



Sport Psychology 101 for High School Athletes

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Components of Sport Performance

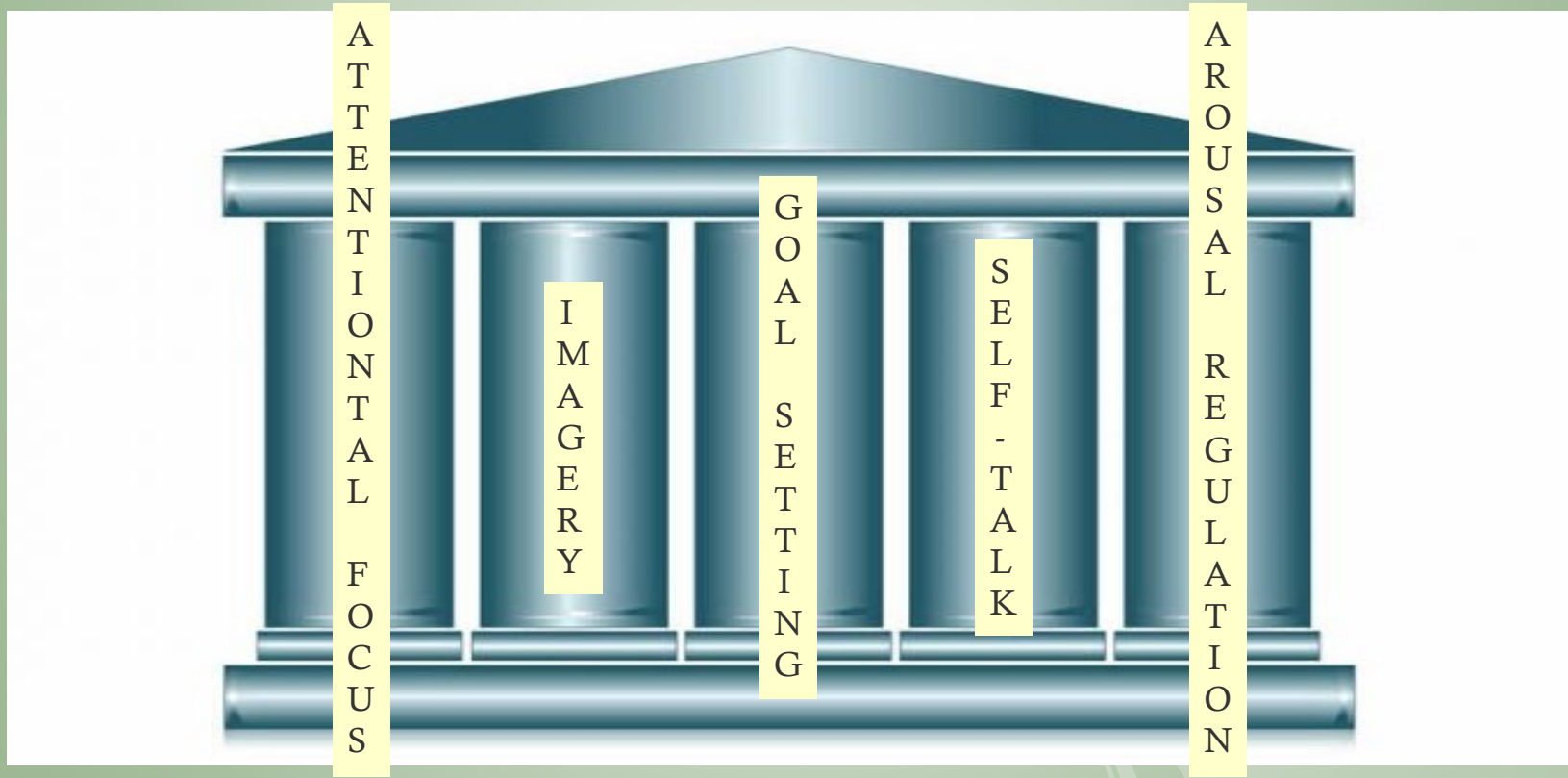


What is Sport Psychology?

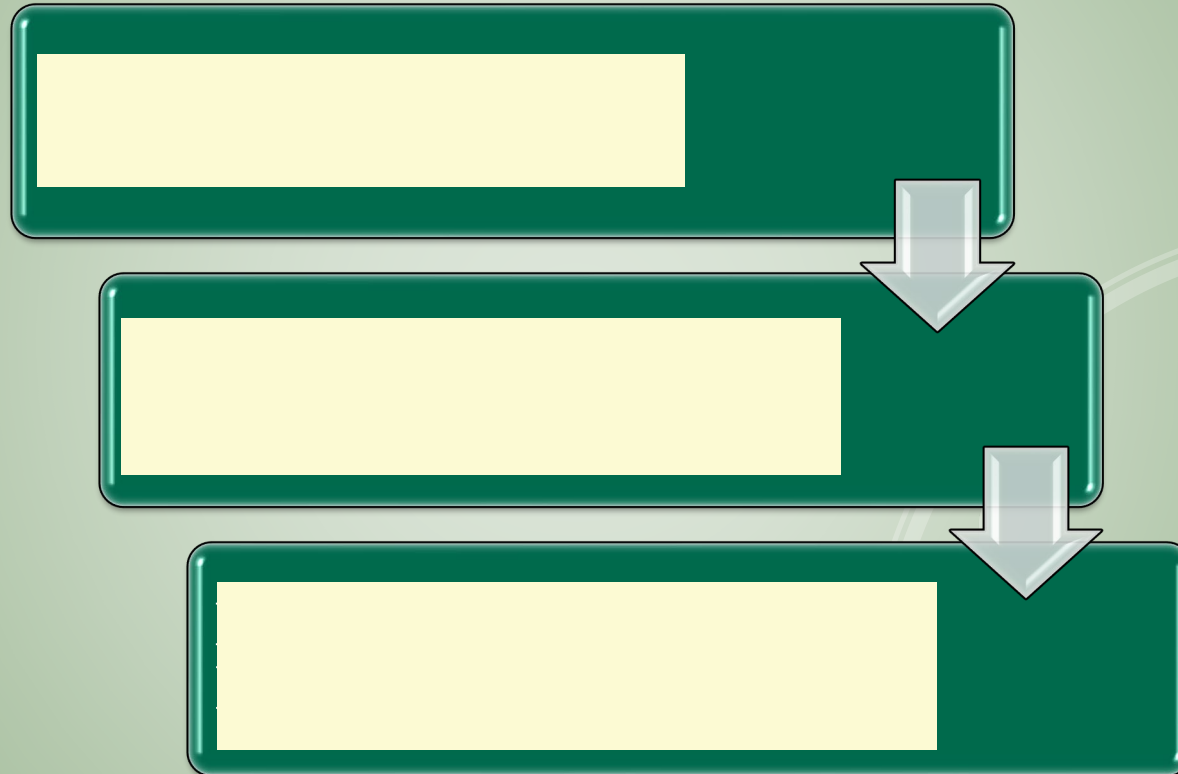
- Systematic application of techniques and strategies to enhance the mental skills of athletes
- Purposes
 - Increase physical skills
 - Enhance performance
 - Promote sport satisfaction

**Train your
mind!**

Five Pillars of Psychological Skills



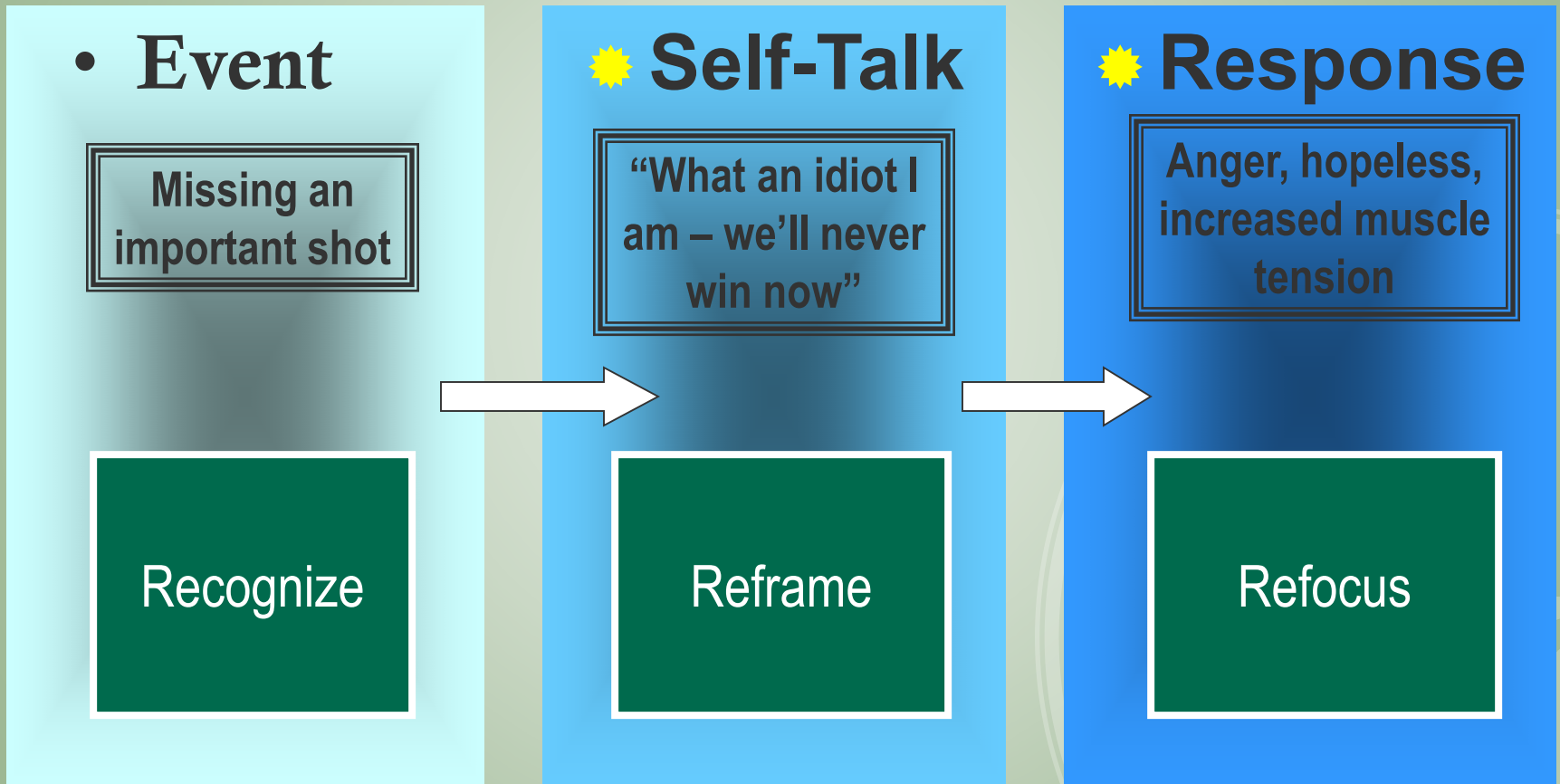
Three Phases of Psychological Skills Training



Self-Talk

- Self-talk combines conscious thoughts with unconscious beliefs.
- If you say it, it will happen! All pros use it!
- This inner voice is useful when it is positive, talking down fears and bolstering confidence

Process of Self-Talk



Common Misconceptions

1. Sport psychology is only for athletes who are mentally weak.
2. Sport psychology is a quick fix: athletes can learn psychological skills by reading or seeing a sport psychologist for a short period of time.
3. Anyone who knows about sports and psychology can become a sport psychologist.



Different Career Paths

- Sport Psychology Consultant (Master's/Doctoral)
- Clinical Sport Psychologist (Doctoral)
- Research Sport Psychologist (Doctoral)

- Questions to ask:
 - Do I want to coach?
 - Do I want to work with athletes on mental skills?
 - Do I want to provide counseling to athletes?
 - Do I want to teach and conduct research in universities?

Q&A



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