Teacher Answer Key

Case Study

1. Rushing, hesitation, tight shoulders, negative self-talk, and "watching herself" show choking; her attention shifted to fear and controlling instead of task cues.

2. Breathing control, cue words, a pre-performance routine, and a reset strategy helped her stay present and recover after errors.

Multiple Choice

1. A

2. B

3. D

Matching

1-E, 2-A, 3-D, 4-B, 5-C

Fill-in-the-Blank

1) stress, 2) cue, 3) visualization

Short Answer (Sample Responses)

Q1: Narrow attention can become tunnel vision on fear or one mistake; scattered attention bounces to the crowd, score, and "what if" thoughts, disrupting timing.

Q2: Use a reset cue (one deep breath, shake out arms, repeat a focus word) to return attention to the next action.

Q3: It makes stress familiar, trains routines and recovery skills, and teaches the brain to interpret pressure as challenge rather than threat.