

# THE WHAT

## WHAT WILL YOU DO TO KEEP YOUR MINDSET FOCUSED TO PREPARE FOR COLLEGE?



Determination

### Focusing on “The What” while preparing for college

BY: CHERYL MCCORMICK, M.S.S.

So, what will you do to prepare yourself mentally and physically to move into your education and sport in college? I would like you to write this down in the journal log form attached as a PDF on the syllabus page. There are three aspects that I would like to highlight in in this process: Communication, Patience, and Focus.



While working on change, do not forget to continue taking time for yourself to enjoy life-



Take in the many memories along your journey- Afterall, that is what life is all about, and is part of growth and success.

## Communication

### IS KEY!

Understanding how you will transition into college life, and be successful in both sports and school, will just ensure your growth and success. So, think about it. Write it down. I am a firm believer in writing “logging” your information- thoughts and events, so you can continue growing from them. You see, we often experience growth in life, success that you work hard to achieve, but then after some time, it slowly disappears and you are left in the dark again, not sure where to start. But when you log your information in a journal logbook, you can easily go back to your last accomplishment or struggles, and work from there. Just like checking off the boxes- goals.

It may seem so small right now, but it will be significant when this time approaches. The time when you are moving away and looking back at the thought’s, “*I should have better prepared for this transition.*” So, you might be wondering how this communication comes into play. Communication with yourself and your loved ones- allowing your own thoughts to come into play, understanding your fears, anxiety, and worries, and writing them down to work through them is part of your communication process. Also, being open and communicating with others that you need help transitioning in whatever areas you are worried about- cooking, scheduling, learning how to plan and shop for yourself, and learn how to become an independent college student!

## IMPORTANT ASPECTS OF COMMUNICATION

ALLOWS FOR GROWTH

ALLOWS FOR OTHERS TO HELP

ALLOWS YOU TO BE SUCCESSFUL



# Patience

## *Is the second important aspect*

BY: CHERYL MCCORMICK, M.S.S.

Patience is the second important aspect to “The What”- you should do to move forward in your healthy transition into college. Because, like all other things, you must have patience. The truth is, not everyone will have a positive turn out- regardless of what you read. Again, the purpose of this class is to bring you awareness and importance of transitioning to college- while working through mental struggles that will highly likely occur. So, having patience and being aware that transition takes time, must be considered. Therefore, we encourage this growth to occur a year or two before moving to college.

Keep in mind, athletics has likely been a big part of your success throughout your high school life. Sports is what has helped get you to this point- you have trained so hard to make sure you have been successful, and now you must also keep that at the forefront. Patience will allow you the ability to embrace challenging times that you struggle through, while keeping your mental mindset strong!



Practicing patience as a team, will ensure strength and ability to motivate each other in and out of competition and sport.



Keep in mind, timing is everything. Practicing patience at a young age will allow you to navigate through tough situations, and in time, will encourage your growth as a young, independent adult.



Focus plays a vital role in your ability to be successful. Focus involves the potential to be productive without allowing other things to distract you.

**THE ABILITY TO THINK WITHOUT BEING FOCUSED IS TRULY DIFFICULT- AND WILL LEAD YOU TO PRODUCE AN OUTCOME THAT IS NOT YOUR BEST QUALITY OF WORK.**

# *What will happen if...*

CONTINUED

you do not have patience in the process of change? When you lose control of your mental thoughts during the process of change, it becomes easy to become discouraged, quiet, and neglect truth. Practicing patience is easier said than done, but the truth is, it will bring you much success in your life when you do work on it. Think of it like this, you are trying to get all of your college homework completed each week, while maintaining your personal life schedule (laundry, grocery shopping, paying bills, calling family, and participating in sports practice, everyday). You become frustrated and become impatient. You do not have a handle on the workload, and it brings you down, mentally. You begin to lose your patience with others around you- negatively effecting others, which results in failure. When you work on your patience, and understand that sometimes failure, confusion, and life does not always work in your favor, it can allow for growth to occur. Most success is not handed to us immediately. It is among those who fall several times in life, who are patient and work hard to get back up and make changes in one’s life. Those people are the most successful! Patience is not truly a virtue, yet it is something that we must all practice in life. If you are quick to react, think about your results from your reaction. Patience is a true key that will connect you to success.

# Focus

BY: CHERYL MCCORMICK, M.S.S.

Focus is the third important aspect to “The What.” Make sure to focus your hard work while transitioning. By keeping it in mind, it should encourage you when hard times creep in. Times when you become down on yourself, doubt, or become discouraged, remember-nothing comes easy. You must work hard on your sports career, stay focused, put many long hours of physical and mental practice in, to master your game. Now that you are transitioning to college the process will be remarkably similar. Understanding that it takes Communication, Patience, and Focus to move forward in your transition. Applying this similar concept that led you to be successful in your sports career should inspire you to stay focused and committed throughout your transitioning process into college. The purpose of “The What” section is to not just give you the answers yet prepare you to continue your journey in life to learn what best works for you! My goal is to help you learn how to figure it out, not just tell you. Afterall, not all answers are going to be your best fit. What you do in your transition process is what will bring you to your success.



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# Cheryl McCormick

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As a former athlete my goal was to go to college on an athletic scholarship and run track or cross country. My entire focus was leaving school and moving on to my new independent life. But, in the process, I had absolutely no help, no assistance, no training, and no understanding of what life would be like when I moved away.

It was the year 2000 and I was flying away from Texas and leaving everything that I had known my entire young life behind me. When I started college in California, it was the most shock that I had gone through- and had no idea how I would survive the new challenges that were presented to me.

Running cross country for a new team, and a coach that I had no connection with, was the most challenging aspect as a freshman in college. Afterall, most young high school athletes who grow up in sports, often have a remarkably close relationship with their coaches. But college is much different. There are several coaches and most of the athletes are going through shock from leaving home and starting a new life, let alone participating in a sport they have always been good at, but with new teammates, in a new location, and with a new head coach.

It was my sophomore year in college that I faced many challenges that brought my mental mindset down, and slowly depression began to set in. After comparing my former relationships with my high school coaches to my new college coaches, I began to feel alone in my participation in cross country. I lost focus of what my purpose was as a college runner and began to believe in my negative thoughts. My sophomore year, I had finally said goodbye to cross country. I was heartbroken but knew the time and energy that I was focusing on to run cross country, should have been put into my academic career. I had known that I would only go so far with running and wanted the end of my athletic career to be happily remembered.

The truth of the matter in this situation is that I had no one to consult me, to assist me, to coach me through these challenges that presented a negative side during my transition. I had no classes, no instruction, and truly little information that was communicated to me during my last high school year, to help me get through the negative self-talk. My goal in telling you this personal story about myself as a professional in sport, is that you will find comfort in knowing that this information is what you will need to get you started on a healthy journey into college and will better assist you throughout your journey as a collegiate athlete.

## ATHLETE TO PROFESSIONAL



### TIP OF THE DAY

Never give up, never quit,  
never allow negative self-talk to  
remove you from your passion.

# Your Thoughts and Notes:

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