

## Letter to Students with Questionnaires

Attached please find the questionnaires I mentioned. Please check the items as they apply to you. For the Depression Inventory, simply circle the item number that applies to you. Why depression inventory? Mood can have a major impact on your ability to focus. You will find that the most impactful mental skills are concentration and mental toughness. Mental toughness is your ability to pick yourself up following adversity. That could be anything from a double bogey to a poor grade on an exam. Your ability to bounce back has a lot to do with your success in life, not just golf. Your ability to regroup and remain focused is at the heart of mental toughness as is confidence in yourself.

I will review your answers and then we can schedule a FaceTime or Messenger call.

I would like to share your results with Coach Carito if that is OK with you. That way we are all on the same page.

I look forward to hearing from you.