

# MANDEL EUGENE JR. | TULANE FOOTBALL Ø<BÈ

<https://silosolo.com/836620>

## Summary

This Silo talks about the speaker's journey in football, including the mentorship he received from coaches and a trainer, the challenges he faced in adapting to college-level football, and his strategies for improving mental health and well-being. The speaker also provides advice for being recruited by college football programs and shares insights he would give to his high school self.

## Silo sample questions

- What are the key factors that contributed to the speaker's success in football?
- What advice does the speaker give for being recruited by college football programs?
- How did the speaker address the challenges of adapting to college-level football?
- What strategies did the speaker use to improve his mental health and well-being in college?
- What advice does the speaker have for his high school self?

## Topics

Mentors

Recruitment

Adaptation

Mental Health

Advice

## Key Takeaways

- The speaker's success in football can be attributed to his mentors, coaches, and trainer who taught him mental toughness, fundamentals, and flexibility. His work ethic, physicality, and ability to adapt to the college level of play also played a significant role in his success.

- The speaker advises to be authentic and true to oneself during the recruitment process. He emphasizes the importance of being genuine and not forcing anything when interacting with coaches and making a decision about which college to attend.

- The speaker addressed the challenges by recognizing the higher expectations and level of play in college, and by seeking guidance and support from fellow teammates. He also emphasized the importance of leadership, teamwork, and continuous improvement in his position.

- To improve his mental health and well-being, the speaker sought support from a counselor and his mother, engaged in breathing techniques, practiced yoga, and spent time reading and being outdoors. He also emphasized the importance of staying focused, disciplined, and prayer.

- The speaker advises his high school self to recognize that not everything on social media and TV is real, and that success takes time, discipline, and a great mindset. He also encourages staying focused on one's dreams, regardless of others' opinions, and emphasizes the importance of staying on track and maintaining a strong sense of faith.

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