


# OCTOBER'S E-BOX 2020

# VISION “X’S & O’S”

- **Goal:** Visually scan to find the prescribed target by discriminating between a given target.
- **Equipment:** Timer, pencil and sheet
- **Directions:** The participant can print the sheet out and time how long it takes to complete. Each sheet has 12 targets consisting of either a number/letter or letter/number (i.e. 33F or F33). Assign each variation as either X or O. The goal is to properly X or circle the appropriate targets as fast and accurately as possible. Time how long it takes to complete the sheet.
- **Progressions:** You can increase the difficulty by having certain numbers negate or reverse the order. For example, if the number attached is lower than 15 then you reverse if you need to X or circle.



“X’s & O’s”

22B	3J	H43
Z12	6Q	72G
K5	31B	17R
T33	21F	P15

# WORKING MEMORY “NUMBER KNOCK”

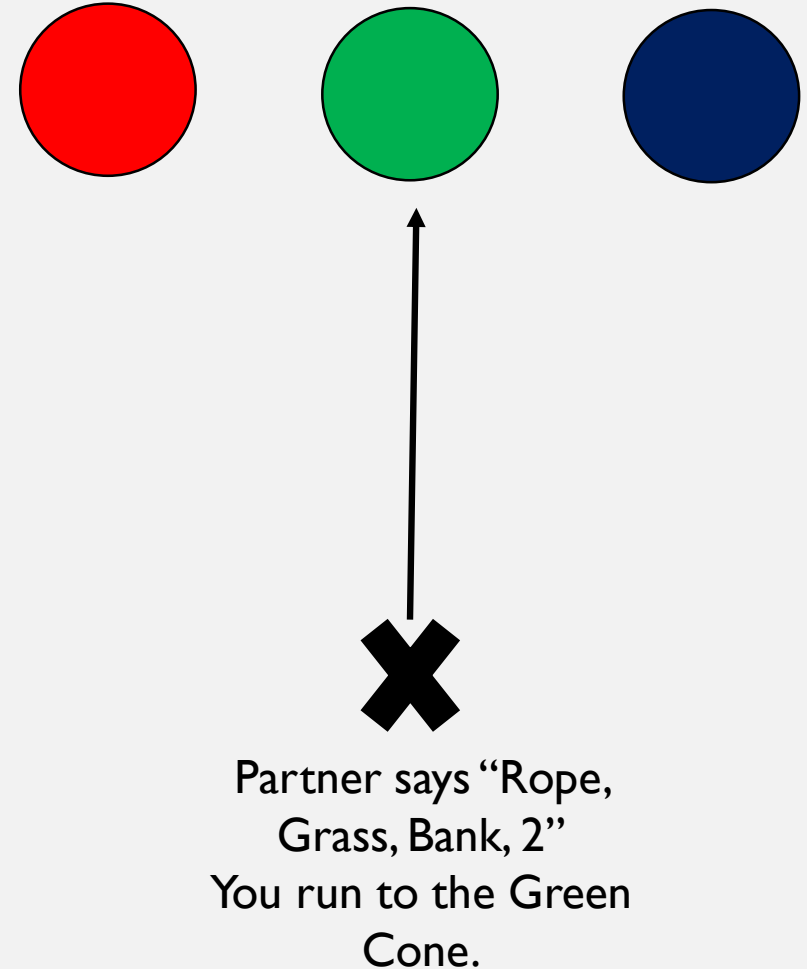
- **Goal:** To be able to discriminate between relevant auditory cues and the use of working memory.
- **Equipment:** N/A
- **Directions:** The participants must listen to a partner recite a series of numbers (8+) but only knock for the numbers that they want the participant to remember in order. For example, the partner recites 2, [5], 4, [2], 8, 9, 2, [6], 3, 5, [7]. In this case the correct order would be 5, 2, 6, 7.
- **Progressions:** To make it more challenging add different types of knock to increase the working memory load. For example, a single knock can be to ignore but a double knock is to remember. This makes it harder for the participant to discriminate sounds as well as adding more to attend to.



# REACTION

## “WORD COUNT REACT”

- **Goal:** React quickly and accurately to an auditory stimulus.
- **Equipment:** 3+ colored cones
- **Directions:** This drill needs a partner who will call out 3 words starting with either the letter R, B or G (one of each). When the three words are called the partner will call out 1,2 or 3 signified the word order. For example, they call Bear, Road, Goat and say 3, the third word is Goat (G) so they sprint to the green cone. Repeat this 4-6 times switching up the word orders and calling different number positions.
- **Progressions:** Add using a timer to give the participant a limited time to get to the cone.



# STRESS EXPOSURE

## “X’S AND O’S PART II”

- **Goal:** Same as original version but imposing more hindrances on the participant.
- **Equipment:** Timer, Pencil and Sheet
- **Directions:** Same as the regular version but attempt with your opposite hand and with the paper upside down. kind of obstruction.
- **Progressions:** Give a short amount of time and make the participant start in reverse from the bottom right scanning right to left.



“X’s & O’s”

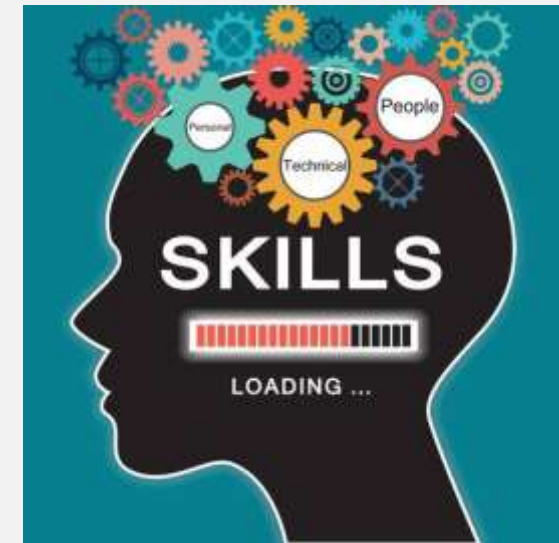
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# MINDSET MANAGEMENT

## “EVERYTHING IS A SKILL”

- **The MindSet:** Walking, driving, calculus and shooting a basketball are all skills. We learn them and practice them to try to excel! Usually the skills we look to enhance are actions. Skills can also be thoughts, behaviors and mindsets. Just like you would practice jumps shots, you should practice how you assess situations, receive criticisms or talk to yourself. This doesn't just mean knowing you should "think positive" or be "motivated" but intentionally and specifically target the skills that will help your thinking and mindset!

**The Management:** Late Florida State University Psychologist K. Anders Ericsson (who's the leader in the psychology of expertise, "10,000 hours theory was based of his research) states we need deliberate practice. This is explicitly practicing and criticizing the efforts and attributes of a skill. Try to quantify your mental skills! Ask yourself did I practice reshaping a negative thought? How many times did I say I can't? I won't assume a person is negatively criticizing me more than 3 times today. By measuring these skills you make intangibles tangible and can keep track of your thoughts!

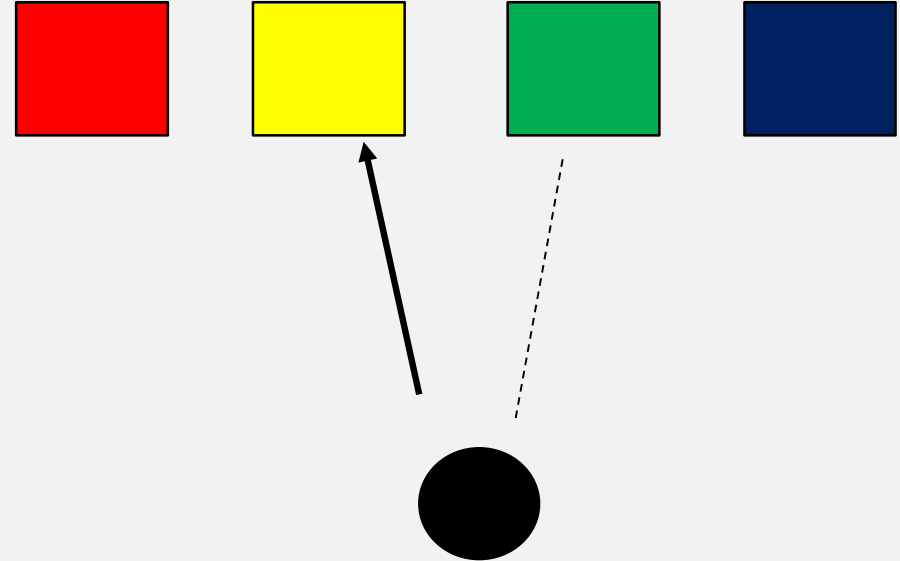


# MENTAL PHYSICALITY “MED BALL FIT-RITHMETIC”

- **Goal:** Too keep your balance with limited perception. This works on proprioception (body awareness) since you are trying to put your body in a positon with limited information.
- **Equipment:** Medicine Ball, colored target set up on a wall at least 7' high.

**Directions:** Here we assign numbers to represent colors (see key) and a number will be called out (e.g. 7). The participant has to equate the total by lining up with the correct target and doing a wall ball to signify to add the target. The rules are you can't hit the same target consecutively. For example 6 (you can't do  $3+3$ ).

- **Progressions:** Add time restraint between equations to liit how much time they have to execute the task.



## Key

Red=1

Blue=2

Yellow=3

Green = 4