

MRT students' responses about a specific unit NCO at each rank

<i>How effective or ineffective is this [RANK] at the following:</i>			
Coaching strategies to help Soldiers...	E5 n=296-297	E6 n=292-293	E7 n=287
Prepare mentally for different tasks	2.62	3.15	3.18
Recover mentally after different tasks	2.54	3.05	3.12
Prepare physically for different tasks	2.74	3.25	3.24
Recover physically after different tasks	2.68	3.23	3.19
Prepare to manage energy activation (e.g., increased heart rate, butterflies in stomach) for different tasks	2.34	2.98	3.02
Maintain focus on the task at hand	2.73	3.22	3.23
Cope with the mental aspects of challenges	2.54	3.08	3.07
Cope with the emotional aspects of challenges	2.42	3.01	3.00
Engage in tough conversations	2.51	3.13	3.09

Scoring
 0 Very ineffective
 1 Ineffective
 2 Somewhat ineffective
 3 Somewhat effective
 4 Effective
 5 Very effective