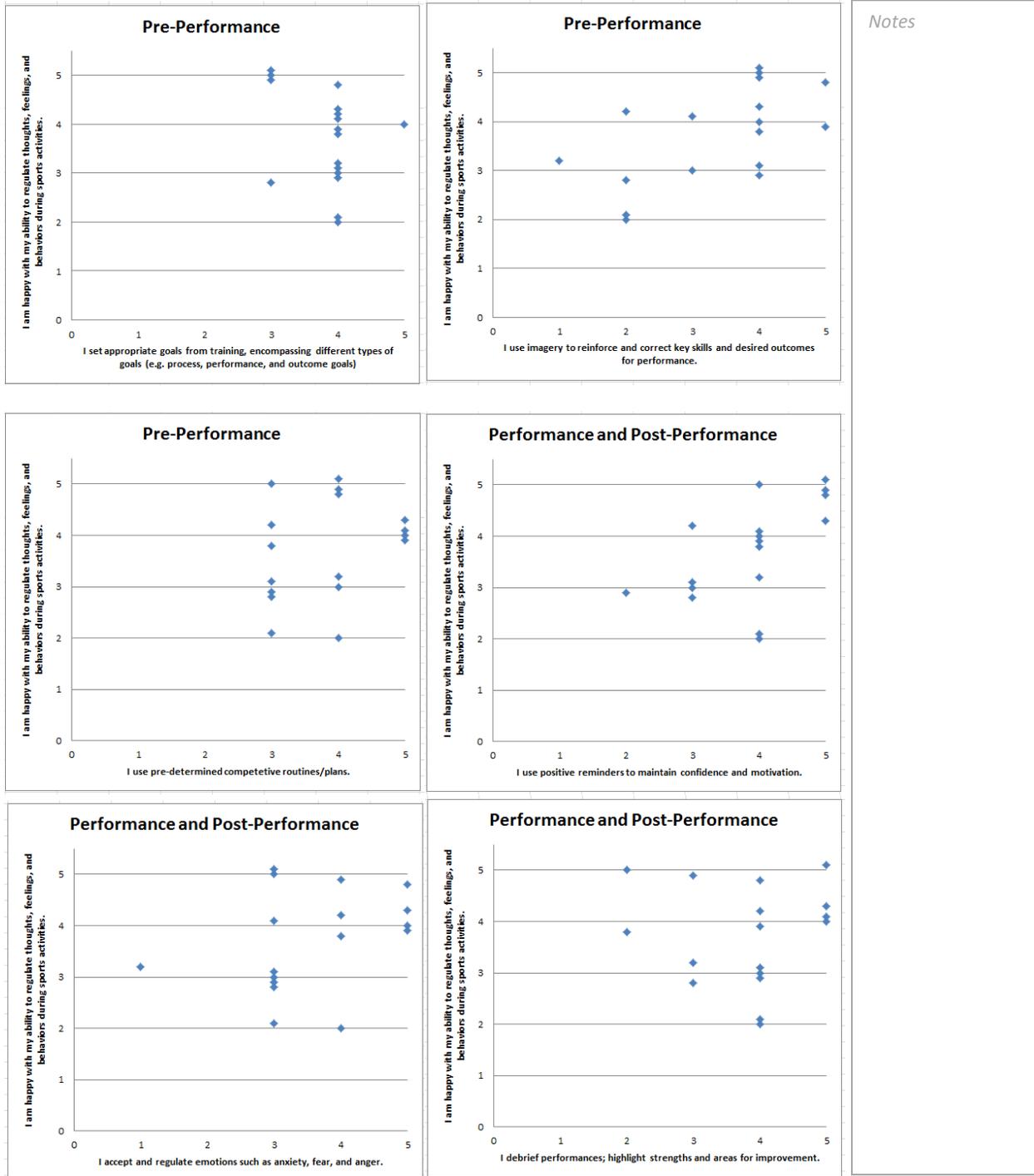First Name:_____   Last Name:_____

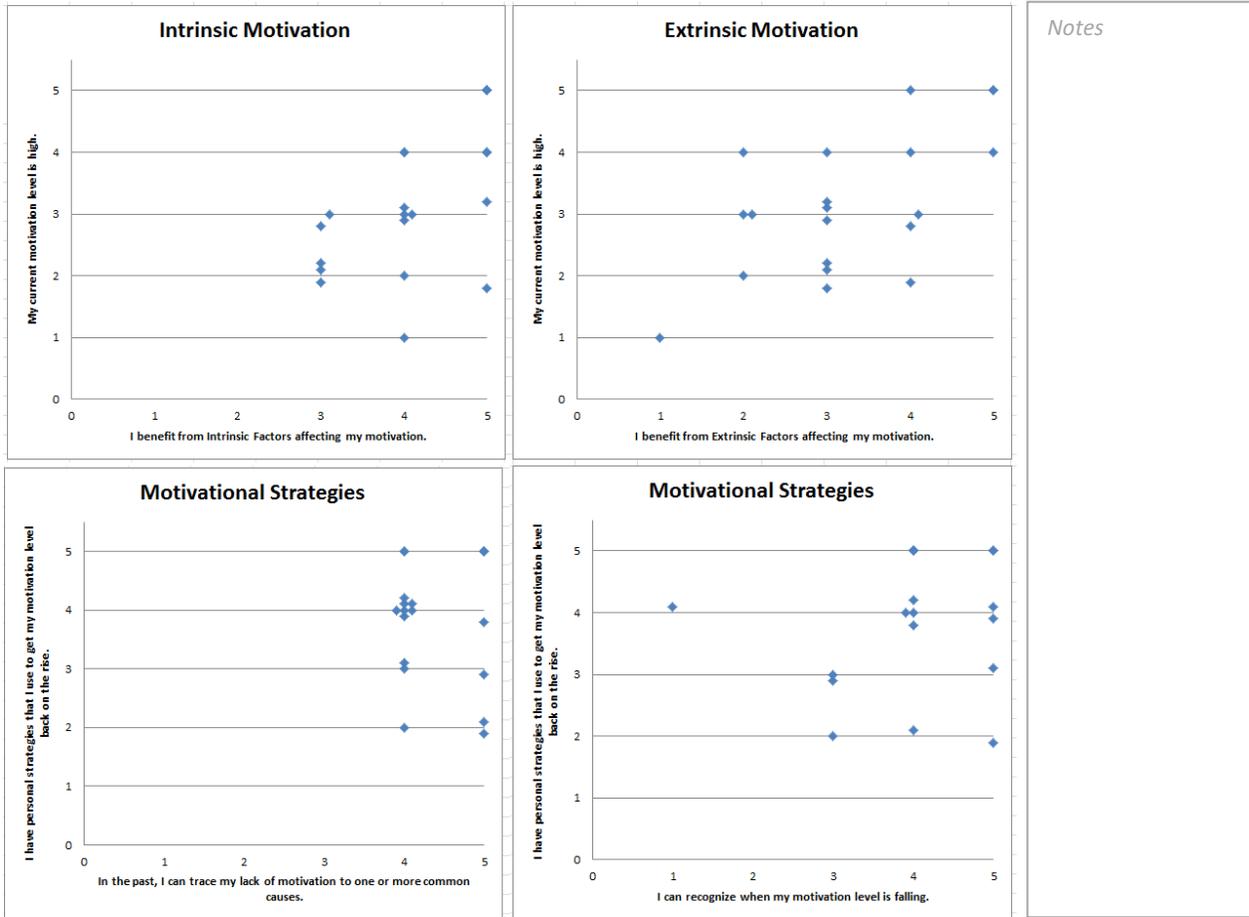# REC1050-L21 – Analysis of Self-Evaluations (2017/18 Class)

Self-Evaluation – Evaluate Personal Mental Fitness

Data was scatter-plotted. Some student responses were changed slightly (4 to 4.1) to allow multiple data points to be visible.

Pre-Performance

Y-axis: I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

X-axis: I set appropriate goals from training, encompassing different types of goals (e.g. process, performance, and outcome goals)

Pre-Performance

Y-axis: I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

X-axis: I use imagery to reinforce and correct key skills and desired outcomes for performance.

Pre-Performance

Y-axis: I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

X-axis: I use pre-determined competetive routines/plans.

Performance and Post-Performance

Y-axis: I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

X-axis: I use positive reminders to maintain confidence and motivation.

Performance and Post-Performance

Y-axis: I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

X-axis: I accept and regulate emotions such as anxiety, fear, and anger.

Performance and Post-Performance

Y-axis: I am happy with my ability to regulate thoughts, feelings, and behaviors during sports activities.

X-axis: I debrief performances; highlight strengths and areas for improvement.

Notes

Self-Evaluation – Evaluate Personal Sources of Motivation

Data was scatter-plotted. Some student responses were changed slightly (4 to 4.1) to allow multiple data points to be visible.

Intrinsic Motivation

My current motivation level is high.

I benefit from Intrinsic Factors affecting my motivation.

Extrinsic Motivation

My current motivation level is high.

I benefit from Extrinsic Factors affecting my motivation.

Notes

Motivational Strategies

I have personal strategies that I use to get my motivation level back on the rise.

In the past, I can trace my lack of motivation to one or more common causes.

Motivational Strategies

I have personal strategies that I use to get my motivation level back on the rise.

I can recognize when my motivation level is falling.

Summary: