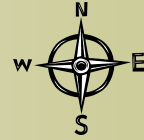




SURVIVAL GUIDE

FOR A SUCCESSFUL CAMPUS EXPERIENCE



SPORT PSYCHOLOGY & YOU!

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Sport psychology is a comparatively new field of psychology, however, it has a lot to offer athletes and non-athletes alike. Some of the techniques that sport psychologists teach include:

- Deciding your goals
- Improving focus
- Achieving flow
- Managing distractions
- Mood control
- Using visualization

Each of these techniques can also be extremely helpful to people who wouldn't even dream of playing competitive sports.

Deciding your goals is im-

portant for every individual since *undirected* activity is often *misdirected* activity and wasted energy. Then, once you have decided on your goals, learning to **improve your focus** helps you to



meet those targets in the most efficient way.

Knowing how to **achieve flow** means that you are able to immerse yourself completely in an activity. This involves **managing distract-**

tions of all types, including those from within you and those from your environment. Internal distractions include negative thoughts and moods. As a result, having **mood control** skills can help you to "get in the zone" more often and stay there longer.

Finally, no matter what you are doing, it takes practice to excel at it. Practice requires both physical and mental repetition. **Visualization** can be used to fine-tune your skills and to practice mentally when you are unable to physically engage in the activity. It is also a good way to build confidence in your ability to perform well.

RESEARCH TIPS

Every college student has to do research, but many dread it. Here are a few tips to help make your researching time less painful and more fun.

Ensure you understand the assignment. Before you dive into that topic you've been dying to learn more about, double-check with your professor that it's in line with the assignment you were given.

Choose the topic. If you don't immediately know what topic you want to research, do some brainstorming. Write down as many options as you can think of and then choose

from the ones that interest you the most.

Narrow (or broaden) your topic to ensure that it's not too broad or too narrow for the type of report your teacher wants. It needs to have enough main points for you to discuss, but not so many that you are overwhelmed.

Make a basic plan of your report. This will give you an idea of what kinds of information (and how much) you need to gather. This will focus your search and save you time.

Head for the library, museum, Internet, etc. Use as many types of resources as you are allowed. This

may include books, professional journals, university websites, personal interviews, archives, newspaper articles, and more.

Always take note of your sources. Too many students have discovered a particularly juicy piece of information but have forgotten to take note of the source. This makes things very painful when you are writing your report and realize that you cannot use the information because you can't cite your source. Of course, if you don't cite your sources, you are committing plagiarism, and the penalty for plagiarism can be stiff!

INSPIRATION CORNER

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

~ Thomas Jefferson

"When you work... you work. When you pray, God works."

~ Unknown

STUDENT COUNSELLING - OFFICES

Valsayn & El Dorado students:

Cipriani College
Churchill-Roosevelt Highway, Valsayn
Room 331, Upper Floor, West Wing

Pleasantville students:

Caribbean Life Resources Centre
8-14 Ruth Avenue, Les Efforts West,
San Fernando
Phone (T'dad): 657-8823 or 653-4957

Tobago

Student Support Centre
Cipriani College
Rousseau Trace, Spring Gardens
Scarborough, Tobago
Phone (Tobago): 639-5297

The **Student Counselling Centre** is here to:

- Help students enhance their academic and personal well-being, achieve wholeness, have positive attitudes and maintain strong relationships.
- Provide short-term counselling through professional and ethical therapy services.
- Maintain confidentiality according to professional standards.
- Work collaboratively with students to plan and achieve healthy life goals for themselves.
- Assist the college in promoting a relaxed, healthy and safe learning environment.

“SUPPORTING & STRENGTHENING STUDENTS”

THE POWER OF PRAYER

Religions of every type have long touted the enormous power of prayer. However, nowadays, there is also scientific data to back up these claims. Scientific attitudes towards prayer are changing and research on prayer is growing.

One of the earliest benefits of prayer to be accepted by the scientific world was its power as a stress-buster. Prayer helps to calm a person and to improve his/her focus and mood. Meditative prayer, in particular, helps the body to relax and makes physiological activity more evenly regulated. Prayer has even been found to have a positive effect on the immune system.

The healing power of prayer has been a topic of particular interest for researchers. Studies conducted by different universities in the United States each found that people who pray get sick less often than those who do not. This may be partly due to the fact that religious people have been found to live healthier lives— for example, they are less likely to smoke, drink alcohol, or drink and drive.

Prayer has also been shown to aid recovery from illness. Cancer patients in particular, are now often encouraged to pray if they are religiously inclined.

Not only has prayer been shown to impact our own health, but studies have also shown that it positively impacts the health of others. In 2007, Dr. David Hodge did a meta-analysis of 17 studies on the power of praying for others. He found that intercessory prayer for people with psychological or medical problems had a statistically significant impact on the recovery of the patients.

Let's be clear about what this all means. Researchers are not claiming that prayer is a replacement for medicine. However, it is an important habit to develop if you wish to live longer and have a better quality of life.

