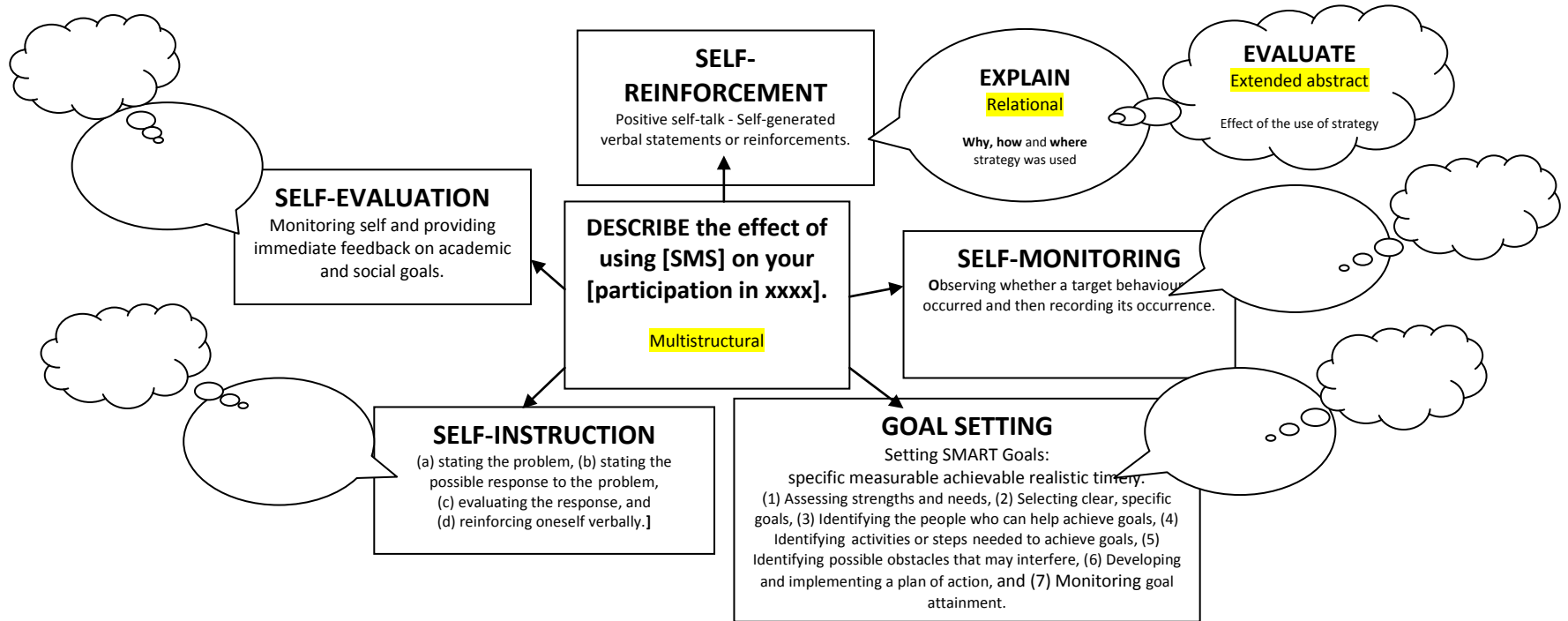


**AS90970 DESCRIBE EFFECTS OF USING [SELF-MANAGEMENT STRATEGIES]  
ON YOUR [PARTICIPATION IN xxxxxx].**

- SMS Vocabulary :**
- Resilience
  - Self Instruction
  - Seeking motivation
  - Setting Goals
  - Self monitoring
  - Meeting Challenges
  - Time Management etc



**Conclusion/Generalisation: Next time I intend to modify the self-management strategy/ies used on my participation in [xxxx] [explain how and where], because [give reasons why] because [give evidence or examples to back up your claim].**

**For example ...**

**DESCRIBE**  
SMS used in participation in adventure racing

**EXPLAIN**  
How and where the strategy was used when participating in adventure racing.

**EVALUATE GENERALISE**  
Effectiveness of this use of the SMS used in participation in adventure racing.  
E.g. I think this is effective in participating in adventure racing because ... Next time I will ... because

