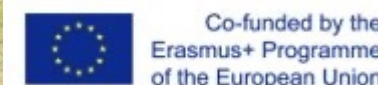




DUAL CAREERS FOR MENTAL HEALTH WORKSHOP 1

Monitoring student-athletes' dual career experiences and mental health: Working with a research-based tool

Rocío Zamora-Solé, Maximiliano Devoto, Simon Defruyt & Koen de Brandt



Brussels, 16th November 2022

DUAL CAREERS FOR MENTAL HEALTH



When I leave the room, I have...

- A better understanding of the benefits of working with **research-based tools**.
- **Reflected** on my own Dual Career Experiences.
- **Shared** and discussed my findings with others.



STEP 1: DUAL CAREER EXPERIENCES SCALE (5')

Evaluates different experiences that can be encountered as a student-athlete and have a direct/indirect impact on how they feel in their DC.

24 statements to be rated from 1 (almost never) – 4 (almost always).

Reflection exercise to become more aware of areas to be improved and develop strategies to optimize the DC.



STEP 2: EVALUATE YOUR/ ATHLETES DUAL CAREER EXPERIENCES (5')

1. Take your laptop or iPad.
2. Open the Excel-file and go to the first tab 'Questionnaire'.
3. Think/Imagine:
 - 3.1 Your own DC Experiences (as a student-athlete)
 - 3.2 The general experiences of the student-athletes your work with.
 - 3.3 A specific student-athlete you work with.
4. Answer the 24 statements with 1 (almost never) – 4 (almost always).
5. Look at your profile in the tab 'Profile'.

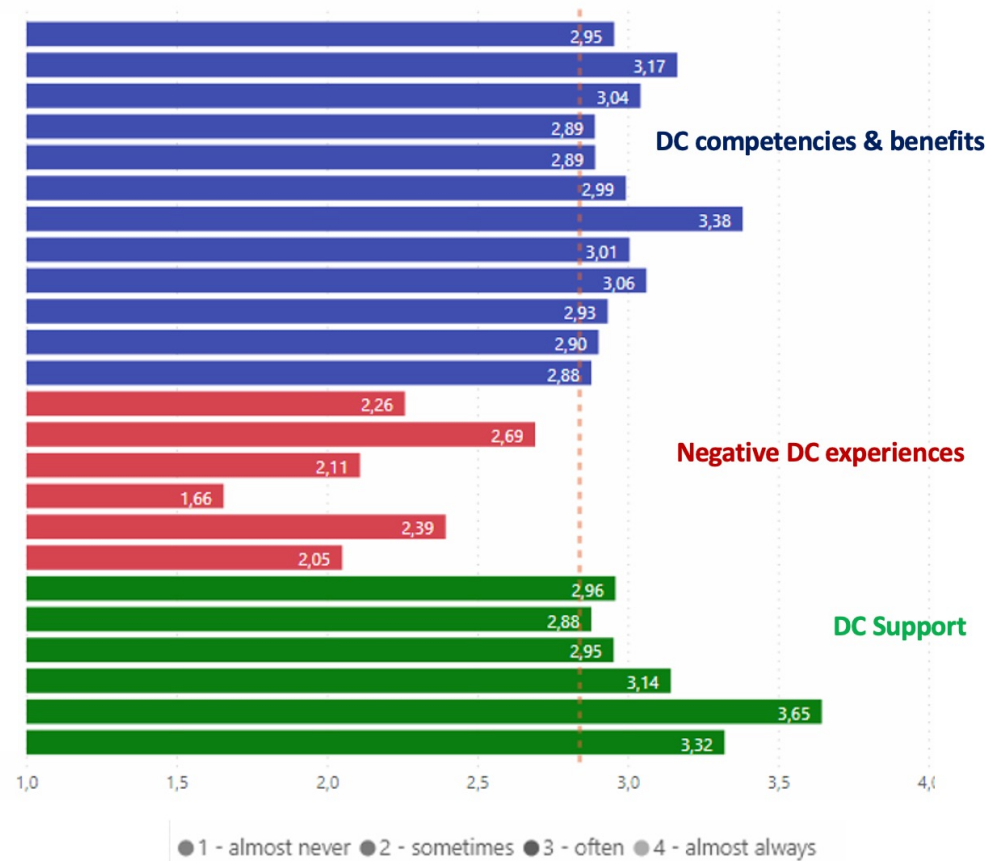


STEP 3: EXPLANATION OF THE TOOL (5')

Reflect your ability to effectively manage a dual career and the benefits you derive from this combination.

Reflect the challenges and stressors you experience whilst engaging in a dual career.

Reflects the extent and quality of support you perceive from your environment to engage in a dual career.



STEP 4: REFLECTIVE CONVERSATION (20')

1. Pick a partner!
2. Discuss your profile.

If you need inspiration, you can use the reflective questions on the tab
“Profile and reflections”

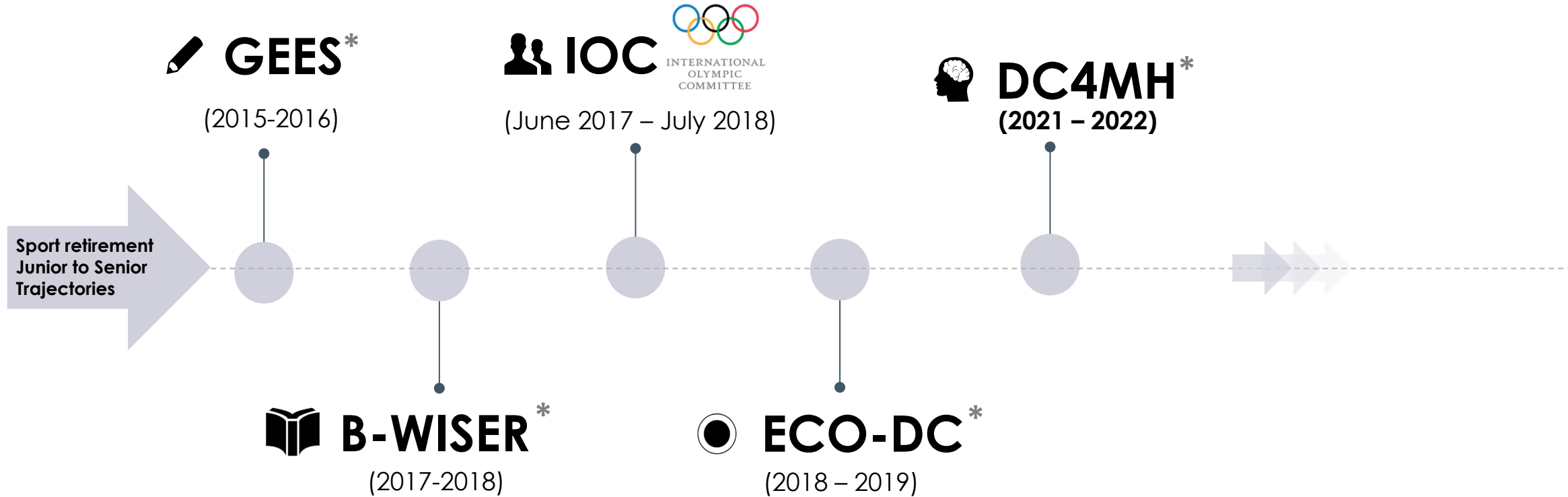


STEP 5 : REFLECTION ABOUT THE TOOL (5')

1. Would you use the tool?
2. How would you use the tool?



STEP 6: GENERAL REFLECTION



*
 Co-funded by the Erasmus+ Programme of the European Union



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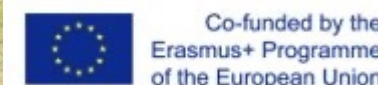




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