

# Innovation Proposal: Sports Psychology

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## Proposed Innovation

The Growth Mindset Framework for Student-Athletes is an innovative app that student-athletes can use to help develop their mental skills such as goal setting, developing an attitude of gratitude, learning how to perform at their peak, stay committed, read inspirational stories from great historical leaders, practice deep, critical thinking and writing, and learn how to self-reflect in order to grow.

## Purpose and Potential

Student-athletes will access app-based lessons (expanded on in class) at anytime from anywhere on their own device which is something that student-athletes of the past never could do. Students will stay motivated, track and monitor their progress, and hold themselves accountable. It helps teach self-motivation and self-responsibility. Student-athletes will be able to continue to develop their mental skills beyond class time.

### Courses Include

an in-person classroom setting on campus in an A or B-day rotating schedule, with students having 24/7 access to course content through the app.

### Student Outcomes

will be measured through formative and summative assessments to evaluate student skills and progress based on their completion of the daily tasks as well as the follow-up in-class discussions and activities.

### Funding

Grant funding will be used for the purchase and operation of the Growth Mindset Framework for Student-Athletes app.

*Under House Bill 386, Local Education Agencies can approve up to \$5,000 in grant funding for innovation programs. The innovation outlined here is one example that has been approved for implementation. Learn more at [schools.utah.gov/ulead](https://schools.utah.gov/ulead)*