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## Managing Occupational Transitions of Collegiate Student-Athletes

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# Managing Occupational Transitions of Collegiate Student-Athletes

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# Background

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Meaning and Purpose



Population



Discovery Methods

# Literature Review & Needs Assessment

## Literature Review



- Decrease in occupational participation (Cartigny et al., 2020)
- Decrease in occupational performance (Barcza-Renner et al., 2020)
- Identity foreclosure (Cosh et al., 2020)
- Increased reports of anxiety and depression (Fogaca, 2019)

## Informal Staff Interviews



- Emphasis on NCAA compliance
- Leadership and professional development
- Available upon request



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# Program Purpose

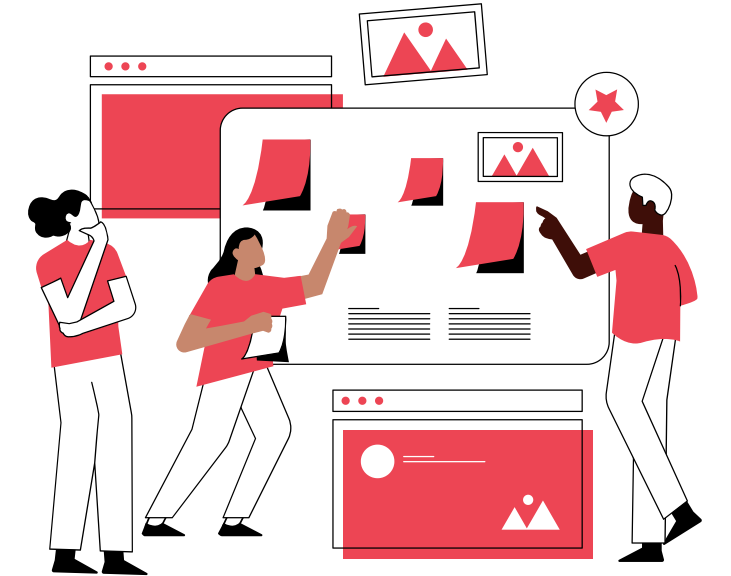
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Research  
what's being  
done



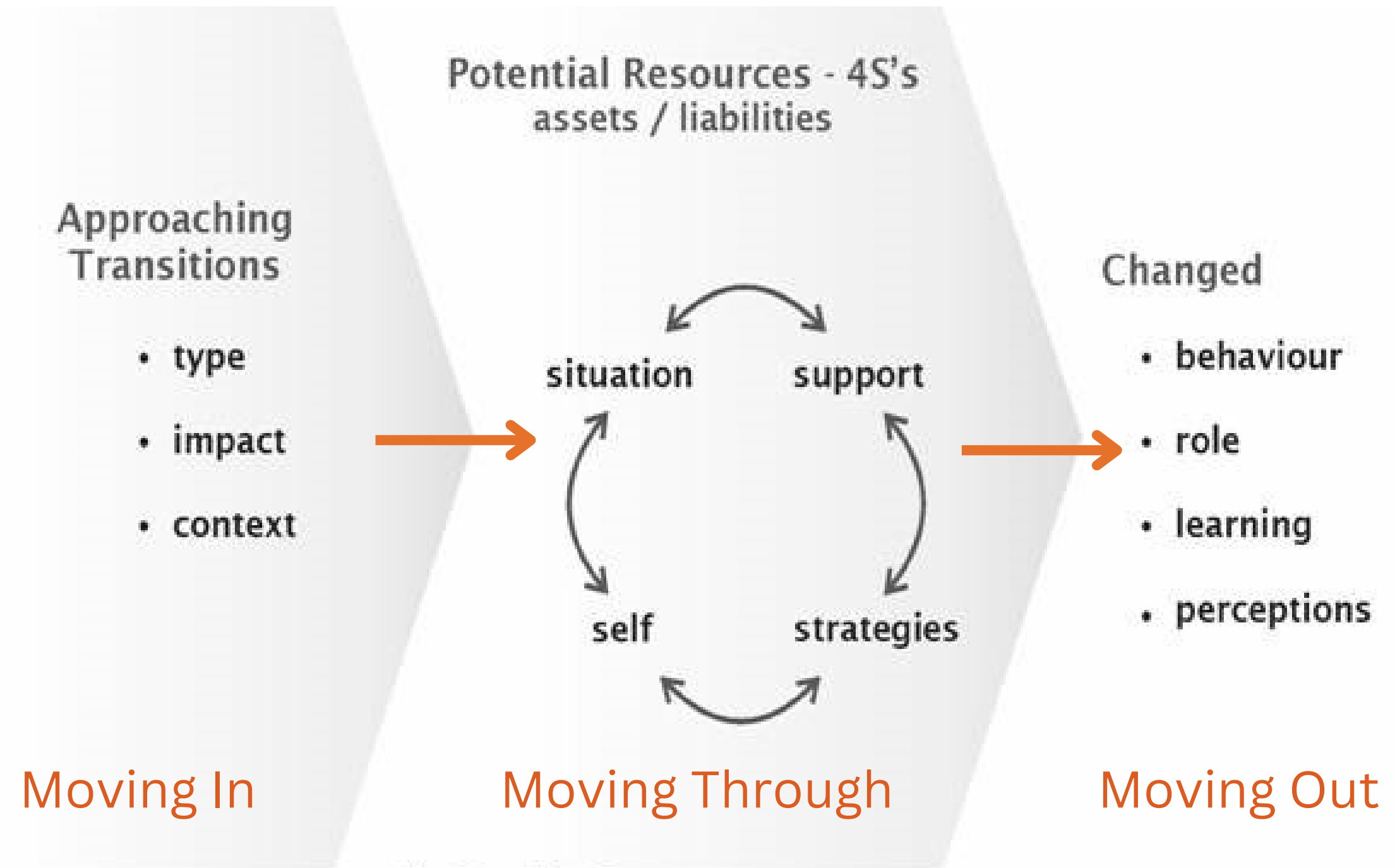
Determine what  
resources exist



Utilize existing  
resources to meet  
needs of pop.

# Guiding Theory

## Schlossberg's Transition Framework Individual Transition Process



(Warwick University, 2011)  
(Adapted from Schlossberg, 1995)

# Guiding Theory

## MOVING IN

New Roles, Relationships,  
Routines, Assumptions

Learning the Ropes;  
Socialization

Hang-over Identity

## MOVING OUT

Separation or Endings

Role Exit

Disengagement from Roles,  
Relationships, Routines,  
Assumptions

## MOVING THROUGH: BETWIXT OR BETWEEN

Period of Liminality

Groping for New: Roles,  
Relationships, Routines,  
Assumptions

Neutral Zone: Period of  
Emptiness and Confusion

Cycle of Renewal

Hope and Spirituality

# Outcomes

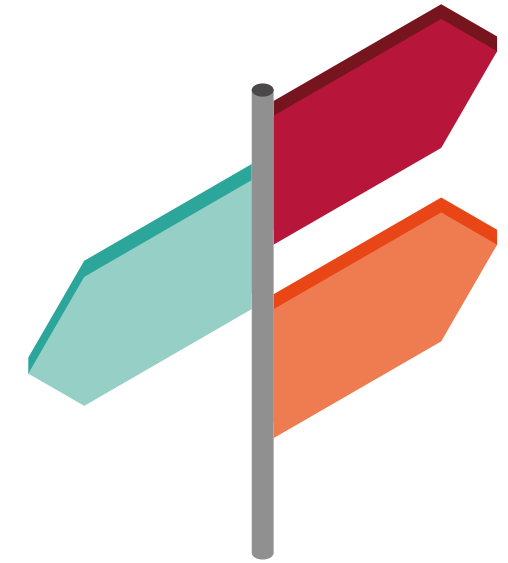
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Scoping Review



Environmental Scan



Best Practice Guide

M. Lorenzen, personal communication, June 27, 2023)  
(R. Amity, personal communication, June 29, 2023)  
(A. Persson, personal communication, June 30, 2023)



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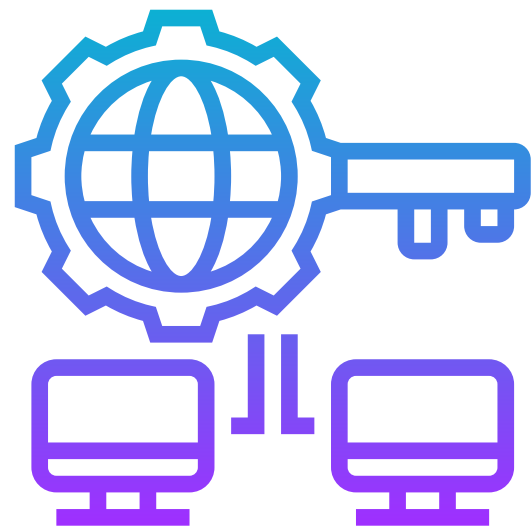


# Discussion

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Advocacy  
Occupational Justice



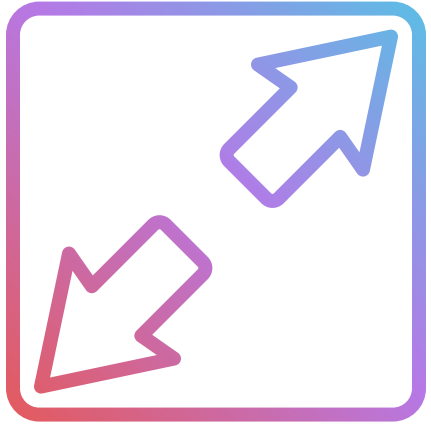
Occupational Profile  
Accessibility



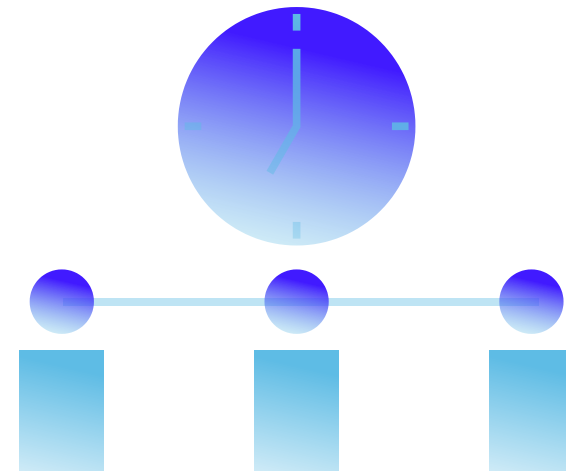
Cultural Humility  
Interprofessional Collaboration

# Impact

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Furthering an  
emerging  
practice area



Increased occupational  
adapation  
throughout the lifespan



Potential to  
increase  
positive health  
outcomes

AOTA, Vision 2025



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Crystal

Xane

Carly

Michele

Will

To everyone who sat on zoom with me or met up to co-work, helped me externally process my thoughts and sent positive vibes. Most importantly, to Mom, the unshakable bedrock on which I build my dreams and from where I repeatedly launch myself into the unknown secure in the truth that I have a safe place to land.



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