COOL CALM AND COMPETITIVE
An Exploration of Student-Athlete Equanimity and its Role in Academic and Psychological Well-Being

RESEARCH HIGHLIGHTS

• Equanimity is when individuals find meaning in times of hardship, are at peace or centered, see each day as a gift, and feel good about their life direction (Lindholm, 2013).

• Previous research suggests it does not develop uniformly for student-athletes.

• Equanimity does play a similar role in contributing to the academic and psychological well-being of all student-athletes.

• Charitable involvement, faculty support of students’ spiritual/religious development, and academic engagement are each related to student-athletes’ equanimity development.

QUESTIONS FOR PRACTICE

1. How is our athletic department currently supporting the spirituality of student-athletes?

2. Does our athletic department’s approach to mental health and academic success account for student-athletes’ spirituality?

3. Could our athletic department tailor charitable involvement, faculty support, and academic engagement initiatives such that student-athletes make meaning of those experiences through the lens of equanimity?

4. What supports are in place to make those efforts successful? What supports are needed?

Additional Resources:


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