

# SOPHIE HOMAN | MICHIGAN SOCCER & 1/2p

<https://silosolo.com/311582>

## Summary

This Silo talks about Sophie's experience as a junior soccer player at the University of Michigan. She discusses the impact of mentors and coaches, facing challenges with perfectionism, navigating the recruitment process, making the decision to attend Michigan, and learning about self-care and self-awareness at the college level.

## Silo sample questions

- How did mentors and coaches impact Sophie's life?
- What challenges did Sophie face before college, and how did she overcome them?
- How did Sophie approach the recruitment process for college soccer?
- What factors influenced Sophie's decision to attend the University of Michigan?
- What lessons did Sophie learn about self-care and self-awareness at the college level?

## Topics

mentorship

challenges

recruitment

decision-making

self-care

## Key Takeaways

- The mentors and coaches in Sophie's life emphasized the importance of being a good person and helped her develop as an athlete and a respectful young woman.
- Sophie struggled with perfectionism, holding herself to unrealistic standards, and finding balance. Her faith, family support, and trust in her training helped her overcome these challenges.
- Sophie faced a unique recruitment process due to graduating early and received interest from schools early. She chose Michigan and found the process rewarding and fulfilling.
- Sophie's strong family ties to Michigan, the athletic opportunities, the academic reputation, and the overall environment influenced her decision to attend the University of Michigan.
- Sophie learned to prioritize self-care, manage her body as an athlete, and make decisions based on what would make her the best in the moment, rather than pushing herself to do everything.

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