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### EDUCATION PROFILE

# Taking a Page from the College Athletes' Playbook for the New Year

I recently attended some college games in Brooklyn and the Bronx that included women's basketball, men's basketball and women's volleyball. As I watched and cheered from the stands, I couldn't help but think about the discipline it takes to balance athletic and academic responsibilities.

To be a part of any organized competitive sport requires hours of training, exercise and the ability to prioritize. With 20 or more hours a week dedicated to a sport and pursuing a college degree, little time is left for anything else.

As we go into the new year, we all can take a page from the athletes' playbook about discipline, goal setting and teamwork. Even with all the pressures that college athletes face throughout the academic



Kingsborough Community College President Dr. Claudia V. Schrader, center, with KCC's women's volleyball team.

year, many are able to perform well in the classroom and at their chosen sport. Just as many of us set a New Year's resolution, college athletes set goals in December for the coming year and stay focus by mapping a plan of action, constantly reviewing the actions and working with their team-

mates and coaches, who are pushing them to achieve their targets.

College athletes know the importance of making sure their goals are measurable and obtainable, so they choose classes based on their schedule of practice. This can be obtained by taking classes on cam-

pus and online. Also, adding library hours at set times a week forces athletes to study on a schedule so they are less distracted by social activities.

According to the National Collegiate Athletic Association (NCAA) website (NCAA.org), more than 460,000 NCAA student-athletes compete in 24 sports every year. Member schools support their student-athletes' academic success by providing state-of-the-art technology, tutoring and access to academic advisors. More than eight out of 10 student-athletes will earn a bachelor's degree, and more than 35 percent will earn a postgraduate degree.

There is an enormous amount of pressure on college athletes who are expected to thrive in the classroom and on the court. To

maintain intellectual, emotional, and physical fitness, it is imperative that their college or university provide support. Sports play an important role in instilling discipline, encouraging teamwork and fostering strategic thinking, and these qualities are important for students' athletic and academic success.

*Dr. Claudia V. Schrader is president of Kingsborough Community College (KCC), home of award-winning athletic teams. Located in beautiful Manhattan Beach, Brooklyn, KCC is committed to enhancing learning opportunities for the Brooklyn community and student-athletes. Visit [www.kbcc.cuny.edu](http://www.kbcc.cuny.edu) to learn about our classes, certifications and degree programs, and our committed to the promotion of excellence in athletics and education.*