

THE HUMAN PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

GO ROUTE



EP. 4 MAKING THE MOST OF YOUR RESOURCES

Eric Vincent is a passionate educator who consistently reminds his students and players about the value of academics. Not only is he a teacher, but Vincent is also the Director of Academics for Pro Prep Academy, and serves as the Academic Coordinator for High School Support, helping ensure that student athletes from grades 7-12 are able to maximize their time efficiently. He also runs a digital study hall once a week and has students from across Canada utilizing his services.

APPLY THE SPORT MENTALITY TO LEARNING

Your athlete excels on the playing field. They are excited to go to practice and do their workouts, they're at home watching video replays, talking to their friends about sports, and planning out how to improve for their next game. What if the same thought and action was taken with their learning? Why not make it a team effort, or seek out someone to help improve their learning techniques just like you would with sport skills? It's time to plan what their learning goals are, and how they're going to achieve those goals. Take the discipline, motivation and work ethic from sport and become quality students in the classroom. A change in the way they view learning can set them up for a quality future doing what they love to do.

FIND YOUR RESOURCES

Good learners and very good students are going to be much better athletes because they can process information more efficiently and identify trends and patterns. Reaching out to someone for help or creating a group to study and learn together can be motivating. Just like organizing a basketball game with a couple friends, organizing to meet with another student to learn a concept or assignment can be useful too. Learning with someone else can be a huge value, as well as just asking a teacher for help, or working with a tutor who can explain things more clearly. Finding and creating a circle of resources can be simple once learning become the passion.

REVIEW THE TAPE

Have a conversation with an athlete about what type of athlete they are. What type of student are they? Are there any similarities? Are there areas they excel at in sport that they could apply to their academics?

Make a list with an athlete of possible resources they could access for education. Ask them who they think can help, and what type of help do they want or need?

RESOURCES

"Do something today that your future self will thank you for." Unknown

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