



THE *California* WAY

THE ART AND SCIENCE OF THE CAL STUDENT-ATHLETE BECOMING:

AN IMPACTFUL LEADER WHO INFLUENCES OTHERS TO WORK SELFLESSLY TOWARD A COLLECTIVE PURPOSE

- Understands leadership strengths and areas for growth
- Seeks out diverse experiences and opportunities to enhance leadership knowledge
- Values relationship building as a foundational dimension of leadership
- Establishes, refines, and enhances targeted leadership skills and competencies
- Practices and adapts leadership skills according to situations, groups, and individuals

COMMITTED TO EXCELLENCE WITH A HIGH PERFORMANCE MINDSET

- Recognizes and values the connection between mental and physical performance
- Learns performance psychology topics and tools to optimize mental performance and sport well-being
- Develops a personalized toolbox of science-based mental techniques
- Practices and applies mental skills across situations varying in pressure to make them automatic
- Transfers mental skills used in sport to other non-sport performance domains

INSPIRED AND EQUIPPED TO MAKE CRITICAL CONTRIBUTIONS IN THE COMMUNITY

- Explores identity, interests, issues, and resources within their communities
- Experiences intentional service that meets a community-defined need
- Actively connects to service opportunities and organizations aligned with interests
- Applies skills to develop and lead social impact projects and make sustained service commitments
- Reflects on their experience and makes plans for future contributions

POSITIONED TO LAND A *GOLDEN OPPORTUNITY* UPON GRADUATION AND FLOURISH IN A CHOSEN CAREER

- Systematically explores career pathways aligning with interests and skills
- Develops requisite career-readiness skills and career competencies to successfully transition to life after Cal
- Actively connects with alumni and professionals willing to take career action on the student-athletes' behalf
- Capitalizes on world of work experiences and job opportunities available through *The Golden Bear Network*