

Life of an Athlete: Chloe Nelson, ISU women's basketball player

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As a junior on the ISU women's basketball team and moving into the upper class ranks, guard Chloe Nelson has had the responsibility of being part of the four-player leadership unit on the squad for the second consecutive season.

Nelson was selected for the position this season by her teammates after completing a leadership application, writing a cover letter and speaking in front of her teammates.

Nelson is also enrolled in the research apprenticeship program in the Department of Psychology as part of a full class load. The Florissant, Mo., native takes on more responsibility than the average student and has to balance her obligations between school and basketball.

What is a typical day like schedule-wise for you?

Today, I got up at about 6:30, ate breakfast and was at a research lab by 7:30 because I am a psychology student and have a research apprenticeship. I had practice at 10:30 a.m. until about 1 and we had weights right after practice. After that, I had a class at 2 and now [3:20 p.m.] I am headed to my next class. After that, I have a research lab again and that will be my day.

How do you manage your time and fit in your schoolwork?

It's definitely about figuring out what your priorities are and find times where you can do homework efficiently to set aside that time and use your spare time really well. So maybe if you have your 20 minutes in between classes, make sure to get a reading assignment done or something like that. But it's really just making sure you are really organized knowing which assignment you have to do when.

What is your favorite part of being a student-athlete?

My favorite part of being a student-athlete is being able to work toward being successful in two arenas — in the classroom as well as on the court. Just to be able to experience both those parts of college is an awesome thing and something I will look back on and appreciate.

What are some challenges you face being a student-athlete?

Definitely one of the biggest challenges is time management because you've got so much on your plate between three-hour practices and classes. An athlete usually takes about 12 hours a semester or at least that. So it's hard to have a social life outside of your teammates. One of the biggest challenges is finding the time to fit everything in.

What do you like to do in your free time?

I just like to hang out watching movies at my apartment or go out to the mall for a little bit. But really, I don't have the time usually so it's easier to do something chill and relax rather than going out a lot.