

## 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 the 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.
- You may find it helpful to read through the teacher and student surveys and/or the big-ticket items 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 is interesting.
- 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 really 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 further explore).
- Sit back, relax, and enjoy the experience.