

STUDENT ATHLETE RESUME TIPS



Whether you realize it or not, you've developed an impressive set of skills during your time as a student-athlete—skills that are seriously desirable to prospective employers!

Among these skills are your ability to effectively communicate, work in teams, lead others, face adversity, and manage your time. In addition to these skills, you have one other very useful trait going for you—you're incredibly coachable. This document offers suggestions for how to feature your student-athlete experience in a resume.

Where can I feature my student-athlete experience?

In general, there are four sections of a resume you might use to contextualize your student-athlete experience. Each one has a distinct function, and you will want to be intentional about choosing where you position this experience.

EDUCATION

In this section, you showcase your work-ethic, balancing practice, competitions, and course work.

EXPERIENCE

This sections focuses on your experiences, skills, and accomplishments overall.

LEADERSHIP

This sections focuses on your leadership skills, specifically, and highlights your ability to motivate.

ATHLETIC HONORS

This section efficiently outlines your accomplishments.

How do I format my student-athlete experience?

While you're not likely to use all of these resume formatting options, below are some examples for how to showcase your student-athlete experience in each section.

EDUCATION

B.A. Psychology | DePaul University | Chicago, IL 2020
Minor in Hospitality | 3.75 G.P.A.
NCAA Division | Men's Soccer Full Scholarship

- Balanced a rigorous work-load of full-time athletics, travel, and school- all while maintaining Dean's List for 2 years.

EXPERIENCE

Athlete | NCAA Division I Men's Soccer | DePaul University | Chicago, IL 2016 - 2020

- Consistently meet goals for personal and team achievement/improvement.
- Coordinate team volunteer activities for local community, including a fundraiser for Homework and Hoops, a nonprofit that provides after-school tutoring.
- Led tours of athletic facilities to prospective student-athletes and their families.
- Effectively balanced 30+ hours of practice, training, competition, and travel schedule with rigorous academic load.

LEADERSHIP

Co-Captain | NCAA Division I Women's Soccer | DePaul University | Chicago, IL 2016 - 2020

- Liaise with coaching staff on an on-going basis to enhance team cohesiveness.
- Motivated and unified 15 teammates to win 3 consecutive conference championships.
- Trained junior co-leaders: developed team-building and leadership activities included in the programs first staff training manual.

ATHLETIC HONORS

NCAA Division I Women's Soccer | DePaul University | Chicago, IL 2016 - 2020

- 1st Team Academic All-American, 2018
- 3-time consecutive Big West Conference Champs, 2017 - 2018
- 2-time Big West Conference Defensive Player of the Year, 2017-2018
- 2-time 1st team All-Western Region, 2016-2017