

DCMENTOR

MODULES DELIVERABLE NO: D2.1

ADVANCING ATHLETE EMPLOYABILITY THROUGH CAREER MENTORSHIP AND A EDUCATION

DCMENTOR – 101132309



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INTRODUCTION

Dual career is the pursuit of both an athletic career and an academic or professional career at the same time. However, this is not as easy as it might seem because, athletes face unique challenges as they strive to excel in both their sports and other career pursuits. The DCMENTOR program aims to address these challenges by providing comprehensive support to dual career athletes, helping them balance their athletic commitments with academic or professional endeavours. This curriculum is designed to equip athletes with the knowledge, skills, and strategies necessary to succeed in both arenas, ensuring their holistic development and preparing them for life beyond sports.

Dual careers refer to the simultaneous pursuit of a sports career along with academic or professional work. This approach is crucial for athletes, as it not only fosters their personal growth and development but also prepares them for a future beyond their athletic careers. By managing dual careers, athletes can develop a diverse set of skills, enhance their time management, and achieve financial stability, which reduces the pressure to perform solely in sports.

The benefits of being a dual career athlete are numerous. This approach helps in cultivating resilience, time management, and a broad skill set that is valuable both on and off the field. Moreover, having an academic or professional backup provides financial security, which can alleviate the stress associated with sports performance. Athletes who successfully manage dual careers are often better prepared for the transitions they will face post-athletics.

Balancing dual careers comes with its own set of challenges. Athletes often struggle with time constraints, physical and mental fatigue, and the stress of juggling multiple commitments. These challenges can impact their personal relationships and social life. However, with the right support and strategies, these challenges can be managed effectively, enabling athletes to thrive in both areas.

Highlighting the success stories of dual career athletes serves as a powerful inspiration. These stories demonstrate that with determination and the right strategies, it is possible to excel in both sports and other career pursuits. Role models from various sports who have achieved excellence in both their athletic and academic/professional lives provide tangible examples for aspiring dual career athletes to follow.

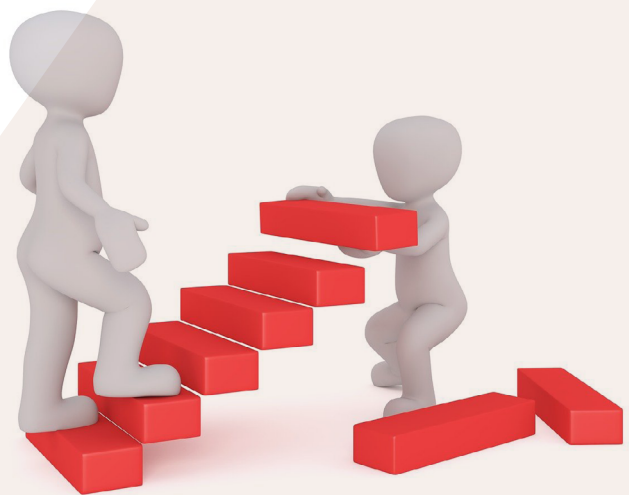
The DCMENTOR curriculum consists of several modules designed to cover all aspects of managing a dual career. Each module builds on the previous one, creating an integrated learning experience that addresses the unique needs of dual career athletes. The curriculum covers topics such as personal skills development, social and cognitive skills, technical skills, foundational literacies, professional development, and mental toughness. Each module includes clear learning objectives, engaging content, and various assessment activities to ensure participants can apply what they learn in real-life situations.

The DCMENTOR curriculum places a strong emphasis on developing 21st century skills, future skills, and life skills, which are essential for athletes to successfully manage dual careers.

- **21st Century Skills:** These include critical thinking, communication, collaboration, and creativity. These skills are vital for athletes to navigate complex situations, work effectively in teams, and come up with innovative solutions to challenges they face both in sports and other career domains.
- **Future Skills:** Learning to learn, self-regulation, and adaptability are key future skills that help athletes stay relevant in an ever-changing world. These skills enable athletes to continuously acquire new knowledge, manage their emotions and behaviors, and adapt to new environments and challenges.

- **Life Skills:** Self-awareness, stress management, and emotional regulation are crucial life skills that help athletes maintain their mental health and well-being. These skills ensure that athletes can manage the pressures of dual careers, maintain balance in their lives, and make informed decisions that benefit their overall development.

Overall, the DCMENTOR program is an invaluable resource for dual career athletes, equipping them with the tools and support needed to excel in both their sports and academic or professional pursuits. By offering a comprehensive curriculum that covers a wide range of essential skills and knowledge areas, the program ensures athletes can effectively balance their dual careers. The structured approach of the modules allows athletes to progressively build on their abilities, leading to a well-rounded and integrated learning experience. Emphasizing the development of 21st-century skills, future skills, and life skills, DCMENTOR addresses the unique challenges faced by dual career athletes, fostering critical thinking, adaptability, self-regulation, and stress management to help them navigate the complexities of balancing sports with other career demands. The inclusion of real-life success stories and role models provides inspiration and practical insights, demonstrating that it is possible to excel in both areas with the right strategies and mindset. Additionally, DCMENTOR is dedicated to the holistic development of athletes, ensuring they are well-equipped for life beyond sports. By supporting their academic and professional growth alongside their athletic endeavors, the program helps athletes achieve a balanced and fulfilling career, enhancing their performance in sports while preparing them for successful transitions to post-athletic careers, thus contributing to their long-term personal and professional success.



THE APPROACH AND METHODOLOGY

The approach and methodology used in preparing the DCMENTOR curriculum involve a comprehensive and structured process to ensure the needs of dual career athletes are met effectively. This process was grounded in thorough research, expert consultation, and iterative development to create a curriculum that is both practical and evidence-based.

The development process began with an extensive review of existing literature on dual careers in sports. This review focused on identifying the challenges and benefits associated with managing dual careers and highlighted the critical personal development skills required for success. The literature indicated that 21st century skills, life skills, and future skills are essential for athletes to balance their dual careers effectively.

From the literature review, we identified that the most suitable personal development skills for dual career athletes are those categorized as 21st century skills, life skills, and future skills. These skills include critical thinking, communication, collaboration, adaptability, self-regulation, and stress management. Understanding these key areas provided a foundation for designing a curriculum that addresses the holistic development of athletes.

Following the literature review, we conducted interviews and surveys with coaches, sports administrators, mentors, and managers. These consultations provided valuable insights into the specific needs and challenges faced by dual career athletes. Experts shared their experiences and perspectives on effective strategies for managing dual careers, which informed the curriculum design.

To gain direct feedback from the primary stakeholders, we organized focus group discussions with professional athletes. These sessions included detailed interviews and surveys, allowing athletes to share their personal experiences and challenges. Their input was crucial in shaping the content and structure of the curriculum to ensure it is relevant and practical.

Based on the insights gathered from literature reviews and stakeholder consultations, we conducted a series of meetings to develop the curriculum modules. These meetings involved educators, sports scientists, and curriculum developers who worked collaboratively to design the content. Each module was crafted to address specific skills and knowledge areas identified as critical for dual career athletes.

The curriculum development was an iterative process, incorporating continuous feedback from experts and stakeholders. Draft modules were reviewed and refined based on input from coaches, athletes, and educational professionals. This iterative approach ensured the curriculum remained dynamic and responsive to the needs of dual career athletes.

The resulting curriculum integrates multiple modules into a comprehensive program designed to teach dual career athletes the essential skills needed to balance their careers effectively. These modules focus on personal skills development, social and cognitive skills, technical skills, foundational literacies, professional development, and mental toughness. The aim is to equip athletes with the ability to manage their dual careers successfully by mastering 21st century skills, life skills, and future skills.

PROGRAM DEVELOPERS

The development of the DCMENTOR curriculum was a collaborative effort involving experts from various fields to ensure a comprehensive and effective program for dual career athletes. The team included professionals with extensive experience in sports, education, psychology, and career development.

Sports Scientists



Sports scientists played a crucial role in the development of the curriculum. These professionals specialize in the study of how physical activity impacts the human body and performance. Their expertise in exercise physiology, biomechanics, and sports nutrition provided a solid foundation for the modules related to physical training and injury prevention.

Educators and Curriculum Developers



Experienced educators and curriculum developers were instrumental in structuring the content and ensuring that it meets educational standards. Their knowledge of pedagogy and curriculum design ensured that the modules were engaging, informative, and accessible to learners of different backgrounds and learning styles.

Psychologists



Psychologists contributed their expertise in mental health, stress management, and emotional regulation. Their input was vital in developing modules focused on mental toughness, coping strategies, and self-awareness. These professionals ensured that the curriculum addresses the psychological aspects of managing dual careers, which are critical for the overall well-being of athletes.

Career Development Experts



Experts in career development provided insights into the skills and strategies necessary for successful career planning and transition. Their contributions were essential for the modules on professional development, networking, and life after sports. These experts helped shape the content to ensure that athletes are well-prepared for their post-sports careers.

Coaches and Sports Administrators



Coaches and sports administrators offered practical perspectives on the challenges and needs of dual career athletes. Their real-world experience in managing sports teams and supporting athletes was invaluable in making the curriculum relevant and applicable. Their feedback helped tailor the modules to address the specific issues faced by athletes in balancing their sports and academic/professional commitments.

Professional Athletes



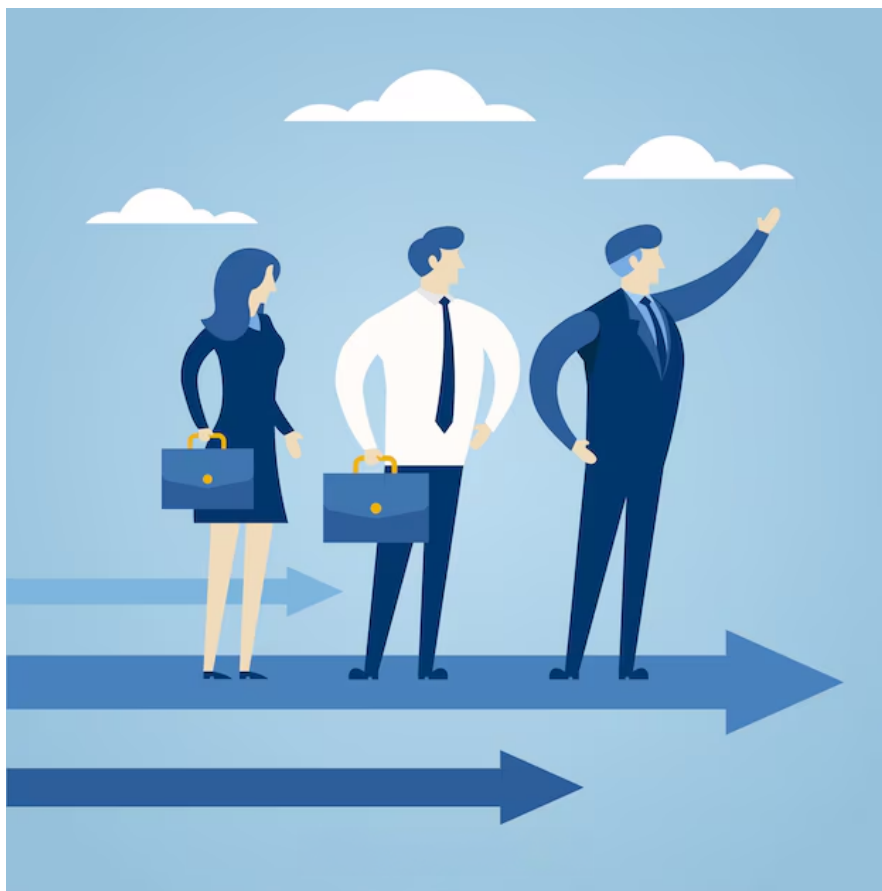
Professional athletes who have successfully managed dual careers provided firsthand insights and experiences. Their contributions helped to highlight real-world challenges and solutions, making the curriculum more relatable and inspirational for learners. Their stories and advice serve as powerful examples for aspiring dual career athletes.

Educational Technologists



Educational technologists ensured that the curriculum incorporates modern teaching methods and digital tools. Their expertise in e-learning platforms, interactive content, and online assessments helped create a dynamic and engaging learning environment. This integration of technology enhances the accessibility and effectiveness of the program.

By leveraging the diverse expertise of these professionals, the DC-MENTOR curriculum was developed to be a robust, practical, and effective program. The collaborative effort ensured that all aspects of dual career management are covered, providing athletes with the tools and knowledge they need to succeed in both their sports and academic/professional pursuits.



TARGET GROUP

The DCMENTOR curriculum is designed to support a wide range of individuals involved in the development and management of dual career athletes. This program is tailored to meet the needs of the following target groups:

Student-Athletes



This program is specifically designed for student-athletes who are balancing their academic studies or professional career with their athletic commitments. It provides them with the necessary skills and strategies to manage their time effectively, maintain their mental and physical health, and achieve success both in their sports and their education or Professional pursuits.

Young Professional Athletes



Young professionals who are navigating the early stages of their athletic careers while pursuing academic or professional development will benefit greatly from this curriculum. It offers guidance on managing dual commitments, setting career goals, and developing skills that are crucial for long-term success.

Coaches and Sports Administrators



Coaches and sports administrators play a crucial role in supporting dual career athletes. This curriculum equips them with the knowledge and tools to guide athletes through the challenges of balancing sports and academics or professional work. It provides strategies for effective mentorship and support, ensuring athletes can achieve their full potential in both areas.

Mentors and Managers



Mentors and managers involved in the career development of athletes will find this program invaluable. It offers insights into the unique needs of dual career athletes and provides practical advice on how to support them in achieving a balanced and successful career.

Educators



Educators who work with student-athletes will benefit from understanding the specific challenges faced by dual career athletes. This curriculum helps them to provide better support and develop tailored educational strategies that accommodate the dual demands of sports and academics.

Parents and Guardians



Parents and guardians of dual career athletes play a supportive role in their development. This curriculum offers insights into the challenges their children face and provides strategies to help them offer effective support and encouragement.

Students Aspiring to Dual Careers



Students who aspire to pursue dual careers in sports and academics or professional work will find this curriculum a valuable resource. It prepares them for the unique demands of managing dual careers and equips them with the skills needed to succeed.

By addressing the needs of these diverse groups, the DCMENTOR curriculum ensures a comprehensive support system for dual career athletes, fostering an environment where they can thrive both in their sports and their academic or professional pursuits.

ASSESSMENT AND EVALUATION

A comprehensive assessment and evaluation strategy will be implemented to ensure the effectiveness of the educational modules and facilitate continuous improvement.

Feedback Surveys



Feedback surveys will be distributed at the end of each module, asking learners to rate various aspects such as content quality, teaching methods, and overall satisfaction. This feedback will be analyzed to make necessary adjustments and enhancements, ensuring the modules meet learners' needs and expectations. Detailed questions will cover specific areas such as the clarity of instructions, the relevance of the content, the usefulness of resources provided, and the overall learning experience. By collecting and analyzing this data, educators can pinpoint strengths and areas for improvement, thereby refining the program for future learners.

Performance Analytics



Performance analytics tools will be used to track learners' participation in activities, completion rates, quiz scores, and interaction with learning materials. The collected data will help identify trends, measure teaching methods' effectiveness, and provide insights into learner engagement and performance. For example, tracking which sections of the module learners spend the most or least time on can highlight which topics are engaging or challenging. This information can guide instructors in adjusting their focus and improving content delivery.

Peer Reviews



Peer reviews will allow learners to assess each other's assignments, providing constructive feedback based on predefined criteria. This fosters a collaborative learning environment, enabling learners to gain different perspectives and improve their work based on peer feedback. Peer review activities will be structured to ensure fair and constructive criticism, enhancing the learning process by exposing learners to diverse viewpoints and ideas.

Quizzes



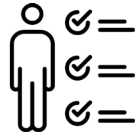
Quizzes will be included at the end of each module section to assess learners' understanding of key concepts. Quiz results will gauge learners' comprehension and retention, helping identify areas needing further clarification or reinforcement. The quizzes will be designed to test both fundamental knowledge and the application of concepts, providing a balanced assessment of learners' skills and understanding. Frequent quizzes will also serve as a motivational tool, encouraging continuous engagement and study.

Assignments



Assignments will challenge learners to implement the concepts and skills covered in the modules through practical tasks and projects. These will be assessed based on criteria such as creativity, problem-solving ability, and practical application of knowledge, providing a clear indication of learners' ability to transfer learning to real-world contexts. Assignments will vary in format, including written reports, presentations, and practical projects, to cater to different learning styles and promote comprehensive skill development.

Self-Assessment



Self-assessment exercises will be included at various points in the modules, prompting learners to evaluate their strengths, areas for improvement, and personal growth. This helps learners develop a deeper understanding of their learning journey, set personal goals, and take ownership of their development. Self-assessment tools will guide learners through reflective questions and prompts, encouraging them to think critically about their progress and identify actionable steps for improvement.

By integrating these methods, the program ensures a holistic approach to measuring learner outcomes, enhancing the quality of education, and continuously improving the learning experience. This multifaceted assessment strategy not only evaluates learner performance but also provides valuable feedback for educators to adapt and optimize the modules. Continuous data collection and analysis enable the program to remain dynamic and responsive, ensuring that it meets the evolving needs of learners and maintains high educational standards.

CERTIFICATION

The DCMENTOR curriculum includes a comprehensive certification process to recognize the achievements and competencies of learners who successfully complete the program. The certification serves as a formal acknowledgment of their ability to manage dual careers effectively, balancing athletic and academic/professional commitments.

Completion Criteria

Learners must meet specific criteria to be eligible for certification. This includes:

- **Attendance:** Learners must actively participate in all module sessions.
- **Assessment Completion:** All quizzes, tests, assignments, and practical assessments must be completed.
- **Minimum Passing Grade:** Learners must achieve a minimum passing grade in all assessments, demonstrating their understanding and application of the skills taught.

Documentation and Records

Proper documentation and records are maintained throughout the certification process. This includes:

- **Learner Information:** Personal and contact details of learners.
- **Assessment Results:** Scores and feedback from quizzes, tests, assignments, and practical assessments.
- **Certification Issuance:** Records of certification issuance, including dates and certificate IDs.

These records ensure the integrity and validity of the certification process and allow for verification if needed.

Recognition and Value

The DCMENTOR certification is recognized as a mark of excellence in dual career management. It is valuable for student-athletes, professional athletes, coaches, and mentors, enhancing their credibility and demonstrating their commitment to personal and professional development. The certification can be used to support applications for educational programs, scholarships, and career opportunities, showcasing the holder's dedication to achieving success in both their athletic and non-athletic pursuits.

By providing a rigorous and transparent certification process, the DCMENTOR curriculum ensures that learners are well-prepared to balance their dual careers effectively, equipped with the skills and knowledge to thrive in their chosen paths.



MODULE-1: INTRODUCTION TO DUAL CAREER ATHLETES

Aim

To provide learners with an understanding of what it means to be a dual career athlete, the benefits, challenges, and to inspire through success stories and role models.

Content

1.1 Definition and Importance of Dual Careers Dual careers refer to the pursuit of two significant career paths simultaneously, such as combining a sports career with academic or professional work. This module explains why managing dual careers is crucial for athletes, as it ensures their holistic development and prepares them for life beyond sports.

1.2 Benefits of Being a Dual Career Athlete Being a dual career athlete comes with several advantages. It helps in developing time management, resilience, and diverse skill sets. Moreover, having an academic or professional backup provides financial stability and security, reducing the pressure to perform solely in sports.

1.3 Challenges of Managing Dual Careers This section addresses the common challenges faced by dual career athletes, such as balancing time, managing stress, and dealing with physical and mental fatigue. It also explores the potential impact on personal relationships and social life.

1.4 Success Stories and Role Models Highlighting real-life success stories of athletes who have successfully managed dual careers can serve as inspiration. This section will present role models from various sports who have achieved excellence in both their athletic and academic/professional lives.

Learning Outcomes

By the end of this module, learners will be able to:

- Understand the concept and importance of dual careers for athletes.
- Recognize the benefits of pursuing dual careers.
- Identify the challenges associated with managing dual careers.
- Gain inspiration from success stories and role models.

Target Group

This module is designed for student-athletes, coaches, sports administrators, and educators who are involved in supporting athletes in managing dual careers.

Learning and Teaching Methods

- Video Lectures: Engage learners through dynamic videos, quizzes, and interactive content, along with visually appealing and informative slideshows to highlight key points, benefits and challenges making the content more memorable.
- Discussion Forums: Facilitate peer-to-peer discussions to share experiences and strategies related to balancing dual careers, enhancing collaborative learning.
- Case Studies: Present real-world examples of successful dual career athletes to illustrate key concepts and inspire learners.
- Self-Reflection Exercises: Encourage personal growth and self-awareness through reflective exercises that help learners identify their strengths and areas for improvement.
- Resource Library: Provide access to a collection of articles, e-books, and research papers for deeper exploration of the topics covered.

Assessment of Learning Outcomes

- Quizzes: Assess understanding of key concepts related to dual careers.
- Assignments: Tasks to analyse the benefits and challenges of dual careers.
- Self-Assessment: Reflective exercises to gauge personal insights and development.

Materials

- Video Lectures: A combination of videos and slideshows providing engaging and informative content.
- Reading Materials: Articles, e-books, and research papers.
- Interactive Tools: Quizzes, discussion boards, and case study platforms.
- Worksheets: Exercises for self-reflection and skill application.

Duration

2 hours

Module Evaluation

- Feedback Surveys: Collect learner feedback.
- Performance Analytics: Track learner progress and engagement.

Certificate Issuance

Upon successful completion of the module, learners will receive a certificate recognizing their understanding and insights into managing dual careers as athletes

MODULE-2: PERSONAL SKILLS FOR A BALANCED DUAL CAREER

Aim

To equip learners with the personal skills necessary to effectively manage and balance a dual career in sports and academics or professional life.

Content

2.1 Learning to Learn (Future Skills) Learning to learn involves developing the ability to pursue and persist in learning, to organize one's own learning, including through effective management of time and information, both individually and in groups. This skill helps athletes adapt to new educational and professional challenges efficiently.

2.2 Self-Regulation (Future Skills) Self-regulation refers to the ability to control one's emotions, thoughts, and behaviours in different situations. It includes managing stress, staying focused, and maintaining discipline to achieve goals, which is crucial for balancing dual career demands.

2.3 Self-Efficacy (Future Skills) Self-efficacy is the belief in one's abilities to succeed in specific situations. It influences how people think, feel, and act, and is vital for athletes to overcome obstacles and stay motivated in both their sports and academic/professional pursuits.

2.4 Self-Awareness (Life Skills) Self-awareness involves recognizing one's own emotions, strengths, weaknesses, values, and drivers. It helps athletes understand how their behaviors affect others and manage their careers more effectively.

2.5 Stress Management (Life Skills) Stress management encompasses techniques and strategies to control stress levels, ensuring that athletes can maintain their performance without being overwhelmed by pressure from dual career commitments.

2.6 Managing Emotions (Life Skills) Managing emotions involves understanding and controlling emotional responses to various situations. This skill helps athletes maintain composure and make rational decisions even under pressure.

2.7 Curiosity (21st Century Skills) Curiosity drives individuals to explore and learn new things. For athletes, this means continuously seeking knowledge and opportunities to improve both their sports and academic/professional skills.

2.8 Initiative (21st Century Skills) Initiative involves the ability to assess and initiate things independently. Athletes need to be proactive in seeking out new opportunities and taking charge of their dual career paths.

2.9 Persistence/Grit (21st Century Skills) Persistence, or grit, is the ability to sustain effort and interest over long periods. It is essential for athletes to keep pushing towards their goals despite setbacks in both sports and academic/professional arenas.

2.10 Adaptability (21st Century Skills) Adaptability is the ability to adjust to new conditions and environments. Athletes must be flexible and open to change to successfully manage their dual careers.

2.11 Responsibility (Future Skills) Responsibility involves taking ownership of one's actions and their consequences. Athletes must be accountable for managing their time, commitments, and the balance between their dual career roles.

Learning Outcomes

By the end of this module, learners will be able to:

- Develop effective learning strategies for continuous improvement.
- Enhance self-regulation to manage dual career demands.
- Build self-efficacy to stay motivated and overcome challenges.
- Increase self-awareness for better personal and professional decision-making.
- Apply stress management techniques to maintain performance.
- Manage emotions to make rational decisions under pressure.
- Cultivate curiosity for ongoing personal and professional development.
- Take initiative in pursuing opportunities and career advancements.
- Demonstrate persistence to achieve long-term goals.
- Adapt to changing conditions and environments.
- Take responsibility for managing time and commitments effectively.

Target Group

This module is designed for student-athletes, young professionals balancing sports and careers, and educators or mentors supporting dual-career individuals.

Learning and Teaching Methods

- Video Lectures: Engage learners through dynamic videos, quizzes, and interactive content, along with visually appealing and informative slideshows to highlight key points and strategies for developing personal skills.
- Case Studies: Present real-world examples of athletes who have successfully developed and applied these skills to illustrate key concepts and inspire learners.
- Self-Reflection Exercises: Encourage personal growth and self-awareness through reflective exercises that help learners identify their strengths and areas for improvement.
- Resource Library: Provide access to a collection of articles, e-books, and research papers for deeper exploration of the topics covered.

Assessment of Learning Outcomes

- Quizzes: Assess understanding of key concepts related to personal skills for managing dual careers.
- Self-Assessment: Reflective exercises to gauge personal insights and development.

Materials

- Video Lectures: A combination of videos and slideshows providing engaging and informative content.
- Reading Materials: Articles, e-books, and research papers.
- Worksheets: Exercises for self-reflection and skill application.

Duration

- 3-4 hours

Module Evaluation

- Feedback Surveys: Collect learner feedback for continuous improvement.
- Performance Analytics: Track learner progress and engagement.

Certificate Issuance

Upon successful completion of the module, learners will receive a certificate recognizing their understanding and development of personal skills essential for balancing dual careers.

MODULE-3: SOCIAL & COGNITIVE SKILLS FOR A BALANCED DUAL CAREER

Aim

To provide learners with essential social and cognitive skills necessary to effectively manage and balance a dual career in sports and academics or professional life.

Content

3.1 Empathy (Future Skills, Life Skills) Empathy involves understanding and sharing the feelings of others to develop compassionate relationships. This skill is crucial for building strong, supportive networks in both personal and professional contexts.

3.2 Interpersonal Relationships (Life Skills) Building and maintaining healthy interpersonal relationships is key to personal and professional success. This includes developing trust, mutual respect, and effective communication with peers, mentors, and colleagues.

3.3 Communication Skills (Life Skills) Effective communication involves clearly conveying thoughts and ideas while actively listening to others. This skill is vital for collaboration, conflict resolution, and leadership in dual career management.

3.4 Collaboration (21st Century Skills) Collaboration entails working effectively with others towards a common goal. It involves teamwork, sharing responsibilities, and leveraging diverse perspectives to achieve the best outcomes.

3.5 Leadership (21st Century Skills) Leadership involves guiding and inspiring others towards achieving goals. This skill includes decision-making, motivating team members, and managing group dynamics, which are essential for dual career success.

3.6 Social and Cultural Awareness (21st Century Skills) Understanding social and cultural dynamics is crucial in today's globalized world. This skill involves being aware of and sensitive to cultural differences, promoting inclusivity, and effectively interacting in diverse environments.

3.7 Critical Thinking (Future Skills, 21st Century Skills) Critical thinking is the ability to analyze information objectively and make reasoned judgments. This skill is essential for problem-solving, decision-making, and navigating complex situations in dual careers.

3.8 Creative Thinking (Life Skills) Creative thinking involves generating innovative ideas and solutions. It is crucial for overcoming challenges and staying competitive in both sports and academic/professional fields.

3.9 Problem Solving (Life Skills, 21st Century Skills) Problem-solving involves identifying issues, developing solutions, and implementing effective strategies. This skill is vital for addressing the unique challenges that arise in balancing dual careers.

3.10 Decision Making (Life Skills) Decision making is the process of choosing the best course of action from available options. It requires evaluating information, considering consequences, and making informed choices that align with long-term goals.

Learning Outcomes

By the end of this module, learners will be able to:

- Develop empathy to build strong, supportive relationships.
- Enhance interpersonal skills for effective personal and professional interactions.
- Improve communication skills for clearer, more effective exchanges.
- Cultivate collaboration skills for teamwork and shared success.
- Develop leadership qualities to inspire and guide others.
- Increase social and cultural awareness for inclusivity and effective interaction.

- Strengthen critical thinking abilities for better decision-making and problem-solving.
- Foster creative thinking to generate innovative solutions.
- Enhance problem-solving skills to address dual career challenges.
- Improve decision-making processes for better personal and professional outcomes.

Target Group

This module is designed for student-athletes, young professionals balancing sports and careers, and educators or mentors supporting dual-career individuals.

Learning and Teaching Methods

- Video Lectures: Engage learners through dynamic videos, quizzes, and interactive content, along with visually appealing and informative slideshows to highlight key points and strategies for developing social and cognitive skills.
- Case Studies: Present real-world examples of athletes who have successfully developed and applied these skills to illustrate key concepts and inspire learners.
- Resource Library: Provide access to a collection of articles, e-books, and research papers for deeper exploration of the topics covered.

Assessment of Learning Outcomes

- Quizzes: Assess understanding of key concepts related to social and cognitive skills for managing dual careers.
- Assignments: Tasks to apply the skills learned in real-life scenarios.
- Self-Assessment: Reflective exercises to gauge personal insights and development.



Materials

- Video Lectures: A combination of videos and slideshows providing engaging and informative content.
- Reading Materials: Articles, e-books, and research papers.
- Worksheets: Exercises for self-reflection and skill application.

Duration

- 3-4 hours

Module Evaluation

- Feedback Surveys: Collect learner feedback for continuous improvement.
- Performance Analytics: Track learner progress and engagement.
- Peer Reviews: Assess module effectiveness through peer evaluations.

Certificate Issuance

Upon successful completion of the module, learners will receive a certificate recognizing their understanding and development of social and cognitive skills essential for balancing dual careers.

MODULE-4: TECHNICAL SKILLS & FOUNDATIONAL LITERACIES FOR A BALANCED DUAL CAREER

Aim

To provide learners with the technical skills and foundational literacies necessary to effectively manage and balance a dual career in sports and academics or professional life.

Content

4.1 Use of Tools (Future Skills) The ability to effectively use a variety of tools is crucial for personal and professional success. This includes mastering both physical tools relevant to sports and digital tools necessary for academic and professional tasks.

4.2 Use of Digital Devices (Future Skills) Proficiency with digital devices is essential in today's technology-driven world. This skill involves using computers, tablets, smartphones, and other digital devices efficiently to enhance learning, communication, and productivity.

4.3 Literacy (21st Century Skills) Literacy goes beyond basic reading and writing. It involves understanding, evaluating, and using written texts to achieve goals, develop knowledge, and participate fully in society. This skill is critical for academic success and effective communication.

4.4 Numeracy (21st Century Skills) Numeracy involves the ability to use mathematical concepts and skills to solve problems in daily life. This includes understanding numbers, operations, and the ability to think logically about quantitative information.

4.5 Scientific Literacy (21st Century Skills) Scientific literacy entails understanding scientific concepts and processes. It enables individuals to make informed decisions about the natural world and its interactions with society, and to engage in discussions about scientific issues.

4.6 Financial Literacy (21st Century Skills) Financial literacy is the ability to understand and manage financial resources effectively. It includes skills such as budgeting, investing, and understanding financial products and services, which are crucial for personal and professional financial stability.

4.7 Cultural and Civic Literacy (21st Century Skills) Cultural and civic literacy involves understanding and appreciating cultural differences and engaging in civic activities. It includes knowledge of societal structures, political systems, and cultural norms, which is essential for participating in and contributing to society.

Learning Outcomes

By the end of this module, learners will be able to:

- Utilize various tools effectively for personal and professional tasks.
- Operate digital devices proficiently to enhance productivity and communication.
- Develop advanced literacy skills for academic and professional success.
- Apply numeracy skills to solve everyday problems and make informed decisions.
- Understand and engage with scientific concepts and issues.
- Manage personal and professional finances effectively.
- Appreciate cultural diversity and participate actively in civic life.

Target Group

This module is designed for student-athletes, young professionals balancing sports and careers, and educators or mentors supporting dual-career individuals.

Learning and Teaching Methods

- Video Lectures: Engage learners through dynamic videos, quizzes, and interactive content, along with visually appealing and informative slideshows to highlight key points and strategies for developing technical skills and foundational literacies.

- **Case Studies:** Present real-world examples of athletes who have successfully developed and applied these skills to illustrate key concepts and inspire learners.
- **Self-Reflection Exercises:** Encourage personal growth and self-awareness through reflective exercises that help learners identify their strengths and areas for improvement.
- **Resource Library:** Provide access to a collection of articles, e-books, and research papers for deeper exploration of the topics covered.

Assessment of Learning Outcomes

- **Quizzes:** Assess understanding of key concepts related to technical skills and foundational literacies for managing dual careers.
- **Self-Assessment:** Reflective exercises to gauge personal insights and development.

Materials

- **Video Lectures:** A combination of videos and slideshows providing engaging and informative content.
- **Reading Materials:** Articles, e-books, and research papers.

Duration

- 3-4 hours

Module Evaluation

- **Feedback Surveys:** Collect learner feedback for continuous improvement.
- **Performance Analytics:** Track learner progress and engagement.
- **Peer Reviews:** Assess module effectiveness through peer evaluations.

Certificate Issuance

Upon successful completion of the module, learners will receive a certificate recognizing their understanding and development of technical skills and foundational literacies essential for balancing dual careers.

MODULE-5: PROFESSIONAL DEVELOPMENT, CAREER PLANNING, AND TRANSITION TO POST CAREER

Aim

To equip learners with the knowledge and skills necessary for professional development, effective career planning, and smooth transition from sports to post-career life.

Content

5.1 Setting Career Goals and Objectives Setting clear and achievable career goals and objectives is essential for long-term success. This section will guide learners through the process of defining their career aspirations, creating actionable plans, and setting measurable milestones.

5.2 Networking and Professional Communication Networking and professional communication are critical for career advancement. Learners will explore techniques for building professional relationships, effective communication strategies, and leveraging networking opportunities to enhance their career prospects.

5.3 Gaining Work Experience through Internships Internships provide valuable work experience and insights into different industries. This section will cover how to find and secure internships, the benefits of hands-on experience, and how to maximize learning during internship periods.

5.4 Personal Branding and Image Management Personal branding and image management are key to standing out in the competitive job market. Learners will learn how to create a strong personal brand, manage their public image, and use social media effectively to promote their professional identity.

5.5 Financial Literacy and Management Financial literacy and management skills are crucial for personal and professional stability. This section will cover budgeting, saving, investing, and understanding financial products and services to ensure financial well-being.

5.6 Entrepreneurship Entrepreneurship offers an alternative career path for athletes. Learners will explore the fundamentals of starting a business, developing a business plan, securing funding, and managing a startup.

5.7 Preparing for Life After Sports Preparing for life after sports involves planning for a smooth transition to a new career. This section will guide learners through the steps of preparing for this change, including exploring new interests and career paths.

5.8 Identifying Transferable Skills Identifying and leveraging transferable skills is essential for career transitions. Learners will learn to recognize the skills gained from sports that are applicable in other professional contexts, such as teamwork, leadership, and time management.

5.9 Managing the Psychological Transition Managing the psychological transition from sports to a new career can be challenging. This section will provide strategies for coping with change, maintaining mental health, and finding support during this transition period.

Learning Outcomes

By the end of this module, learners will be able to:

- Set clear and actionable career goals.
- Build and maintain professional networks.
- Gain practical work experience through internships.
- Develop a strong personal brand and manage their professional image.
- Understand and apply financial literacy and management principles.
- Explore entrepreneurship as a career option.
- Prepare effectively for life after sports.

- Identify and utilize transferable skills for career transitions.
- Manage the psychological aspects of transitioning to a new career.

Target Group

This module is designed for student-athletes, young professionals balancing sports and careers, and educators or mentors supporting dual-career individuals.

Learning and Teaching Methods

- Video Lectures: Engage learners through dynamic videos, quizzes, and interactive content, along with visually appealing and informative slideshows to highlight key points and strategies for professional development and career planning.
- Case Studies: Present real-world examples of athletes who have successfully transitioned to new careers to illustrate key concepts and inspire learners.
- Self-Reflection Exercises: Encourage personal growth and self-awareness through reflective exercises that help learners identify their strengths and areas for improvement.
- Resource Library: Provide access to a collection of articles, e-books, and research papers for deeper exploration of the topics covered.

Assessment of Learning Outcomes

- Quizzes: Assess understanding of key concepts related to professional development, career planning, and transition to post-career life.
- Assignments: Tasks to apply the skills learned in real-life scenarios.
- Peer Reviews: Collaborative evaluation and feedback on assignments.
- Self-Assessment: Reflective exercises to gauge personal insights and development.

Materials

- Video Lectures: A combination of videos and slideshows providing engaging and informative content.
- Reading Materials: Articles, e-books, and research papers.
- Interactive Tools: Quizzes
- Worksheets: Exercises for self-reflection and skill application.

Duration

- 4-5 hours

Module Evaluation

- Feedback Surveys: Collect learner feedback for continuous improvement.
- Performance Analytics: Track learner progress and engagement.
- Peer Reviews: Assess module effectiveness through peer evaluations.

Certificate Issuance

Upon successful completion of the module, learners will receive a certificate recognizing their understanding and development of professional development, career planning, and transition skills essential for a balanced dual career.

MODULE-6: SKILLS & MENTAL TOUGHNESS

Aim

To provide learners with the skills and strategies necessary to enhance mental toughness, manage stress, and maintain mental health while balancing a dual career in sports and academics or professional life.

Content

6.1 Understanding Mental Health in Athletes This section focuses on the importance of mental health in athletes, discussing common mental health issues they face, the impact of mental health on performance, and the importance of seeking help and support.

6.2 Stress Management Techniques Learners will explore various stress management techniques, including relaxation exercises, time management strategies, and physical activities that help reduce stress levels and improve overall well-being.

6.3 Coping with Performance/Academic/Social Pressure This section provides strategies for coping with the pressures that come from multiple sources, such as performance expectations, academic responsibilities, and social interactions. It includes techniques for maintaining balance and resilience.

6.4 Goal Setting Goal setting is crucial for achieving success in both sports and academics. Learners will learn how to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and develop actionable plans to achieve them.

6.5 Mindfulness & Meditation Mindfulness and meditation are powerful tools for enhancing mental focus, reducing stress, and improving emotional regulation. This section introduces learners to mindfulness practices and meditation techniques that can be incorporated into daily routines.

Learning Outcomes

By the end of this module, learners will be able to:

- Understand the importance of mental health for athletes.
- Apply stress management techniques to reduce stress and enhance well-being.
- Develop effective coping strategies for managing performance, academic, and social pressures.
- Set and achieve SMART goals for personal and professional development.
- Practice mindfulness and meditation to improve mental focus and emotional regulation.

Target Group

This module is designed for student-athletes, young professionals balancing sports and careers, and educators or mentors supporting dual-career individuals.

Learning and Teaching Methods

- Video Lectures: Engage learners through dynamic videos, quizzes, and interactive content, along with visually appealing and informative slideshows to highlight key points and strategies for developing mental toughness and managing stress.
- Case Studies: Present real-world examples of athletes who have successfully managed mental health and stress to illustrate key concepts and inspire learners.
- Self-Reflection Exercises: Encourage personal growth and self-awareness through reflective exercises that help learners identify their strengths and areas for improvement.
- Resource Library: Provide access to a collection of articles, e-books, and research papers for deeper exploration of the topics covered.

Assessment of Learning Outcomes

- Quizzes: Assess understanding of key concepts related to mental toughness, stress management, and mental health.
- Assignments: Tasks to apply the skills learned in real-life scenarios.
- Peer Reviews: Collaborative evaluation and feedback on assignments.
- Self-Assessment: Reflective exercises to gauge personal insights and development.

Materials

- Video Lectures: A combination of videos and slideshows providing engaging and informative content.
- Reading Materials: Articles, e-books, and research papers.
- Interactive Tools: Quizzes.
- Worksheets: Exercises for self-reflection and skill application.

Duration

- 2-3 hours

Module Evaluation

- Feedback Surveys: Collect learner feedback for continuous improvement.
- Performance Analytics: Track learner progress and engagement.
- Peer Reviews: Assess module effectiveness through peer evaluations.

Certificate Issuance

Upon successful completion of the module, learners will receive a certificate recognizing their understanding and development of skills and mental toughness essential for balancing dual careers.



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