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ISSUE	<u>PROGRAM</u>	DATE/TIME	DURATION	<u>SEGMENT</u>
Kim Fuchs	Sports Psychology Hour with Dr. Andrew Jacobs	10/1/17 7AM	60 minutes	Spoke with a gymnastics coach about how the sport can benefit children
Cheating	Sports Psychology Hour with Dr. Andrew Jacobs	10/8/17 7AM	60 minutes	Why people do
Pressure	Sports Psychology Hour with Dr. Andrew Jacobs	10/15/17 7AM	60 minutes	Staying focused while stressed
Failure	Sports Psychology Hour with Dr. Andrew Jacobs	10/22/17 7AM	60 minutes	Talking about it with others helps
Cheating (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	10/29/17 7AM	60 minutes	Why people do

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Adversity	Sports Psychology Hour with Dr. Andrew Jacobs	11/5/17 7AM	60 minutes	Why it's important
Play	Sports Psychology Hour with Dr. Andrew Jacobs	11/12/17 7AM	60 minutes	Why it needs to be fun
Poor sportsmanship	Sports Psychology Hour with Dr. Andrew Jacobs	11/19/17 7AM	60 minutes	How to spot it in yourself
Confidence	Sports Psychology Hour with Dr. Andrew Jacobs	11/26/17 7AM	60 minutes	Building it from overlooked sources
Play (replay)	Sports Psychology Hour with Dr. Andrew Jacobs	12/3/17 7AM	60 minutes	Why it needs to be fun

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<u>ISSUE</u>	PROGRAM	DATE/TIME	DURATION	<u>SEGMENT</u>
Stress	Sports Psychology Hour with Dr. Andrew Jacobs	12/10/17 7AM	60 minutes	How to relieve it
Recognizing the important things in life	Sports Psychology Hour with Dr. Andrew Jacobs	12/17/17 7AM	60 minutes	Not sweating the small stuff
Sports	Sports Psychology Hour with Dr. Andrew Jacobs	12/24/17 7AM	60 minutes	Enjoying them without letting them affect your life adversly

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