

# THE WHY



Why are you here?  
Is it **THAT**  
important to you, to  
make sure that you  
take care of your  
mental mindset  
before you leave  
high school life?

*Change is what life is all about. For some, change is scary, for others, it is a challenge that is welcomed with open arms.*



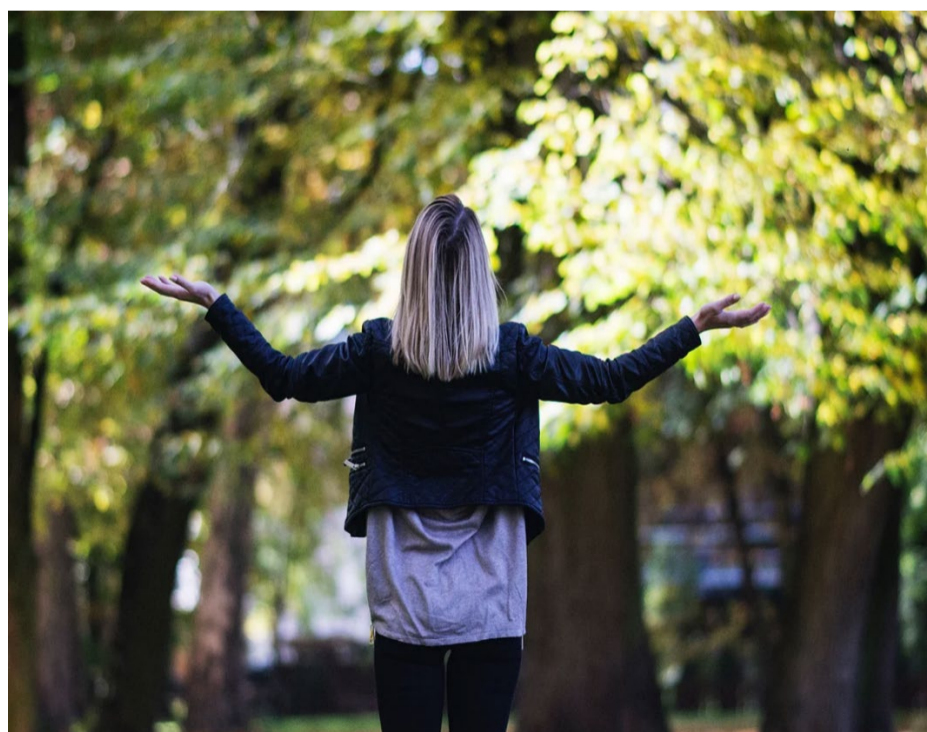
This PDF is to help you understand the “WHY” for working on your mental mindset to help you transition to college & sports.

## Ask yourself, why and how did you get started in sports?

*Written by Cheryl McCormick, M.S.S.*

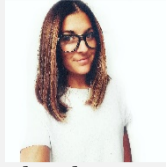
Was it fear, was it the competitive side of you, or was it just to get out of the house? I ask you this because I would like to know what fear you had to push through when you started sports- competed against other kids that wanted to be the best. If you were a young child when you started your sport, it was likely that your parents put you into the sport to engage you with others, and maybe to help keep you active and get all of that young energy out of you. But, when you got older, and sport competition became harder, and more competitive with your teammates, how did you push through the mental struggles of, “I am not good enough” or “she doesn’t like me” or the fear that the entire team is after you!

You see, there is fear in a lot of things we start. Things like sport competition, starting a new school year, participating in public speaking, and going to college without your friends. But have you ever thought about taking the fear of the unknown, and making it work for you? By utilizing the fear from things like-the unknown, you can prepare yourself for the road ahead. So, why is it important to care for your mental mindset while you are getting ready to make big changes in your life like, graduate, leave your coach and teammates to play with new ones, leave your best friends, and leave your loving family? I hope that you know your answer to this question.



## What happens when you do not take care of yourself?

Stress. It will make you sick. Extremely sick. In fact, not many at your age understand how badly stress can affect your body and mind. Your ability to perform, both mentally and physically can be disrupted.



Cheryl McCormick, M.S.S.

The problem lies in the fact that after you graduate high school, you are not focused on all the stress or possibilities that depression can set in once you leave your home. This is because it is hard to understand this can happen to you if you have never gone through this before. You have no idea what you are leaving behind, until you do. Therefore, the “WHY” is it important for you to take care of your mental mindset right now is to reduce negative side effects from taking place when you are trying to adjust to a new school, work, and sport schedule.

Research has shown that high school students are not always well prepared for the transition into college studies. Your studying and sports training patterns will likely be completely different when you go to college. Again, these are all things that you will have to adjust yourself to. And, as I continue to write this for you, let me keep reminding you that you will also have to adjust your mental mindset. Let’s face it, when you move away, it is a lot of change happening all at once.

The demands for you to be on your “A” game the first day of college, will likely overwhelm you.

Why?

Let me put it into play for you.

You will be living in a dorm or an apartment with roommates. Your once “normal” at home schedule will have ended. For some, you might adjust to this rather quickly, meanwhile others, it might be a hard transition. You will walk or drive to class. Parking is overwhelming at college, let alone navigating your way around a huge college campus. So, this is something that you must understand and familiarize yourself with before your first day. It is NOTHING like walking down the halls of your high school. You will take your first class, try to stay focused, scribble down a bunch of notes while becoming overwhelmed by your professor’s knowledge, and then you will race to get yourself to you next class. By the end of your day, you will realize that the workload is much more demanding than high school. Your ability to study and stay focused, while your roommates are hanging out, have friends over, begging you to go out with them to parties, the freedom will overwhelm you, eventually. Take a deep breath. You will be okay. It is called, change. Change is something that is good for us, if you prepare yourself for it!

# Don't be emotionally unprepared for college and sports

Why is it important to stay focused, stay grounded, and to connect with your mindset before you go to college?

- To do good in school and pass your classes
- To identify and change when you start to become too hard on yourself, depressed, anxious, or decline in your mental and physical performance
  - To develop healthy patterns and learn to adjust to an independent lifestyle
  - To make healthy relationships with your peers, coaches, and teammates
    - To do good in your sport performance and not decline
- To be successful at setting goals for yourself to transition each year as you move towards graduating and starting your new “adult” life.

