

Assisting in the Pursuit of Gold

How do elite athletes handle the pressure associated with winning?

Lin Shu-ping, an assistant professor at the TKU Graduate Institute of Educational Psychology and Counseling, has the answer. As part of the Sport Affairs Council' s medium to long term athlete training program, Assistant Professor Lin, along with two TKU master' s students - Chen Yen-yu and Chang Ya-chi - each week travels to Taichung and Kaohsiung to mentor a group of 15 national fencing and cycling hopefuls. Two of the 15 - cyclist Hsiao Mei-yu and fencer Hsu Ruo-ting - have already successfully qualified for this year' s Olympic Games.

Associate Professor Lin noted that Ms. Hsu possesses immense natural talent, but in major events can get nervous, which affects her overall performance. We taught her a form of self-hypnotism, which she has been using pre-competition to relax her nerves. After much practice, she was finally able to apply these methods to achieve great results.

2012/04/25