



# Athletes Guide to Career Planning

*Al Petitpas, Delight Champagne, Judy Chartrand, Steven Danish, Shane Murphy*

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The *Athlete's Guide to Career Planning* is a straight forward guide that shows how to develop a "'game plan'" for life. High school, college, and elite athletes will find helpful tips for balancing school, work, and the demands of sport participation. Coaches and counselors will find valuable career and life skills information to share with their athletes.

The highly experienced authors, who have worked with thousands of athletes at all levels, provide specific tools to help readers make important transitions and life decisions during each stage in their athletic career.

With 46 easy-to-use worksheets, readers will learn how to

- identify physical and psychological transitions;
- establish and use support systems to guide them through transitions and plan for the future;
- relate scholastic and vocational choices to their personal identity;
- balance the demands of sport and academics;
- apply sport skills to career planning;
- identify and match their skills, interests, and values with career goals; and
- succeed at the job search process, including writing resumes and cover letters and preparing for interviews.

The *Athlete's Guide to Career Planning* also features case studies of athletes that help readers understand important issues about athletic life and transitions.

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