

# Sport Psychology Techniques Helps Students To Get Into The Country's Top Universities

*Sports psychology helps students to be relaxed, focused and confident in the classroom and on the athletic field.*

RIVER EDGE, NJ, USA, November 14, 2016 /EINPresswire.com/ -- River Edge, NJ-The same skills that help athletes to stay relaxed, confidence, focused and optimistic under pressure on the field or the court can help student to perform to their potential in the classroom and on exams.

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*Jay P. Granat, Ph.D.*

According, to Jay P. Granat, Ph.D., Psychotherapist, Author and Founder of [www.StayInTheZone.com](http://www.StayInTheZone.com), “Preparing for an interview or an exam is very much like preparing for a big game.

“If you are anxious, unfocused and lacking in confidence, it is very difficult to do your best on an exam, in an interview or in athletic contest, “ says Dr. Granat.

“During the last few years, many of the student athletes who were clients of mine have been admitted to some of the top schools in the country.

“In some cases, parents noticed that their youngsters were using the same sport psychology tools and techniques in their athletic pursuits and in their academic challenges.

Parents and students are delighted when they can do well in both venues,” says Granat.

‘Top athletes and top students know how to mentally prepare for challenges.

They also know how to tune out distractions, manage anxiety and zero in on the task at hand.

They also learn how to enjoy the challenge in front of them and view it as an opportunity or an adventure,” notes the Founder of [www.StayInTheZone.com](http://www.StayInTheZone.com).

Dr. Granat has recently been asked to lecture to the guidance counselors at New Jersey’s prestigious Bergen Academies. This institution attracts some of the state’s brightest students.

Many of the students have difficulty managing the academic challenges and pressure from parents who are sometimes too demanding of their children.

In January, Dr. Granat will teach the school's guidance counselors techniques to help the youngsters manage stress more effectively and perform to their fullest potential. He will also show the counselors how to help the students to feel confident, focused and calm when they experience stress.

Jay P. Granat, Ph.D., who is also a Licensed Marriage and Family Therapist and Hypnotherapist, has coached athletes from virtually every sport from around the world. His clients have included Olympic Gold Medalists, professional golfers, Division I athletes, tennis pros and elite young competitors and national champions.

A former university professor, Dr. Granat has written weekly self-help column for five newspapers and has appeared in many major media outlets including: Good Morning America, The New York Times, The BBC, The CBC, Sports Illustrated, The Wall Street Journal, USA Today, Sporting News, ESPN, The Newark Star Ledger, ESPN, Tennis Magazine, Tennis View Magazine, Iowa Golfer, Executive Golfer, and The Bergen Record. Golf Digest named him one of America's top ten mental gurus.

Granat earned his Masters and Ph.D. in Counseling from The University of Michigan.

He is the author of How To Get In The Zone And Stay In The Zone With Sport Psychology And Self-Hypnosis, How To Lower Your Golf Score, Zone Tennis 101 Ways to Break A Hitting Slump, Zone Tennis, How To Get Into The Zone n Just One Minute, How To Have A Killer Serve With Sport Psychology, How To Throw More Strikes and Bedtime Stories For Young Athletes.

Granat is particularly interested in the role that family relationships play in stress and in how they impact one's ability to perform their best when under pressure. He is past Vice President of The New York Society For Ericksonian Psychotherapy And Hypnosis. He is a member of The American Counseling Association and The American Psychological Association.

Granat is available for individual coaching and for seminars and he can be reached at [info@stayinthezone.com](mailto:info@stayinthezone.com) or at 888 580-ZONE.

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