

Water polo grad balances academics and athletics with the Olympics on her mind

Millie Quin will graduate with an interdisciplinary degree with goals of working in law and getting to the LA Summer Games

By Cynde Cerf, ASU News
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Editor's note: This story is part of a series of profiles of notable [spring 2026 graduates](#).

By Arzo Yousofzai and Cynde Cerf

As a member of the [women's water polo team](#) at Arizona State University, [Millie Quin](#) has learned how to successfully balance the demands of Division I athletics with a rigorous academic schedule.

Quin, an international student from Auckland, New Zealand, is graduating this May with a bachelor's degree in [interdisciplinary studies](#) with concentrations in [global health](#) and [criminal justice](#) from the [School of Applied Sciences and Arts](#) in the [College of Integrative Sciences and Arts](#).

"The interdisciplinary program allows me to combine my interests preparing for law school," Quin says. "I originally started in psychology, but I realized I wanted to explore more areas that connect to what I want to do after college."

Balancing academics with the responsibilities of being a full-time athlete requires strong organization and discipline. Quin relies heavily on time management to stay on track.

"Time management is one of the biggest skills you learn as a student-athlete," she says.

Communication also plays a critical role. Quin works closely with professors, coaches and academic advisors to ensure she stays on top of assignments while competing throughout the season.

“They’ve been really supportive with academics,” Quin says. “Having advisors and coaches who understand the demands of being a student-athlete makes a big difference.”

Quin credits hands-on experiences such as the [Humanities Lab](#) for helping shape her academic direction.

“It’s been really valuable,” she says. “It helped me think more critically about issues related to law and justice and confirmed that this is the direction I want to pursue.”

She also highlights her experience on ASU’s Tempe campus as a key part of her journey.

“It feels like a place where you can do a little bit of everything,” Quin says. “There are great resources for both academics and athletics, and a strong sense of community.”

Quin’s motivation to succeed both academically and athletically kept her focused. And her dedication has already translated into success in the pool. On March 7, she became [Sun Devil Water Polo’s all-time scoring leader](#), and the following month she broke the [Mountain Pacific Sports Federation conference record as the all-time leading scorer](#) with 295 career goals.

Beyond competition, Quin believes athletics has helped her develop valuable life skills that extend beyond sport and toward her planned career as a prosecutor.

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'26 BA interdisciplinary studies, ASU Water Polo leading scorer

While she has already been accepted into law school, she is still weighing her options and plans to pursue professional water polo opportunities in Europe so she can keep competing at a high level, with eyes on the 2028 Summer Olympics in Los Angeles.

“Water polo is still a big focus for me,” she says. “I want to see how far I can take it. The Olympics is definitely something that I am working toward. Playing professionally in Europe is part of that pathway.”

Being far from home in New Zealand during college has been both challenging and transformative. Although her family has been able to visit, the distance has required sacrifices.

“Missing holidays, big moments and even everyday things was definitely hard,” Quin says. “But it made me appreciate my family more and helped me grow more independent.”

Her family won’t be able to attend graduation, but she feels their support.

“They won’t be able to make it, which is tough, but I know how proud they are. We’ll celebrate together in another way,” she says.

Ultimately, Quin believes her greatest growth has come from developing independence.

“Being far from home and balancing everything forced me to grow up quickly,” she says. “I have become more disciplined and more confident in myself.”

For other students navigating college, her advice is simple: “You don’t need to have everything figured out right away. Stay consistent, take opportunities and don’t be afraid to adjust your plans. Things can change for the better.”

This story originally appeared on [ASU News](#).

Main image



Millie Quin, '26 Interdisciplinary Studies, BA, broke ASU's record as well as the conference record as an all-time leading scorer in women's water polo. Photo courtesy of Millie Quin

Text image(s)



Millie Quin