

SURVEY OF ATHLETIC EXPERIENCES SCORING KEY

The survey you just completed is designed to assess seven different psychological skill areas: Coping with Adversity, Coachability, Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peaking under Pressure, and Freedom from Worry. Each of these psychological skills has four items associated with it on the questionnaire. This scoring key will help you convert the responses you circled into numbers using the following guidelines: Almost Never = 0; Sometimes = 1; Often = 2; Almost Always = 3. This will be the conversion that you use for all the questions EXCEPT those with an asterisk by them (question numbers 3, 7, 10, 12, 19, & 23). These questions are reverse scored so you will need to number them in the opposite manner: Almost Never = 3; Sometimes = 2; Often = 1; Almost Always = 0. The following example demonstrates how to score a hypothetical set of responses to the Coachability questions. So, if you answered the four Coachability questions in the following way...

- 3.* When a manager tells me how to correct a mistake I've made, I tend to take it personally and feel upset.

Almost Never 3	Sometimes 2	Often 1	Almost Always 0
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- 10.* When a manager criticizes me, I become upset rather than helped.

Almost Never 3	Sometimes 2	Often 1	Almost Always 0
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15. If a manager criticizes or yells at me, I correct the mistake without getting upset about it.

Almost Never 0	Sometimes 1	Often 2	Almost Always 3
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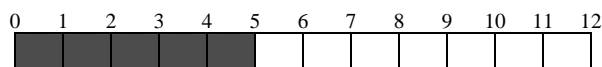
27. I improve my skills by listening carefully to advice and instruction from managers.

Almost Never 0	Sometimes 1	Often 2	Almost Always 3
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...you would convert them to numbers like this. Note how the question numbers with asterisks were reverse scored. To get your score for this psychological skill, add up the four numbers, put the sum over the TOTAL, and then shade in the appropriate number of boxes below.

2. Coachability:

$$\text{Item Number: } \frac{3}{3^*} + \frac{1}{10^*} + \frac{1}{15} + \frac{0}{27} = \frac{5}{\text{TOTAL}}$$



Turn the page over and use the worksheet provided on the back to score your survey responses.

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1. Coping with Adversity: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 5 17 21 24 **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12

2. Coachability: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 3* 10* 15 27 **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12

3. Concentration: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 4 11 16 25 **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12

4. Confidence & Motivation: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 2 9 14 26 **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12

5. Goal Setting & Mental Prep: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 1 8 13 20 **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12

6. Peaking under Pressure: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 6 18 22 28 **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12

7. Freedom from Worry: $\frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} + \frac{\quad}{\quad} = \frac{\quad}{\quad}$
 Item Number: 7* 12* 19* 23* **TOTAL**

0	1	2	3	4	5	6	7	8	9	10	11	12