



# STUDENT ATHLETE SEMESTER PLANNER

# Varsity student athlete semester planner

## INTRODUCTION

Awareness and planning around what our life will be like throughout the school year can go a long way to maintaining our mental health and well-being. Life as a student athlete can be quite demanding on our schedules, especially during times when other academic, social and personal commitments mount up.

By taking some time to forecast the coming months at the start of each semester across a few key life areas, we can benefit in the following ways:

- Anticipate times in the semester that will naturally be more stressful and manage expectations
- Make a plan/schedule to allow for enough time to prepare for tests/assignments
- Communicate proactively with coaches/professors to seek potential accommodations for coursework as early as possible
- Adapt our daily life around our training/athletics programming to find a healthier balance with rest and recovery
- Proactively plan around busy times with family/partners/friends to inform them of when we'll have more or less time for social activities

## STUDENT ACTIVITY CATEGORIES



### **VARSITY ATHLETIC PROGRAMMING:**

This is your space to build in anything relating to your athletics calendar for the semester. Awareness around your training/practice schedule, season schedule, key tournaments and additional athletic events should be placed here.



### **ACADEMIC RESPONSIBILITIES:**

We know that each academic semester tends to have an ebb- and flow. The initial part of the semester involves getting used to new courses, getting familiar with key dates, and potentially even completing some initial projects/presentations or lab work. One of the most important ways to reduce academic stress is to check-in on your workload regularly and proactively seek out help and support, whether it be from classmates, teachers, or complementary student services.



### **SOCIAL EVENTS:**

We all have different ideas of what a healthy or meaningful social life consists of. Some of us crave a lot of social activity while others prefer more down time to recharge. We also have people in our lives (family, partners, friends) who can place varying demands on our free time. By making note of key social activities we want to prioritize in our semester, we can proactively build a plan around them to keep up with other responsibilities. When we see how busy other parts of our lives may be at a certain time, we can also communicate to others when we need to prioritize other areas of life.



### **EMPLOYMENT/EXTRACURRICULAR:**

Some of us have the added challenge of balancing employment responsibilities or important extracurricular responsibilities around our athletic and academic calendars. Many employment responsibilities involve committing to a consistent weekly schedule and providing as much advanced notice as possible when a schedule change needs to be made. Mapping out work commitments alongside these other commitments will help us proactively communicate with our employers regarding schedule requests.



### **POTENTIAL PERSONAL STRESSORS:**

Our lives have the potential to bring times of stress, both expected and unexpected, on a daily, weekly and monthly basis. Unexpected stressors can come to us via our health, our relationships with others and even our work and school environment. Some days can feel like a breeze and others can feel like the sky is falling. Fortunately, our post-secondary lives come with knowledge and awareness of some external stressors via our athletic programming schedules and academic schedules. This section of the calendar/planner is an opportunity to review the other sections, which are more predictable, and fill in potential personal stressors that may arise as we try to navigate our busy lives.

# STUDENT-ATHLETE SEMESTER PLANNER

*example*



**Varsity Athletic Programming**



**Academic Responsibilities**



**Social Events**



**Employment/ Extracurricular**



**Potential Personal Stressors**

**SEPTEMBER**

- Training Camp
- Warm-up tournament
- Heavy practice/weight training schedule

- New course schedule
- Group presentation for business marketing concept
- Economics test No. 1

- Frosh week activities
- Family gathering on Sept. 20
- Business student alliance dinner Sept. 27

- Working in student athletics department on Mondays and Thursdays, 7:30 a.m. – 12:30 p.m.
- Staff training Sept. 18

- Diet: try to eat more balanced/healthy
- Adjusting to courses and trying to get organized
- Financial planning for the semester
- Adjust to new sleep schedule

**OCTOBER**

- Midterms
- Substance use
- Reading week
- Time management
- Regular season starts
- Weekend tournament  
Travel schedule

- Mid-terms: economics, marketing, accounting
- Reading week (insert date) Accounting tutor on Wednesdays

- Managing relationships
- Balance part-time job Thanksgiving (travel home to visit family for the weekend)
- Best friends' birthday Halloween part

- Working in student athletics department on Monday and Thursdays, 7:30 a.m. – 12:30 p.m.
- \*See if co-worker can pick up my Thursday shifts this month due to schedule conflict*

- School workload stress (ask teachers for help)
- Academics – get tutor support for account to prepare for mid-term
- Relationship – talk to my partner, not going to have as much free time)

**NOVEMBER**

**DECEMBER**



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Varsity Athletic Programming



Academic Responsibilities



Social Events



Employment/ Extracurricular



Potential Personal Stressors

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER


# WINTER - SPRING / JANUARY - APRIL

**APRIL**

**MARCH**

**FEBRUARY**

**JANUARY**




# SPRING - SUMMER / MAY - AUGUST

MAY	JUNE	JULY	AUGUST



Potential Personal Stressors



Employment/  
Extracurricular



Social Events



Academic Responsibilities



Varsity Athletic Programming