

The background features a dark, textured central area framed by torn white paper at the top and bottom. Dried, light-colored flowers with thin stems are positioned in the corners: top-left, bottom-left, and bottom-right.

STUDENT HEALTH AND COUNSELING
SERVICES

SPORT PSYCHOLOGY

Introduction and Services

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AGENDA

- Introduction to Sport Psych Staff
- SHCS Services
- Mental Skill (Mindset & Awareness)
- Questions

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SPORT PSYCHOLOGY STAFF

Help Athletes/Teams:

- Cope with Performance Concerns
- Improve Mental Skills
- Mentally Prepare for Competition
- Return From Injury
- Improve Practice Efficiency
- Sharpen Motivation
- Visualize Performance
- Mindfully Engage
- Compartmentalize Stress
- Manage Team Dynamics
- Shift Mindset
- Develop Pre-Performance Routine
- Increase Confidence



**Dr. Dorcas Akinniye
Jansen, PhD**

Interim Sport Psychology
Coordinator & Post Doctoral Resident



Olivia Knizek, MS

Counseling & Sport Psychology
Intern

Individual Counseling

SHCS utilizes a brief therapy model (3-5 sessions approx. 45 mins each)

- Make an Appointment online in your student-portal or call **530-752-0871**
- Unlimited services through Lyra with UCSHIP

SHCS SERVICES

Group Counseling

Find a comprehensive list at
<https://shcs.ucdavis.edu/group-services-new>

Team Presentations & Outreach

For outreach presentations or events (about our services, for a one-time or on-going performance/team related workshop) email sportpsych@ucdavis.edu

Crisis Services

Appointments, drop-ins, & Telehealth visits offered at SHWC & North Hall

- UCD Consultation Line: **530-752-0871**
- Text Crisis Line: Text **RELATE** to **741741**
- Yolo County Davis Crisis Line: **530-756-5000**
- Suicide & Crisis Lifeline: Call or text **988**

Process Groups

Schedule your screening appointment via [Health-e-Messaging](#)

> Adelante Mujeres
> Adelante Mujeres - An Informal Support Space Completamente en Español!
> Building Social Confidence
> Engineering Small Group Process
> Family Differences
> Graduate Career Exploration Group (GCEG)
> Grief Support Group
> HEAL
> Healing Through Connections - Graduate Student Group
> Hey it's me, Anxiety
> "The Journey" Undergrad Therapy Group
> L&S Connections Group
> Lavender Connection: LGBTQIA+ Graduate and Professional Student Support Gr
> Lavender Connection: LGBTQIA+ Undergraduate Student Support Group
> Liberation: Support Group for Survivors of Intimate Partner Violence
> Living with Chronic Medical Conditions and Disabilities Group

> Men's Group
> Nourish: The Body & The Self
> Phoenix Rising: A Support Group for Undergrad Survivors of Sexual Trauma
> Thank You, Next - Rebuilding After Breakup
> Undergraduate Career Exploration Group (UCEG)
> Women's Wellness Group

Support Groups and Workshops

(Reservation Required)

> BIPOC Support Circle
> First Year Student-Athlete Group
> Heart of Medicine: A Medical Student Support Group
> Non-Binary Support Group
> Waiting to Exhale: BIPOC student-athlete support group
> Wellness Wednesday Talking Circle - Coping Strategies for Native American Students
> Write to Thrive: Expressive Arts Support Group for Survivors of Sexual Trauma

Drop-In Support Groups

> Aggies 4 Recovery

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MENTAL SKILLS TO CONSIDER

MINDSET & AWARENESS

In order to optimize performance it could be helpful to first increase your awareness of what is going right, what is going wrong, and everything in between!

Get a better sense of how you **think** and **feel** by noticing potential Thinking Errors...

Thinking Errors

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

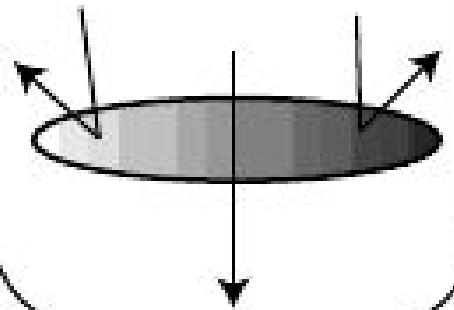
Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

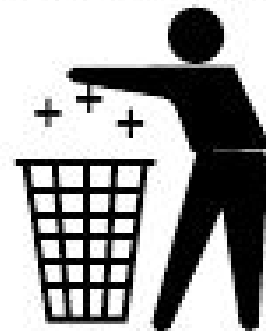
Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

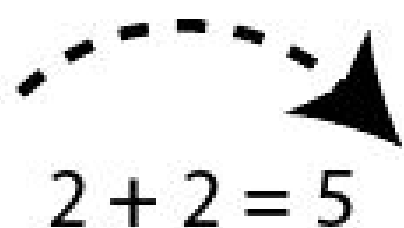
That doesn't count

**should
must**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

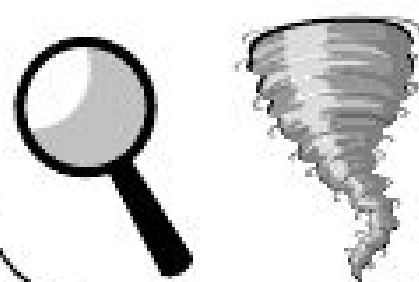
Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**
(imagining we know what others are thinking)
- **Fortune telling**
(predicting the future)

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Labelling

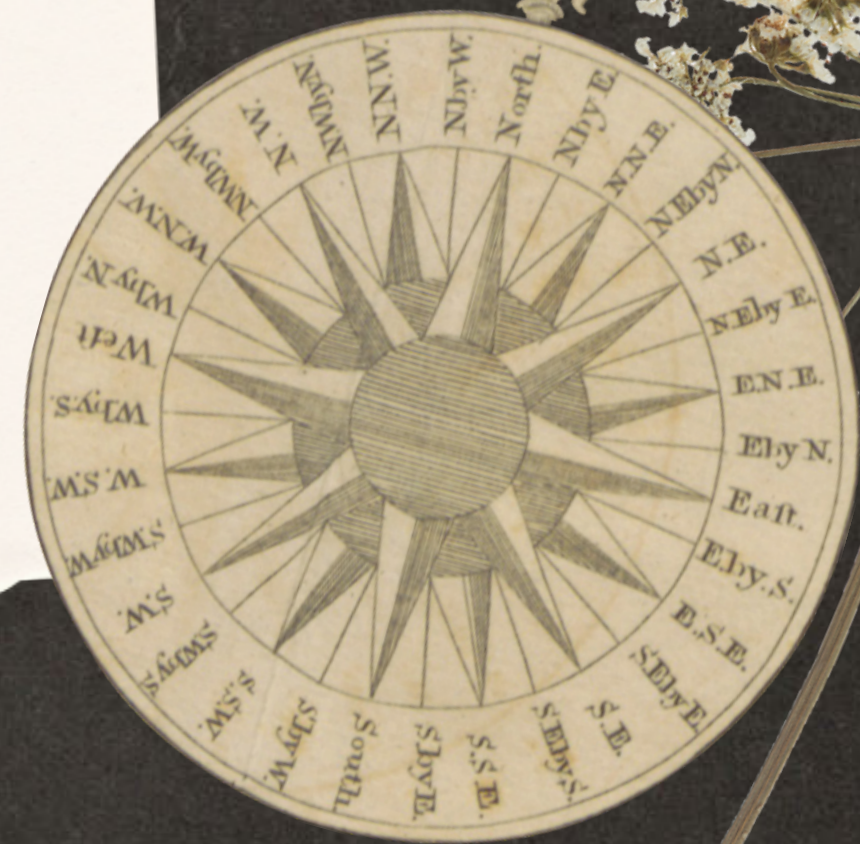


Assigning labels to ourselves or other people

*I'm a loser
I'm completely useless
They're such an idiot*

CHANGE YOUR MINDSET

1. Become aware of your own errors in thinking
2. Recognize how the thinking error makes you feel and take notice
3. Challenge or reframe the error



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THANK YOU

for listening!

Any Questions?