Eagle Advantage for

**Student Athletes**

You are developing and enriching skills that employers and grad schools are looking for through your different positions on- and off-campus. This document lists examples of how you utilize the Eagle Advantage skills in your role. Expand on these examples & share on your resume, cover letters, personal statements, or during interviews!

1

Adaptability

* Competing to the best of your abilities
* Experience loss and develop strategies to overcome
* Extend beyond your comfort to reach new limits

2

Collaboration & Leadership

* Working with teammates to achieve results greater than an individual effort
* Holding self and others to high standards
* Knowing your role and filling that role in team success

3

Communication

* Connecting and communicating with coaches, teammates, and prospective athletes
* Depicting positive body and verbal language to represent self, team, and institution positively
* Communicating information to younger teammates and youth camp participants to foster development

4

Critical Thinking & Problem-Solving

* Making decisive decisions in competition to foster winning results and accepting challenges in front of you
* Understanding your personal/team weaknesses and creating ways to strengthen those areas
* Understanding there is more than one way to succeed

5

Digital Literacy & Technology

* Researching credible resources for best practices in sport that will aid your development
* Using new tools, software, apps, and technology to enhance development in sport
* Using social media to build relationships within your sport

6

Diversity, Equity, & Inclusion

* Listening to different perspectives within your team and sport
* Developing awareness of diverse cultures within your team and sport and showing respect for that diversity
* Develop your own identity and being aware of that identity when interacting with your team

7

Accountability

* Filling your role and duties to your team responsibly
* Creating and maintaining habits of excellence that benefit the team more than your own interest
* Considering the team first and being aware of how every one of your actions impacts your team

8

Career & Self-Development

* Identifying how your athletic career has prepared you to elevate your career team
* Learning to win, have high expectations, and relentless pursuit of excellence

