

Name: \_\_\_\_\_ Per. \_\_\_\_\_ Date: \_\_\_\_\_

## Focus Test

Activity 8.1

For the online version of the test:

Go to <http://www.SportPsychSchool.com>

Click on → Student Zone

Click on → Focus Test

Instructions: Sitting comfortably, close your eyes (except for Trial 3) and focus on your breathing. Focus on the sound of your breathing, the feeling of your diaphragm, etc. Now focus on the number “one.” You may visualize the number “one” or repeat the word to yourself. When you first become aware that your mind has left the proper focus bring yourself back to the breathing and switch to the number “two.” The next time you get distracted, switch to “three.” Etc. When the teacher tells you to stop, record the number you got to. We will repeat it several times.

	<b>Pre-Test</b>	<b>Post-Test</b>
Trial 1 (internal):		
Trial 2 (auditory):		
Trial 3 (visual):		
Trial 4 (audio-visual)		

See reverse side for evaluating your results

## Evaluating the Results

### Activity 8.1

Score 1 – 4	Exceptional
Score 5 – 8	Above Average
Score 9 – 13	Average
Score 14 – 17	Easily Distracted
Score 18 +	Very Seriously Distracted

Trial 1 represents how easily you get distracted from internal sources

Trial 2 represents how easily you get distracted from auditory sources

Trial 3 represents how easily you get distracted from visual sources

Look at which trial was your best and worst to give yourself an idea about your strength and weakness.

If you scored high, there's no need to push the panic button. These numbers are not precise. A low number may represent that you lost focus and never returned your focus to move on to the next number (a bad thing). And a high number may represent that, even if you lose focus often, you are good at bringing it back.

Armed with the knowledge of what distracts you most easily you can prepare countermeasures. And knowing how you concentrate best can help you take advantage of your strengths.