

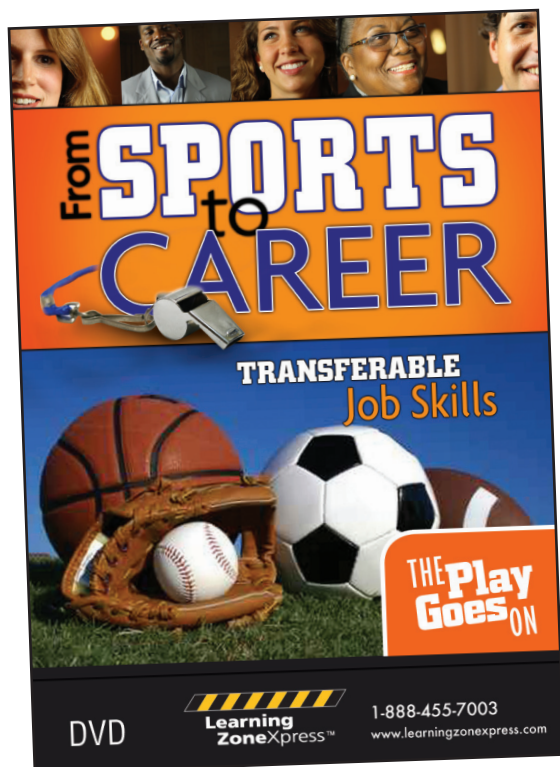
4. According to Ron Johnson, how is a football team like a team in business?

5. What realization did Jaci Vossen come to when, as a captain, she was sitting on the sideline?

6. How was Anne Thompson's first college rowing race like a mistake or failure at work?

7. Why is "mental toughness" important when you fail?

8. According to Vivian Jenkins Nelsen, failure serves a purpose. What does failure do?



ANSWER KEY

Review:

After viewing *From Sports to Career: The Play Goes On*, answer the following questions.

1. What is “Lombardi time”? Why do you think it is important?
“Lombardi time” is a principle from football coach Vince Lombardi suggesting that you show up at least 5 minutes before your appointment or meeting. If your appointment was at 8:00 and it’s past 7:55, you’re late.
2. What are some skills and values learned through sports that are useful in your career later in life?
Time management and planning
Courage
Ability to deal with ambiguity
Flexibility
Ability to think and work on your feet
Timeliness
Being prepared
Good, strong work ethic
Teamwork
3. What does the saying “practice makes perfect” mean? How do you think that translates into the working world?
“Practice makes perfect” means that you’ve got to put in the time and the effort to get the results that you want, and you can’t get those results without putting in that time.

4. According to Ron Johnson, how is a football team like a team in business?
In football, each player has a specific role out on the field, and not everyone can be the quarterback or the leader. Likewise as a team in business, everyone has his or her specific roles and not everyone can be the leader. But by working together, the job will be completed.
5. What realization did Jaci Vossen come to when, as a captain, she was sitting on the sideline?
She realized that “it was about raising others up and giving them a chance to shine.”
6. How was Anne Thompson’s first college rowing race like a mistake or failure at work?
Anne fell off her seat five seconds into the race, her seat came off the tracks, and she thought it was a disaster. She put her seat back on the tracks and kept rowing. It wasn’t a disaster after all.
- When you make mistakes at work, you pick yourself up and try again. Sometimes through that experience of making a mistake, you do it far better in the end.***
7. Why is “mental toughness” important when you fail?
Mental toughness helps you understand that your time to succeed will come and that success is a process. Mental toughness helps you bounce back after you fail with the determination and drive to succeed.
8. According to Vivian Jenkins Nelsen, failure serves a purpose. What does failure do?
Failure makes you learn to do things differently and think about yourself differently. You regroup and open your thinking.