WHB Community Issues

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How to enter the blanks: Under *Issue*, a one or two word description of the topic – "ALS Awareness". *Program* is the show or feature and *Date/Time* is self-explanatory. Please list the time spent on the subject under *Duration*. Under *Segment*, write a short narrative explaining how the issue was covered – "Darren McBrattney was interviewed regarding Driving for Bruce, a project to raise money for ALS Research". This can be very short. Questions? See Jason Justice.

ISSUE	PROGRAM	DATE/TIME	DURATION	SEGMENT
Winning (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	1/1/17 7AM	60 minutes	It's about the process, not the score
Should children specialize in one sport?	Sports Psychology Hour with Dr. Andrew Jacobs	1/8/17 7AM	60 minutes	The benefits of kids diversifying their activities
Emotion	Sports Psychology Hour with Dr. Andrew Jacobs	1/15/17 7AM	60 minutes	How the emotional outcomes of events can make your life better or worse
Leadership	Sports Psychology Hour with Dr. Andrew Jacobs	1/22/17 7AM	60 minutes	How different styles can work with various people
Ego	Sports Psychology Hour with Dr. Andrew Jacobs	1/29/17 7AM	60 minutes	Some is needed for success but an oversized one will not suit you well

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Approach	Sports Psychology Hour with Dr. Andrew Jacobs	2/5/17 7AM	60 minutes	Spoke with MLB hitting coach Kevin Seitzer about increasing chances of success
Coming from behind	Sports Psychology Hour with Dr. Andrew Jacobs	2/12/17 7AM	60 minutes	How to reach your goals after a poor start
Confidence	Sports Psychology Hour with Dr. Andrew Jacobs	2/19/17 7AM	60 minutes	How to teach and maintain it
Martial Arts	Sports Psychology Hour with Dr. Andrew Jacobs	2/26/17 7AM	60 minutes	Spoke with Terry Gautreaux about the balance the martial arts can bring to your life
Coming from behind (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	3/5/17 7AM	60 minutes	How to reach your goals after a poor start

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Leisure sports	Sports Psychology Hour with Dr. Andrew Jacobs	3/12/17 7AM	60 minutes	Discussed how sports like golf can make life better if you don't take it too seriously
Upsets	Sports Psychology Hour with Dr. Andrew Jacobs	3/19/17 7AM	60 minutes	How to avoid an unexpected loss
Losing	Sports Psychology Hour with Dr. Andrew Jacobs	3/26/17 7AM	60 minutes	Dealing with the emotions of defeat

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