

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



**ATHLETES
INTERRUPTED**

PERSISTENCE • RESILIENCE • GROWTH

Dr. Joyce Mikal-Flynn, Ed. D., FNP, BSN, MSN

Bethany Crouch, Student-Athlete Development

Dr. Michelle Dang, Ph.D., BSN, MSN

Frederick Adams, Undergraduate Accounting Student

Lauren Wong, Undergraduate Psychology Student-Athlete



**Hold your phone's camera
over the code!**



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**
TEAMMATE SUPPORT
 RETIRING **MENTAL** GOING
ATHLETE HEALTH  PRO
CHALLENGES

ACADEMICS
DESELECTION



ATHLETE
RESOURCES
 PLAYING OVERSEAS
INJURY OLYMPICS

