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## **The Psychological Attributes Associated with Students Who Play Sports and Academic Performance**

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I would like to discuss the psychological attributes used by athletes to enhance the quality sport performance also being used to improve academia. Recently, I conducted a study to explore the psychological attributes that existed in collegiate athletes regarding the mental preparation for athletic and academic performances. Moreover, the psychological attributes which were analyzed consisted of goal-setting, self-talk, motivation, mental imagery, self-confidence, focus, peak performance, relaxation techniques, perseverance and personal drive. Additionally, the sample consisted of 80 collegiate student-athlete participants consisting of 15 male soccer players, 19 male basketball players, 17 female volleyball players and 29 female soccer players. The mixed-methodology was composed of 2 surveys and 1 questionnaire that had true/false and short answer questions. The results for the research questions showed the athletes used psychological attributes to enhance the quality of athletic and academic performance. Likewise, the results showed the athletes have shared perceptions regarding the use of psychological attributes. The most commonly used attributes pertaining to both athletics and academics consisted of mental imagery, focus, motivation, self-confidence, goal-setting, personal drive, relaxation techniques, perseverance, self-talk and peak performance. More importantly, the collegiate student-athletes reported having an average grade point average (GPA) of 3.39. The results for this study have provided a new foundation for athletes that will allow for understanding how to use psychological attributes to improve athletic, academic and personal endeavors with confidence and success.

### **Biography**

Nicole has completed double-science bachelorette degree in Kinesiology and Sport Injury Management, then she did Master of Arts in Psychology with an emphasis in Exercise/Sport and completed a Doctoral degree in Educational Leadership with an emphasis in Higher Education. Dr. Hightower has successfully educated and guided collegiate athletes towards the development of enhancing mental skills. Moreover, has designed and implemented thousands of mental skill strategies and team building exercises tailored specifically for individuals and/or teams. Publications are currently in review process.

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