## In your journal under the title OVER-CONFIDENCE

1. Now that you know a bit about under and over-confidence, try to think of an example (sport or otherwise) where you experienced each of these states. What was the outcome?
2. After considering these experiences, what would you have done differently to:
   1. Move you confidence up
   2. Reduce your confidence to ideal

## In your Journal under the title CONFIDENCE DETRACTORS:

* + Provide one example of how a friend detracted from your confidence or belief.
  + Provide one example of how a peer detracted from your confidence or belief.
  + Provide one example of how a teammate/classmate detracted from your confidence or belief.

## In your Journal under the title SELF-CONFIDENCE

* Describe one way your self-confidence (or lack of self-confidence) has impacted your performance
* Write down 2 things you could do to build your self confidence
* Write down 2 things you could do to help build a teammates confidence

## In your Journal under the title TEAM CHARACTERISTICS

Think about teams or clubs you have belonged to and see if you can identify one example for each of these characteristics.

* + A collective identity
  + Common goals and objectives
  + Common fate
  + Normative modes of communication
  + Structured patterns of interaction
  + Task and personal interdependence
  + Interpersonal attraction
  + A belief they are a group
* i.e., Collective Identity: “When I was part of the bantam football team we had a cheer that no one else used and the way we would start it was to have one player start to chant and everyone would follow by barking like a dog.”

## In your Journal under the title TEAM DYNAMICS:

* + Give a personal example of a positive rivalry.
    - What was the effect on your team?
  + Give a personal example of a negative rivalry.
    - What was the effect on your team?
  + Give 3 personal examples of behaviors that help build teams.
  + Give 3 personal examples of behaviors that detract from teams.
  + What are 3 things you will do to build your team?

## In your Journal under the title EMOTIONS:

* + Provide one personal example where emotion had a positive impact on the situation on your team or in a class
  + Provide one personal example where emotion had a negative impact on the situation on your team or in a class
  + Write down 2 things you will do to control your emotions during a game, in class or in your personal life