

Ava Goodin | Northwestern Soccer

<https://silosolo.com/113314>

Summary

This Silo talks about Ava Gooden's journey as a student-athlete at Northwestern University, highlighting the importance of investing in others, consistency and discipline, overcoming recruiting challenges, handling comparison and competitiveness in the athletic environment, and advice for making college decisions.

Silo sample questions

- What is the best advice Ava has received from her mentors and coaches?
- What does Ava consider to be the most important thing for reaching her goals?
- What was Ava's biggest challenge in her recruiting process and how did she overcome it?
- How does Ava handle the aspect of comparison and competitiveness in her athletic environment?
- What advice would Ava give to her younger self about the decision of where to pursue her college education and athletic career?

Topics

Investing in others

Consistency and discipline

Recruiting challenges

Comparison and competitiveness

College decision advice

Key Takeaways

- The best advice Ava has received is to continue to invest in those around her and bring as many people under her circle as possible to reach a higher level and accomplish big goals.
- Consistency and discipline are considered the most important for reaching Ava's goals, emphasizing the importance of small, consistent efforts over time.
- Ava's biggest challenge was adjusting to a new place and feeling comfortable away from home. She overcame it by opening her mind, experiencing the culture of the school, and realizing the opportunities available at Northwestern.
- Ava acknowledges the game of comparison and competitiveness in her athletic environment, especially as a female athlete. She emphasizes the importance of working toward a bigger goal and creating an environment where competition is for the purpose of pushing each other toward success.
- Ava would advise her younger self not to stress too much about the decision of where to go, and to focus on making the most of the opportunity wherever she ends up. She emphasizes that there can be many right answers and it's more about what you make of those opportunities.

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