

## VOCABULARY

- \***Choking** – a phenomenon where despite months even years, of practice, a person fails right when it matters most
- \***Scratch Pad** – a temporary storage memory in a computer
- \***Extol** – to praise someone or something enthusiastically

## COMPREHENSION

1. At what level does “choking’ generally occur among athletes, musicians, and other performers?
2. According to distraction theories, which situations would most likely cause you to choke?
3. When would you be more likely to choke while throwing a dart based on explicit monitoring theories prediction?
4. What characteristic describes an individual who would be most susceptible to choking?
5. What is an effective way to prevent choking?

## LET'S TALK

1. Practicing in high-pressure situations is a valuable strategy for becoming more comfortable performing under pressure. What are some ways to induce stress in practice?
2. What are some high-pressure situations for you? What are some things you can do to practice under pressure?
3. Knowing what you know now about why people “choke,” how might that change the way you watch your favorite athletes or musicians the next time you see them in action? What advice might you be able to give them?