**Texas State University**

**Consent Form for Participants**

You are being invited to participate in a research study comparing career development and stress in senior students and student-athletes. By participating in this study, you will help us gain an understanding of the extent of career planning and its relationship to stress in senior students. This study is being conducted by Evan Reece ([er1189@txstate.edu](mailto:er1189@txstate.edu)) and will be under the supervision of Dr. Randall Osborne ([ro10@txstate.edu](mailto:ro10@txstate.edu)) of the Psychology Department.

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**We will be assessing stress and career indecision using the following methods.**

* Career Decision Scale
* Professional Life Stress Scale

**Sample Questions:**

1. Are you more or less optimistic than you used to be?
2. Would you say that generally you have enough time to spend on yourself?
3. Are you reasonably on course towards achieving your major objectives in life?

* Who Am I (actual and ideal)

The possible benefits to be gained from this study are high. Participation in collegiate sports can have many positive effects on the athlete’s physical and personal development, but this participation can also have negative consequences on the athlete, especially in the area of career development (Shurts & Shoffner 2004). Murphy, Petitpas, and Brewer (1996) found that 65% of the student-athletes in their sample displayed delays or impairment in career development. That percentage is extremely alarming considering the number of college student-athletes that look to join the workplace every year. What previous studies haven’t investigated is how that lack of preparation affects the individual as their college athletic and student careers comes to an end. This study aims at identifying the different stressors that athletes face in comparison to their student peers, and by doing so, will bring to light what interventions might be needed in order to reduce the stressors that accompany the role of student-athlete.

The possible risks involved in this study are minimal. The primary risk is that greater awareness could be brought to the participants in regards to perceived stress attributed to acknowledging stressors. These risks are minimized by providing mental health contact information and through confidentiality procedures. These minimal risks are also outweighed by the significance of understanding the lack of career planning faced by student-athletes, and the effect that it has on the well-being of those students. By understanding the link between the lack of career preparation and greater stress, steps can be taken in order to enhance career development and exploration and ultimately reduce the amount of stress faced by college athletes at the end of their college careers.

Confidentiality is guaranteed in this study but anonymity is not. Students must provide their Texas State University ID numbers along with their consent form in order for instructors to be notified of who has participated in order to provide extra credit. None-the-less, identifying information is not needed once participants have been separated into the “student” and “student-athlete” groups. For this reason, random code numbers will be used on all questionnaires with a designator on the code number that places that data into the “student-athlete” and “student” groups. Completed questionnaires will be kept separate from ID numbers in order to preserve confidentiality. By doing so, no one including the researchers will be able to pair a student with their responses on any of the scales, therefore retaining confidentiality.

You are not, in any way, required to answer any questions. If you do not feel comfortable answering any questions, please refrain from doing so. If you have any questions about this study, contact Evan Reece ([er1189@txstate.edu](mailto:er1189@txstate.edu)) or Dr. Randall Osborne ([ro10@txstate.edu](mailto:ro10@txstate.edu)), Department of Psychology, Texas State University. If you have any questions about the research or your rights in this or any other study, you can contact the Chair of the IRB, Dr. Jon Lasser at (512-245-3413) or [lasser@txstate.edu](mailto:lasser@txstate.edu).

**If you choose to participate, please sign and date on the lines below. By signing this form and completing the surveys you are giving consent to use your responses in the analysis of the study**.

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Print Name

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Signature Date

If this study raises any personal questions or concerns for you, you may want to contact Blanca Sanchez-Navarro at the Texas State Counseling Center (512-245-2208, or at [counselingcenter@txstate.edu](mailto:counselingcenter@txstate.edu)), or the Texas State Career Services Center (512-245-2645 or at careerservices@txstate.edu). The Texas State counseling center offers free consultation to Texas State students. If you seek a mental health provider, any costs incurred for these mental health services are your sole responsibility.

Please print out this consent form to keep for your personal records.