

ATHLETIC EXPERIENCE #1

The format of this résumé can be used for any major/field

First Name Last Name

123 Street Name, City, ST 01234 | (123) 456-7890 | first.last@uconn.edu | www.linkedin.com/in/FirstLast

Objective

Seeking a full-time position in a social service or non-governmental organization utilizing teamwork, leadership, and communication skills

Education

University of Connecticut, Storrs, CT

Bachelor of Arts, Sociology

Overall GPA: *###/4.00*

Dean's List, Spring 20XX

May 20XX

Related Courses

Ethics in Society

Research Methods

Social Change in Urban America

Developmental Psychology

Statistics I

Sociology and Group Dynamics

Skills

Computer: Microsoft Word, Excel and PowerPoint; Social media platforms including Facebook, Twitter, and LinkedIn

Leadership Experience

Student-Athlete

August 20XX - Present

Division I Football, *University of Connecticut*, Storrs, CT

- Balance 30 hours/week of team practices, home and away games, team meetings, and other related administrative tasks with a full-time academic course load and an off-season community service role
- Attend weekly development programs, film screenings, and drills to enhance sport performance
- Coordinate four team community service events that encourage cohesiveness between team members and foster community support for UConn athletic programs

Relevant Experience

Teacher's Aide

January 20XX - Present

Center Road Elementary School, *Vernon Public Schools*, Vernon, CT

- Generate individualized after-school reading plans for 25 students in the second grade for service-learning course
- Mentor six students to supplement classroom learning during an after-school reading activity to increase reading comprehension

Alternative Spring Break Experience, Detroit, Michigan

March 20XX

Community Outreach, *University of Connecticut*, Storrs, CT

- Planned creative writing and art activities for 50 youth during a weeklong program at a Detroit-based juvenile facility
- Collaborated with UConn Community Outreach and the local organization to plan trip transportation, housing, and schedules
- Motivated youth with engaging activities to reflect upon past experiences and make positive plans for the future
- Oversaw seven students' fundraising efforts and participation in the trip that raised \$3,250 for related expenses

Activities

Member

January 20XX - Present

Collective Uplift, *UConn*, Storrs, CT

- Fundraised \$400 in one semester as contribution to the scholarship for low-income high school students
- Participated in student panel at the African American Culture Center discussing personal experiences, and the holistic development of student athletes

ATHLETE EXPERIENCE #2

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First Name Last Name

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Education

University of Connecticut, Storrs, CT

Bachelor of Arts, Communication

May 20XX

Minor: Psychological Sciences

Leadership Experience

Team Co-Captain

June 20XX - Present

Student-Athlete

August 20XX - May 20XX

Track and Field, *University of Connecticut*, Storrs, CT

- Lead 16 UConn student-athletes in securing three regional championships
- Organize captain practice sessions addressing endurance techniques during long matches
- Assess each team member's performance with co-captain and coaches to effectively strategize and select players for matches
- Serve as the liaison between players, coaches, and University administration to communicate challenges, needs and experiences
- Balance up to 20 hours/week of team practices and meetings, 10 hours/week of home and away matches, and five hours/week of related administrative tasks with a full-time academic course load

Member

January 20XX - Present

Vice President

January 20XX - December 20XX

Student Organization Name, *University of Connecticut*, Storrs, CT

- Facilitated free, bi-monthly learning workshops with two other club members in service to the UConn community
- Represent club in University fairs and other classroom presentations and increased club membership by nine students

Athletic Honors

- Member National Championship Team (20XX)
- Two-time U.S Track and Field/ Cross Country North-eastern Region Athlete of the Year (20XX -20XX)
- 13x Individual Conference Champion (20XX -20XX)
- Two-Time NCAA Division 1 All-American in 100m(o) and 200m (o) (20XX -20XX)
- UConn Record Holder – 60m, 100m, 200m, 400m, 4x1, 4x4 (20XX -20XX)
- UConn Athletics Outstanding Scholar Student-Athlete (20XX)

Relevant Experience

Student Trip Leader, New York, New York

December 20XX

Athletics Department, *University of Connecticut*, Storrs, CT

- Planned workforce development preparation activities for incoming college freshmen during a weeklong winter break trip to a New York City vocational training center
- Oversaw seven students' fundraising efforts and participation in the trip that raised \$3,300

Digital Marketing Intern

May 20XX - August 20XX

Beiersdorf, Inc., Wilton, CT

- Monitor and track KPI's (key performance indicators) for social media accounts in the US and global markets
- Facilitate and analyze weekly focus groups to best inform company about consumer responses to brand messaging

Skills

Computer: Microsoft Word and PowerPoint; Prezi and social media platforms including Facebook, Twitter and Instagram