

## LEARNING PROGRESS REFLECTION - No. 1 of 4



### EXPLORATION

- Write down a 1-2 sentence synopsis of each of the articles you have found so far, and explain how they relate to your universal theme and which generalizations they connect to.
- So far, in your exploration of the topic, what did you learn that was new?
- In your exploration of your topic, did you change your topic, your driving question, universal theme, or generalizations? Why did you change any of those elements, or why did you not change them?
- In your next steps, what other information do you hope to find?
- How is your collaboration going so far? What is working well and not working well?

**This first reflection is due on Friday, March 24th, 2017 by midnight. Please write 12-15 sentences answering one or more of the questions in the prompt above. Write your reflection in the box below and submit it on Canvas. Grammar, spelling, your thought process, and your ability to clearly and thoroughly communicate what you mean will be considered in your grade.**

One article that I found, explains the psychological mindset that athletes need in order to be good at the sport they play. It said that they must remain a positive mindset, and that they have to put commitment and dedication into the sport. I hope to find out two perspectives from my research in the near future. One perspective is from an athlete's point of view. I would like to know some of the obstacles they have to go through to become the strong character that they are. Maybe looking up some interviews that exist with famous sports players that explain their background and psychological issues they have gone through. Another perspective, could be from a psychologist and how they view sports players mindsets. Interviews from these people would also be useful for our project. Our original topic, was to decide what problems sports rivalries cause within the communities. However, we decided to give it a twist and instead of making it on rivalries we decided to make it on non verbal communications for athletes. So far the collaboration is going well with my partner. We are splitting the work evenly and not procrastinating. I think one of the main reasons for this, is because we both agree on the topic and do not argue over everything.

