

Mental Toughness in young people: considerations for first year transition

Research and Teaching Practice Seminar: School of Sport and Exercise Sciences

Friday 9th March

10.30 – 12.00 (Medium Lecture Theatre – Henry Cotton Campus)

Professor Peter Clough Head of Psychology, University of Huddersfield

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The talk will focus on the relationship between mental toughness and young people. It will examine its derivation, its measurement, its impact and its development in individuals. Clough et al. (2002) formulated the most widely used concept of Mental toughness (MT). This has been linked to a broad range of health-related behaviours (Dewhurst et al., 2012; Gerber et al., 2013; Perry et al., 2013; Crust et al., 2014). Specifically, in education, it has been found to be associated with better academic performance (Crust et al., 2014) and Psychological Well Being (Stamp et al, 2015).

In the context of school and further education learning environments, consideration will also be given to the preparedness of students for Higher Education and the use of Mental Toughness measurement and development training to support first year transition.