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Language Arts

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"Do Try This at Home" (AOW)

In the article "Do Try This at Home" by Wendy DuBow, the author introduces the concept of mental imaging. Imaging is thoughts or ideas about achieving a goal before a person begins to reach for their goal. DuBow begins her article with an anecdote of a struggling athlete who began imagining herself performing well, and soon, the athlete was doing just that. By using all the senses, people can become more focused, and as a result, perform better because of imaging. Athletes that use imagery receive a boost in confidence and enhance their skill. People can improve their technique by creating a mental image of themselves performing an activity or meeting their goal before they begin the task at hand.

The anecdote that DuBow uses to open the article might be more effective if she had used a more well known person to illustrate her point. "Although it's not completely clear why it works, mental imaging is used by nearly all top-level athletes and coaches to improve physical execution" (DuBow 45). Had DuBow included the results of a study or two regarding imaging, she would have further demonstrated the effectiveness of mental imaging. While the examples of athletes using imagery for their benefit is good, including more examples of how imaging helps outside the world of athletics would strengthen DuBow's stance. Since the article opened with an anecdote of an athlete utilizing imaging successfully, DuBow could have ended the article with a similar anecdote that was not sports related. Imaging could prove valuable in preparation for a difficult test.

DuBow, Wendy. "Do try this at home." The Language of Literature. Evanston, IL: McDougal Littell, 2000.