Using Peer Athlete Podcasts to Develop and Strengthen Resilience in Student-Athletes
Project Outline

• Create **(6) podcasts** interviewing both **current and former student-athletes**
  • Speaking to themes that **impact** current student-athletes

• Measure **perceived social support, perception of stress and resiliency** of student-athlete participants

• Communicate details via **email and text** message via ARMS

• Discover findings as it **impacts student-athlete mental health**

• Create a **blueprint for program replication** at other institutions
Why Podcasts?

• Technologically capable students

• Accessibility for creation and delivery

• Comfortability for interviewees

• Student-athlete time demands
  • Ability to listen while completing other tasks
  • Subtlety of it --- as it relates to stigma
• **Recruit** athlete guests
• **Schedule & Record** interviews

• **Communicate** study details
• **Distribute** surveys
• **Deliver** podcasts

• **Follow-up** communication
• **Completion** = incentive
• **Gift Card pick-up survey**

[SoundCloud link](soundcloud.com/athletesinterrupted)
Key Findings

Ethnic origin: Please specify your ethnicity

- White
- Black or African American
- American Indian or Alaska Native
- Asian
- Native Hawaiian or Pacific Islander
- Hispanic or Latino
- Other

Select your Sport:

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<th>Sport</th>
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Athlete Population Reported Ethnicity

- White
- Black or African American
- Hispanic or Latino
- Asian
- Hawaiian/Pacific Islander
- Other
Key Findings

Student-athletes *perceive STRESS as mainly negative* (Stress Mindset Measure)

Student-athletes *scored lower in perceived resiliency* (CDRISC)

Student-athletes scored *moderate to high level in social support* (MSPSS)

Shifting culture mindset that stress can be a positive

Expected stress – not IF but WHEN

How to address, navigate, and regulate stress
Campus Implementation

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

- **Platform & Technology considerations** (videos/YouTube)
- **Timeline awareness** (for study purposes)
- **Speaking to specific experiences** (intentional topics)
- **Group podcasts and student-athlete discussions**