

# Transitions in University Sport

## Predictable transitions

Transitions that athletes know they will experience, so these can be **planned** for in advance.

E.g., the transition from **school to university sport**



## Unpredictable transitions

Transitions that are harder to plan for so they can cause more **negative mental health** outcomes.

E.g., **becoming injured**



## Successful transitions

When transitions are successfully navigated, it can lead to:

- **Improved performance**
- **Personal satisfaction**

## Unsuccessful transitions

When transitions are unsuccessfully navigated, it can lead to:

- **Decrease in motivation**
- **Decrease in confidence**

## Strategies to help athletes' navigate transitions:

### Create a good practice environment



Aim to create a team environment that **supports athletes**. For example, use **experienced** athletes to act as **role models** to less experienced or newer team members.

### Help improve personal resources



Try to increase athletes personal resources that athletes can use to manage transition demands. For example **set goals** and **provide feedback** to athletes during their transition.

### Help athletes' prepare



Make athletes aware of the possibility that they might experience an **unpredictable** transition in their career, and encourage athletes to **prepare** for this in **advance**.

### Reduce athletic identity



Encourage athletes to have **healthy identities** alongside being an athlete. Coaches should reinforce the importance of being a student, friend, partner and family member.

