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Descrizione fisica	1 online resource (265 pages)
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Soggetti	College athletes - Education - United States College athletes - United States Life skills guides. Electronic books. United States
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Note generali	Revised edition of: 20 secrets to success for NCAA student-athletes who won't go pro. 2017.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Contents -- Foreword -- Acknowledgments -- Introduction -- How to Use This Book -- 1: Create and Follow Your Student-Athlete Plan -- 2: Understand Who a Student-Athlete Is -- 3: Learn What Name, Image, and Likeness Means for You -- 4: Ride YourSuccess Wheel -- 5: Acquire the Life Skills You Need to Succeed -- 6: Be Balanced in Everything -- 7: Make Smart Decisions on the Other Stuff -- 8: Seek Support Everywhere -- 9: Your Major Really Matters -- 10: Take Nothing for Granted -- 11: Manage Your Highs and Lows -- 12: Face Reality in Sports and Life -- 13: Mentally Move On as a Senior 14: Identify Who You Are -- 15: Find Your Other Passions in Life as You Prepare to Be a Sophomore -- 16: Invest in Yourself, Your Health, and Your Future -- 17: Activate Your Student-Athlete Advantage -- 18: Create Your Brand -- 19: Be Fiscally Smart -- 20: Prepare for the Future by Tracking Trends -- The End-Your Road Map: It's Not a Secret -- Afterword -- Appendix A: NCAA Student-Athlete Success Data -- Appendix B: Other Resources -- Appendix C: Contributors to the Book -- Appendix D: About the Authors -- Notes
Sommario/riassunto	"More than 99 percent of student-athletes will go pro in something

other than sports. This book is for those college athletes (and their advisors and families). It provides advice and insights for the typical student-athlete on how to navigate the college experience and name, image, and licensing rights and to prepare for life after graduation"--
