

Assignment 1

The purpose of this assignment is to give you a good overall idea of what it means to combine studying with an athletic career and make you think about the goals and milestones you have set for your academic and athletic careers.

Create a timeline that begins from the start of your studies and ends when you graduate. You can create the timeline using any tool you prefer, e.g., by drawing it on an A4 paper or turning in a photo of it or drawing a line in Word or PowerPoint.

Think about how you are going to combine studies with an athletic career and what goals and milestones you have set for your academic and athletic careers. Maybe you plan to finish your bachelor's degree in a certain year or spend a certain period on an exchange abroad? As an athlete, your goals and milestones may be, e.g., certain competitions, training camps, a specific accomplishment etc.

You can start by marking on the timeline the milestones you have set for yourself as a student, such as earning a bachelor's degree, going on a student exchange abroad, taking a break from studies, registering as non-attending student, graduating with a master's degree, etc. Then continue with marking the milestones you have set for yourself as an athlete, e.g. participation in the Finnish championship in your sports, attending a training camp abroad etc.

When you have marked the milestones and goals on your timeline, write an essay of about 2 pages specifying how you ended up choosing these goals and milestones and what you took into consideration when planning how to combine your athletic career with studying. Turn in the timeline and essay to the submission inbox below.

When creating the timeline and writing the essay, you can use the following questions:

- What are my goals as a student and as an athlete?
- What is challenging in pursuing a dual career and how will I manage it?
- What is important for me as an athlete and as a student?
- What drives me in my dual career?
- Are there certain time periods when I will have to focus more on my athletic career/studying?
- How do I take my own wellbeing into account in the plan?
- Is my plan feasible?
- How do I have to work to reach my goals?

Assignment 2

Write an essay of approx. 2 pages in which you reflect on how you will take care of your wellbeing during your studies and athletic career. Read the materials beforehand and remember to include appropriate references to source literature. The following questions may be helpful when writing the essay:

- What kind of support have I received from home, from my coach/sports organisation, from the university, or during leisure time that has furthered my dual career?
- Which elements have put a strain on my wellbeing? How can I prepare myself for facing them in the future?
- How do I manage my time? What matters should I consider when planning how to balance studying with an athletic career?
- What are the appropriate amounts of training and studying for me?
- Whom can I turn to when I need support?
- In what ways does the university and my sports organisation support my dual career?

Assignment 3

The teacher in charge of the course is Professor of Practice Sami Itani. To pass the course, you need to have a 30-minute appointment with Sami. You can book one by contacting Sami via email Sami.itani(at)aalto.fi. **Please remember to book your appointment in good time.** When booking your appointment, you should mention the Aalto School you are studying at and that you are attending the Urhea course 'Dual career and wellbeing of student-athlete'.

Before your appointment, turn in assignments 1 and 2 to the relevant submission inboxes in MyCourses to give Sami time to read them through before your meeting.

After the meeting, describe the contents of your discussion with Sami briefly, in a minimum of 10 sentences. Answer, for instance, the following questions:

- Which topics did you cover?
- What thoughts did the meeting evoke?
- Did the meeting give rise to any new perspectives or ideas?