

## Mental Imagery Checklist

This mental imagery script has a high meaning for me (national events vs. practice point).

Used at least five positive sports psychology words. They are 1) \_\_\_\_\_ 2) \_\_\_\_\_, 3) \_\_\_\_\_, 4) \_\_\_\_\_ and 5) \_\_\_\_\_

I have at least three sentences on what I see. They are;

- 1)
- 2)
- 3)

I have at least two sentences on hear. They are;

- 1)
- 2)

I have at least two sentences on touch. They are;

- 1)
- 2)

I have at least one sentences on taste. It is;

- 1)

I have at least one sentences on smell. It is;

- 1)

I have at least one sentences on feel. It is;

- 1)

I have done a spell check.

I have looked carefully at the general format section of the rubrics and respected each guideline. If there was something I did not understand, I asked the teacher. I did not simply ignore it because I know I will be donating points and I am ambitious to get a high mark.

I have included both content and physiological responses such as “I tell myself that this point is important” and “I am feeling butterflies during this important event”

I feel proud of the work I am going to submit.

I am inspired by my work.

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

Mental Imagery Rubric

	Excellent	Very Good (-5%)	Good (-10%)	Needs Work (-15%)
Cover Page	Title centered and underlined. Relevant picture in the middle. On the right hand side of the page and left aligned you have the course number Assignment # : Title, your full name, my name (L. Doron), & the date (September X, 20XX) in that format.	Missing 1-2	Missing 3-4	Missing four or more or no cover page!
Sight	You describe in vivid detail what you see. You are specific and detailed. You have examples. You have at least three sentences.	Very good detail on sight.		
Hear	You describe in detail the sounds. You have examples. You have at least two sentences.	Very good detail on the sounds.		
Touch	You describe in detail what you touch. You have at least two sentences.	Very good detail on touch.		
Taste	You describe in detail what you taste. You have at least one sentence.	Very good detail on taste.		
Smell	You describe in detail what you smell. You have at least one sentence.	Very good detail on smell.		
Feel	You have a sentence on emotion. You provide examples. You have at least one sentence.	Very good detail on feel.		
Positive sports psychology words / concepts	You have used at least five positive sports psychology words and or concepts and <u>underlined them</u> .	Missing 1-2	Missing 2-4	You did not mention any of this.
Length	You respected the words guidelines	20% above or below	21-40% above or below	Too long or too short!
English (Spelling & Grammar)	Perfect. Didn't = did not, won't = will not etc. I is capitalized. Numbers 1-10 are spelled out. Indent new paragraphs. Vocabulary is rich, varied and lively. You have periods at the end of each sentence.	1-2 mistakes	3-5 mistakes	6 or more mistakes.
Positive / Inspirational	Very positive and quite inspirational.			
General	Rubric attached as the last page, your full name on the top left hand side, date in the format of September 1, 20XX on the right hand side of the rubric, back side filled out, you have an interesting / relevant title centered and underlined (capital letters on first and last word as well words five letters or more) as your second page. If typed, handed in on white and crumpled free paper, page numbers are inserted by computer on the top right hand side (not on the 1 <sup>st</sup> page), double space, times new roman, both sides aligned (justified), font size = 12, one staple on top left, three whole punch, on white paper with black ink and given with a smile ☺.	Missing 1-2	Missing 3-4	Missing 5 or more You really should read this rubrics and stop being so generous.

Late – 5% per class: You were late \_\_\_\_ days = - %

Final Score: %

Additional comments: