



## SPORT PSYCHOLOGIST SCENARIOS

### Social & Affective Harmonizer: Listen to Others and Relay Helpful Feedback

<p>Consider what you might observe during a class or season:</p>	<ul style="list-style-type: none"> <li>• Students on your team using negative language towards themselves, teammates, or opponents</li> <li>• Students losing their temper</li> <li>• Students acting apathetically, or like they don't care about the activities</li> </ul>
<p>Think about our stated goals and guiding principles:</p>	<ul style="list-style-type: none"> <li>• Intentional inclusion of purpose to everyday activities</li> <li>• Intentional association of competition as a partnership experience in which everyone strives to achieve excellence</li> <li>• Intentional recognition of missed attempts as essential to building skill sets toward excellence</li> <li>• Recognition of our purpose necessarily including the community in its vision rather than just individual based goals</li> </ul>
<p>Examples of interactions:</p>	<ul style="list-style-type: none"> <li>• While participating in an activity you notice one of your teammates lethargically "going through the motions". This might be a great opportunity for you to complete your rep and make your way over to relay a positive message like, "My purpose is _____ today! What's yours?"</li> <li>• During a tournament game, you might witness some harsh criticism of technique between teammates. This signals your chance to advise both members to take a breath, control their emotions, and then suggest how they might explain with greater detail and kindness what they would like their partner to do the next time that situation happens.</li> <li>• You may overhear some negative self-talk during class. This would be a great time to remind your classmate that none of their skills are fixed, and that they have the ability to get a little better every day as long as they practice purposefully and remain focused on their goals!</li> </ul>