From D1 Athlete to... What’s Next?

Makayla Hansen

Boise State University
FROM D1 ATHLETE TO.... WHAT'S NEXT?

Reinventing myself after a career ending injury in collegiate athletics. Follow along with me as I learn about new hobbies, new activities, and developing my new self. Read about my experience in college volleyball, my hardships, my victories, and my injury. I cannot wait to connect with you!

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MAKAYLA HANSEN

Fall 2023
Final Project
Margaret Sass, J.D., Ed.D.
I chose to do a capstone project blog about activities and hobbies. Developing a passion for trying new things became important after a career ending injury. During my recovery I lost all identity and passion. I found myself struggling to find something to do since all I knew was being an athlete. I wanted to create a space for people that may have a similar experience as I did or anyone else who may feel lost in life's many changes and challenges.
Despite being red, Mars is a cold place, not hot. It's full of iron oxide dust, which gives the planet its reddish cast.

**INNOVATIVE APPROACH**
- Loss of identity
- Learning new hobbies
- Overcoming challenges
- Not only talking about hobbies and how great I could do but sharing the struggles I encountered when learning a new hobby.

**EMOTIONAL INTELLIGENCE**
- My awareness of self has increased immensely while working through this project.
- I have been able to connect with each person who reads my blog by sharing my vulnerabilities and connecting through comment interaction.

**CREATIVE THINKING**
- There is no specific creative framework I was working off of, I went with the flow of the blog for my posts.
- A unique approach I used is informal writing to try and connect with my audience better. Using words such as haha and lol.

**INNOVATIVE SOLUTION**
- A lot of my solutions have been fairly typical except one. I decided that I didn’t want my photos to be just of me. I was found it helpful to use photos of activities more than myself, unlike typical bloggers.
Attached Google survey to latest blog post for whoever read it to interact and give input [Link to survey]

**RESULT**

**MEASURED IMPACT**

**BENEFITS TO STAKEHOLDERS**

- Trying new things myself and learning to be ok with the learning process

- Individuals having a space to see someone without a picture perfect social media life trying new things
ACTUAL IMPACT

Have you enjoyed reading the blog?
  100% of responses said yes
Have been inspired to try something new since reading this blog?
  100% of responses said yes
On a scale from 1-10 how likely are you to return to read a new post?
  25% said 9/10
  75% said 10/10
On a scale from 1-5 how likely are you to share the blog with family and friends?
  25% said 4/5
  75% said 5/5

I have had 276 views on blog in the past 5 weeks.
I have gotten 22 comments throughout my 5 posts
CONCLUSION

ANTICIPATED RESULTS
- I anticipated only about 10 views per post. I was not expecting to reach as many people as I did.

ACTUAL RESULTS
- I had 276 views overall on my posts, which was very shocking. Family members shared the link on social media and that brought a lot more traffic to my page.

WHAT I’D DO DIFFERENTLY
- Plan more time for each activity/post
- Spend more time enjoying the activity instead of having a blog focus
REFERENCES


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This is where you give credit to the ones who are part of this project:

- Presentation template by Slidesgo
- Icons by Flaticon
- Infographics by Freepik
- Images created by Freepik
Blog Response Survey

Hi! Thank you for reading my blog! I am doing this blog as a capstone project and would love to gather feedback from you as a reader! If you could fill this out that would be great!!

First + Last Name (optional)

Your answer

Have you enjoyed reading the blog? *

- Yes
- Somewhat
- No

Have you been inspired to try something new since reading this blog? *

- Yes
- Somewhat
- No

On a scale from 1-10 how likely are you to return to read a new post? *

1 2 3 4 5 6 7 8 9 10

Not at all  I look forward to it!

* Indicates required question
How likely are you to share the blog with family or friends? *

1 2 3 4 5

Meh not ever  ○  ○  ○  ○  ○  Everyone needs to read this!

I would love your feedback on...
- What would you like to see more of?
- What was your favorite post so far?
- What can I do better?

Your answer

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