Teacher Answer Key

Case Study

1. She rehearsed success in her head before games, imagining herself executing plays, hearing her teammates cheer and feeling the accomplishment, so the real game felt familiar.

2. Positive self-talk replaced her focus on failure. Instead of dwelling on mistakes she might make, she repeated phrases like being prepared and capable.

Multiple Choice

1. B

2. A

3. C

Matching

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

Fill-in-the-Blank

1) success, 2) anxiety, 3) Intrinsic

Short Answer (Sample Responses)

Q1: Breaking a stressful task into smaller goals helps focus on the process rather than the outcome, reducing pressure.

Q2: Intrinsic motivation sustains passion, while extrinsic rewards provide short-term incentives. Balancing both ensures persistence and enjoyment.

Q3: Clear, respectful communication fosters trust, ensures everyone understands their roles, and strengthens team cohesion.