

## SURVEY OF ATHLETIC EXPERIENCES (ACSI-28)

### Descriptions of Sub-Scales

#### **Coping with Adversity**

People scoring high on this measure have learned to remain positive and enthusiastic even when things are going badly. When the heat is on, they tend to stay calm and controlled. They are also able to bounce back quickly from mistakes and setbacks.

#### **Coachability**

People scoring high on this measure are open to and learn from instruction. They have learned how to accept constructive criticism without taking it personally and becoming upset.

#### **Concentration**

People scoring high on this measure are not easily distracted and are able to focus on the task at hand. They are able to maintain this ability to focus even when unexpected or difficult situations occur.

#### **Confidence & Motivation**

People scoring high on this measure have learned to be confident and positively motivated. They consistently give 100% and they also work hard to improve their skills.

#### **Goal-Setting & Mental Preparation**

People scoring high on this measure have learned to set and work towards specific performance goals (i.e., goals that are *not* related to performance outcomes). They plan and mentally prepare themselves for performances and have clearly identified "game plans" for the different situations they encounter.

#### **Peaking under Pressure**

People scoring high on this measure have learned to be challenged rather than threatened by pressure situations and perform well under pressure. They look forward to "putting it on the line" and frequently perform well in these types of situations. They are often considered "clutch performers" by their peers.

#### **Freedom from Worry**

People scoring high on this measure have learned not to put extra pressure on themselves by worrying about performing poorly or making mistakes. In addition, they are relatively unconcerned with what other people will think about them if they do happen to make a mistake. They focus on what they *want* to happen rather than on what they *don't want* to happen.