

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.

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|--------------------------------------|--|------------------|-----------------|---|
| Teams | Sports Psychology Hour with Dr. Andrew Jacobs | 1/7/18 7AM | 60 minutes | How to put together a good one and why working on one feels right |
| Mindset | Sports Psychology Hour with Dr. Andrew Jacobs | 1/14/18 7AM | 60 minutes | Getting in the right one for any aspect of life |
| Mental toughness/ Mental abuse | Sports Psychology Hour with Dr. Andrew Jacobs | 1/21/18 7AM | 60 minutes | The sometimes subtle differences |
| Abuse | Sports Psychology Hour with Dr. Andrew Jacobs | 1/28/18 7AM | 60 minutes | How to detect and deal with abusers |
| Pressure | Sports Psychology Hour with Dr. Andrew Jacobs | 2/4/18 7AM | 60 minutes | How to channel it appropriately |

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| Results | Sports Psychology Hour with Dr. Andrew Jacobs | 2/11/18 7AM | 60 minutes | At what age should they start to matter |
| Confidence | Sports Psychology Hour with Dr. Andrew Jacobs | 2/18/18 7AM | 60 minutes | Ways to build it |
| Anger and emotion in sport | Sports Psychology Hour with Dr. Andrew Jacobs | 2/25/18 7AM | 60 minutes | How it can be used as fuel or to detract |
| Keeping score | Sports Psychology Hour with Dr. Andrew Jacobs | 3/4/18 7AM | 60 minutes | When you should and when you shouldn't |
| People being treated unfairly | Sports Psychology Hour with Dr. Andrew Jacobs | 3/11/18 7AM | 60 minutes | Some of us are treated better than we should while others, worse. Why? |

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| Mental toughness | Sports Psychology Hour with Dr. Andrew Jacobs | 3/18/18 7AM | 60 minutes | Subtle ways it can make you more successful |
| Confidence | Sports Psychology Hour with Dr. Andrew Jacobs | 3/25/18 7AM | 60 minutes | It's even more important than you think |
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