

HOW TO GET THE MOST OUT OF WATCHING YOUR VIDEO

Goal

Identify two sections of the video that you like and one or two sections of video you'd like to further explore.

Getting Ready

Watching yourself on video is one of the most powerful strategies professionals can use to improve. However, it can be a challenge. It takes a little time to get used to seeing yourself on screen, so be prepared for a bit of a shock. After a little time, you will become more comfortable with the process.

- Find a place to watch where you won't be distracted.
- Review the Watch Yourself and Watch Your Student forms to remind yourself of things to keep in mind while watching.
- Set aside a block of time so you can watch the video uninterrupted.
- Make sure you've got a pen and paper ready to take notes.

Watching the Video

- Plan to watch the entire video at one sitting.
- Take notes on anything that catches your attention.
- Be certain to write the time from the video beside any note you make so that you can return to it should you wish to.
- People have a tendency to be too hard on themselves, so be sure to also watch for things you like.
- After watching the video, review your notes and circle the items you will discuss with your coach (two you like, and one or two you would like to explore further).
- Sit back, relax, and enjoy the experience.