

ALL ACCESS

**COMMITMENT TO
EDUCATION AND
ATHLETICS**

**HOLISTIC
APPROACH**
WINTER 2026

**RESEARCH
PROVEN**

STUDENT-ATHLETE DEVELOPMENT
GLOBAL SPORT & EDUCATION LEADERSHIP

SMART Goal Setting

What does SMART mean?

- **S**pecific: Your goal is clear and detailed.
- **M**easurable: You can track your progress.
- **A**chievable: Your goal is realistic for you.
- **R**elevant: It matters to you and aligns with your values.
- **T**ime-bound: You set a deadline to achieve it.

Step 1: Identify your goals

- Academic Goal
- Co-Curricular Goal
- Personal Goal

Step 2: Track progress & celebrate

- How will you track your progress?
- How will you celebrate when you achieve it?

Step 3: Reflection

- Which goal feels the most challenging?
- Which goal excites you the most?



Master Your Time: 10 Essential Tips

1. Track Your 168 Hours

Keep track of how you spend your time each week so you know where it goes.

2. Set Goals at Different Levels

Make goals for today, this week, this month, the semester, and even the year. Check on them every day.

3. Use a Planner Every Day

Write down all your classes, practices, and games in one place.

4. Know Why You Procrastinate

Figure out why you put things off—fear of messing up, trying to be perfect, feeling stressed, or just not interested.

5. Break Big Tasks Into Small Steps

Big assignments or studying for multiple tests? Split them into smaller, easier tasks.

6. Work When You're Most Alert

Do your hardest schoolwork when your brain and body are at their best.

7. Try the 25-30 Minute Work Cycle

Focus for 25-30 minutes, then take a short break to move, stretch, snack, or hydrate. Then get back to work.

8. Cut Out Distractions

Know what wastes your time—like TikTok, Snapchat, or video games—and plan around it. Put your phone away and find a quiet place.

9. Sleep and Eat Well

Get at least 8 hours of sleep, eat balanced meals, and drink plenty of water. Your body and brain perform best when fueled and rested.

10. Plan Your Week

Start each week by writing a to-do list and mapping out your schedule. It makes your week easier and less stressful.



Leadership Guide for Student-Athletes

10 Essential Principles for Great Leadership

Inspired and adapted from Craig White Mentoring

1. Find a Mentor

Seek wisdom from someone who has walked your path. Look for a mentor with proven results who shares your values, truly listens, asks great questions, and challenges you while supporting your growth.

2. Don't Compare Yourself to Others

Learn from great leaders, but don't try to be them. The best leaders know who they are and who they are not. Your effectiveness comes through authenticity and unique expression, not comparison. Social media makes this harder—be mindful of 'Comparison Syndrome' that leads to insecurity and anxiety.

3. Not Everyone Leads the Same Way

Discover your unique leadership style:

- Strategic: Excel at planning, analyzing, and organizing
- Relational: Thrive on connecting with people and building chemistry
- Execution: Lead by example through work ethic and getting things done

4. Not Everyone Looks at the World the Way You Do

We all see the world through different filters based on our life experiences. Your job as a leader isn't to make everyone think like you—it's to respect different perspectives and unite them toward a common goal. When frustrated with teammates, ask: 'What experiences shaped their perspective?'

5. Tell the Truth

Being 'nice' is not authentic—it's a mask covering fear of rejection. Being kind means telling the truth because you want the best for someone. Truth can be supportive or challenging, but spoken from kindness, it's a gift. Have the courage to share honest feedback and admit when you're struggling.



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6. Connection Builds Trust

Put down your phone and be truly present with teammates, coaches, and family. Quality interactions matter more than quantity of hours.

7. Presence Is Everything

When you're present, your mind quiets, emotions regulate, and you're less reactive. Others feel this energy.

8. Win the Morning, Win the Day

The first 30 minutes set your day's tone. When you wake, your brain is highly receptive. Use this time intentionally: meditate, journal, visualize success, stretch, or practice affirmations.

9. Meditate Daily

Meditation trains your mind to be present by focusing attention (breath, body sensations, sounds, mantras). For athletes, it improves focus, reduces anxiety, speeds recovery, and enhances decision-making under pressure.

10. Become a Student of Communication

Communication is the essence of leadership. Master these skills: active listening (truly hearing, not just waiting to talk), asking great questions (help others think deeper), awareness of non-verbal cues (body language, tone, energy), giving specific feedback, and receiving input without defensiveness.

Your Next Steps

- Choose 1-2 principles to focus on this month
- Take one action this week to practice your chosen principle
- Find an accountability partner (teammate, coach, mentor)
- Reflect weekly: How am I growing as a leader?

