



TOP 10 TIPS

School Counselors: Athletics & Competition By L. Lauvitz

#1 Time management is time gained. Know their schedule.

This may be a glimpse into how their time is spent and how they may be able to better utilize their time. Time management is not always a strength amongst student athletes/competitors and can lead to problems in the classroom, as well as both on & off the field.

#2 Performance, or lack thereof, can say a lot

Ask the student how they are playing. Poor performance and heightened expectations can weigh a lot on a student's shoulders. Ask them why they think they are performing poorly and what they think is the answer. Their performance on the field may be impeding their progress in the classroom and then playing time may also be jeopardized.

#3 Athletics/Competition is only part of the game

Many successful athletes feel like they do not need to participate in school as their physical talents will take them where they need to go. A kid who performs poorly in school is not nearly as valuable or attractive to potential colleges.

#4 Can we play well with others?

Find out how your student is getting along with the other players. This can be a big sign that things can be easily fixed or there are bigger problems at stake.

#5 How are things at home?

This might be the biggest indicator as to why the student is either not doing well at home or on the field. Are the parents present? Are the parents getting a divorce? Is there any abuse? Has a parent recently lost their job or has there been a death in the family. The more questions you ask the more answers you will get.

#6 All wins and losses are not the same.

How is your student handling wins? How do they handle losses? Do they place too much importance on the losses and disregard the wins? No one is going to win every game and the way that they handle losses can say a lot about their ability to persevere & maintain self-esteem ...how to deal with life's pressures.

#7 Get to know your student

Your student may have come in on their own or they may have been referred to you by a teacher or coach. Don't immediately press for information.. Let them decide why they might be there and how you can help them!

#8 Make sure you cover all the bases.

Suicide amongst teens is a real thing and understanding the pressure they are under to succeed and to "be the best" can be extremely overwhelming. Watch for warning signs like if a student has had their eyes set on a particular school and they don't get into that school, that can be devastating. Also ask about relationships! If a student had a recent breakup or if there is a pregnancy involved, things can unravel real fast!

#9 When 9 = 2

The #2 most important Advocate Tip is to protect and nurture their self-esteem. Participating in athletics and/or other competitive activities can be particularly stressful - on top of other stresses imposed by social media, isolation and life. Work with all advocates - parents, coaches and teachers to build-up their self-esteem.

#10 When 10 = 1

The #1 most important Advocate Tip is to talk & ask. Young people - particularly teenagers - are often reluctant to open up and discuss personal matters. They need to trust you - you should first listen and let them speak. As an ice breaker, you can specifically and directly ask, "...how are you feeling?" Peers are more important to teens than authority figures, so you may be rebuffed, but by asking how they feel you will be letting them you care about them as a person versus what they have done or are doing.

EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

thebmsproject.org/Safety

CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).