

## Applied Sport Psychology Personal Growth To Peak Performance

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### Applied Sport Psychology Personal Growth

Here are some lessons parents can apply to helping students in the classroom.

#### Psychology Today

University of Rochester psychologists have found that college students who reinterpret their stress response as performance-enhancing are less anxious and generally healthier.

#### Study finds how to reevaluate perception of stress

Deemed 'astrology for businessmen' for some, lauded as life-saving by others, the personality tests are a 'springboard' for people to think about who ...

#### What personality are you? How the Myers-Briggs test took over the world

In the 1980s, the National Basketball Association (NBA) experienced a revival in fan interest sparked by a hyped team rivalry between the Boston Celtics and the Los Angeles Lakers, and by the personal ...

#### Why Culture Matters for Racial Disparities

Reducing news to hard lines and side-taking leaves a lot of the story untold. Progress comes from challenging what we hear and considering different views.

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