**SACRAMENTO STATE**
**USING PEER ATHLETE PODCASTS TO DEVELOP AND STRENGTHEN RESILIENCE IN STUDENT-ATHLETES**

**WHY PODCASTS?**

*Accessibility, Comfortability, and Convenience*

Former and current student-athletes’ stories of their experiences may have the potential to impact preparedness and mental health in student-athletes.

**CAMPUS IMPLEMENTATION**

- Incoming Student-Athlete meetings
- First-Year Seminar or Senior Seminar integration
- Student-Athlete Professional Development, Leadership Program, & SAAC
- Alumni Relations & Donor Development

**KEY FINDINGS**

**STUDENT-ATHLETE PARTICIPANTS:**

- Felt unable to handle stress effectively, perceiving stress as negative
- Perceived themselves as not possessing resiliency

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Bethany Crouch, Student-Athlete Development
Dr. Michelle Dang, Ph.D., BSN, MSN
Frederick Adams, Undergraduate Accounting Student
Lauren Wong, Undergraduate Psychology Student-Athlete
Welcome to “Athletes Interrupted”. Candid discussions about the challenges, grit, and resilience of current and former collegiate athletes as they entered and exited both the academic and athletic world of college and collegiate sports. The accounts were recorded on campus by students and faculty creating a candid look into their personal stories and experience. The interviews were conducted by Dr. Joyce Mikal-Flynn, currently a professor at Sacramento State and Bethany Crouch, Student-Athlete and Academic Success Coordinator for Sacramento State Athletics.

soundcloud.com/athletesinterrupted

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Student-Athlete Interviews

Athletes Interrupted

Covered Topics

WINNING   COACHING
TRUE FRESHMAN   CHANGES
STARTER   TRANSFERRING
TEAM MATE   SUPPORT
RETIRING   MENTAL
ATHLETE   GOING
CHALLENGES   PRO

OLYMPICS
INJURY
ACADEMICS
ATHLETE RESOURCES
PLAYING
OVERSEAS