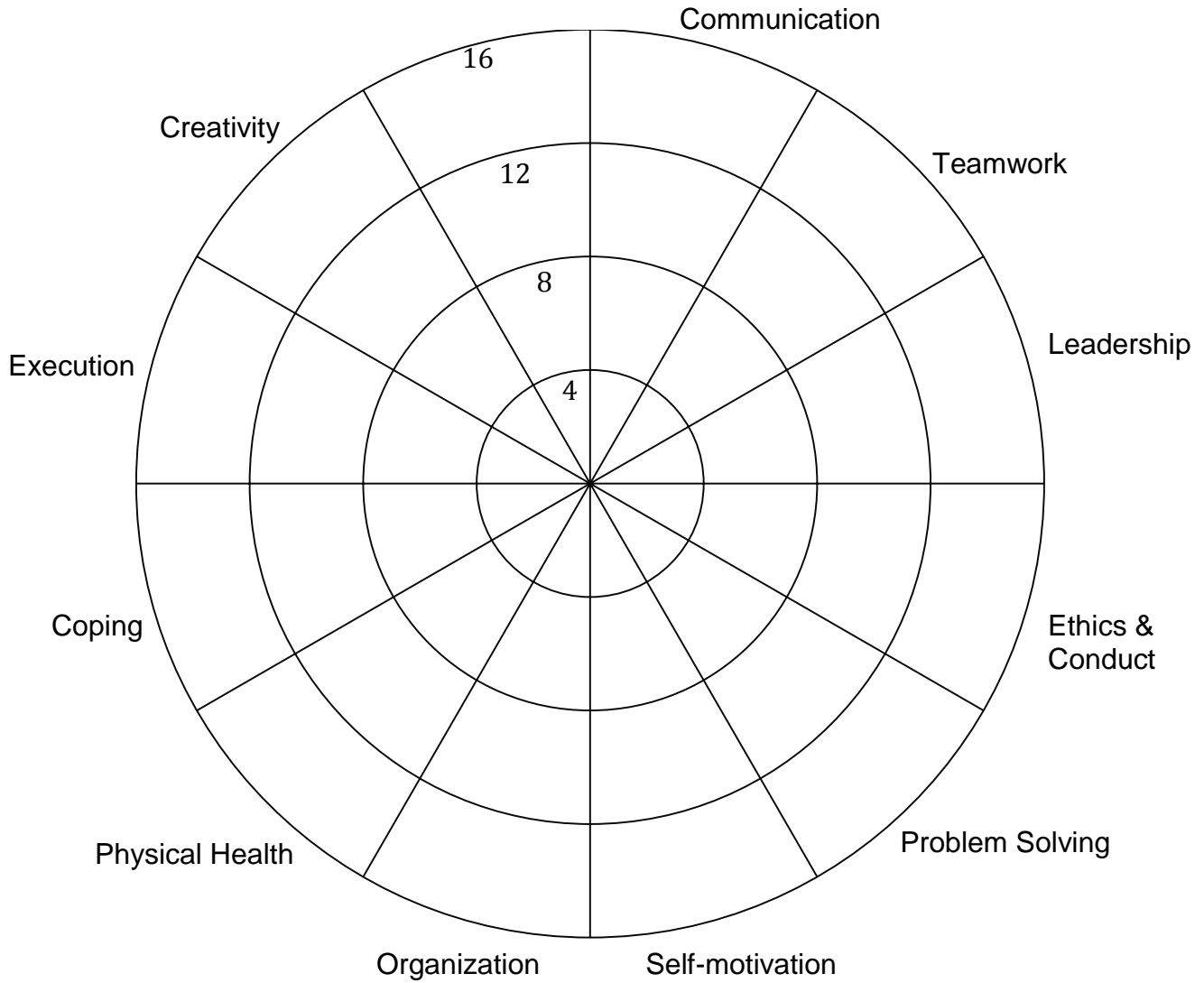
- ❖ See the Transferable Skills Additional Information sheet to learn more about each of the skill categories.
- ❖ Use the Transferable Skills Inventory – 44 Feedback Target to plot your scores for each skill category. Highlight the sectors with your three highest scores.

Example Feedback Target



- ❖ In this example, scores are plotted for each skill category according to the rings representing 4, 8, 12, or 16 points.
- ❖ The three sectors with the highest scores (Communication, Teamwork, Leadership) are highlighted in bold.
- ❖ Compile your scores on the Personal Feedback Target.

Personal Feedback Target



- ❖ Plot your scores for each skill category according to the rings representing 4, 8, 12, or 16 points.
- ❖ Highlight the three sectors with your highest scores.

Transferable Skills Inventory-44 Feedback

Highlight the rows with your 3 highest scores.

TRANSFERABLE SKILL	DEFINITION	HIGH SCORERS ARE GOOD AT JOBS THAT REQUIRE...
Communication	Ability to listen, cooperate, and build relationships with others.	Communicating with others; Getting along with others; Cooperating with others; Respecting others
Teamwork	Ability to work within a team.	Accepting your role within a team; Being loyal to a team; Understanding your role within a team; Managing a balance between your needs and team needs
Leadership	Ability to motivate and lead others.	Motivating others; Directing activities; Teaching; Delegating responsibility
Ethics & Conduct	Ability to behave responsibly, serve as a role model, and play or work within the rules.	Behaving in a fair and ethical manner; Playing within the rules; Showing respect for officials; Being a good winner
Problem Solving	Ability to analyze situations, gather information, and make good decisions.	Thinking fast; Learning new strategies; Making quick decisions; Revising strategy when necessary
Self-motivation	Ability to motivate yourself and to strive for success.	Motivating yourself; Working hard for future outcomes; Striving for success; Persisting when times are tough
Organization	Ability to organize your time and set effective goals.	Balancing multiple roles and responsibilities; Setting realistic goals; Committing to long-term efforts; Setting short-term goals
Physical Health	Ability to stay physically fit and know your physical limits.	Physically preparing yourself; Getting in shape; Staying fit; Getting the most out of your body
Coping	Ability to manage your emotions and cope with setbacks.	Performing under pressure; Rebounding from disappointment; Coping with setbacks; Overcoming obstacles
Execution	Ability to follow instructions, stay on task, and get the job done.	Following instructions; Finishing a job; Carrying out plans; Staying on task
Creativity	Ability to design new ways of doing things, notice patterns, and organize information in novel ways.	Imagining possibilities; Designing strategies; Adapting the ideas of others; Coming up with new ways to do things

SELF-EXPLORATION FOR STUDENT-ATHLETES

This worksheet is designed to help you identify personal characteristics and skills you have developed through sport participation. Consider the *Transferable Skills Inventory* as you answer the following:

1. What personal qualities and characteristics do you think coaches and teammates look for in athletes?
2. What other personal qualities and characteristics do you think are important for athletic achievement?
3. What personal qualities and strengths have helped you succeed in sport?
4. What have you learned from your extensive pre-competition practice experience?
5. What have you learned from competitive situations?

SELF-EXPLORATION FOR STUDENT-ATHLETES

PART 2

6. Review your responses to questions 1 and 2. How are these qualities and characteristics similar to and different from what employers look for in prospective employees?

7. Review your response to question 3. How will these qualities and strengths be important for your career development and/or life decisions?

8. Review your responses to questions 4 and 5. How can you apply what you have discovered to areas of your life outside of sports?