

# Jake Sylak | Youngstown State Golf

<https://silosolo.com/353860>

## Summary

This Silo talks about Jake Sele's experience as a senior on the YSU men's golf team, focusing on the importance of honing in on mental strengths in golf, the challenges of transitioning to college athletics, his decision to choose Youngstown State, and advice for aspiring college athletes.

## Silo sample questions

- What is the biggest piece of advice Jake has gathered over his years of playing golf?
- What has Jake found to be one of the most effective parts of lowering his scores and maintaining focus throughout the day?
- What was one of the biggest challenges for Jake throughout his high school process and transition to college athletics?
- Why did Jake choose Youngstown State for his college career?
- What advice does Jake give to someone looking to play Division I golf or sports in college?

## Topics

Mental Game

Golf Mechanics

Transition to College Athletics

Choosing Youngstown State

Advice for College Sports

## Key Takeaways

- The biggest piece of advice Jake has gathered over his years of playing golf is to hone in on his mental strengths and abilities behind the game, focusing on the mental side of the game to push through adversity and maintain focus.

- Jake has found that strengthening his mental game has been one of the most effective parts of lowering his scores and being able to maintain focus throughout the day.

- One of the biggest challenges for Jake throughout his high school process and transition to college athletics was the transition to college athletics and the realization that everyone at the college level was as good, if not better, than he was.

- Jake chose Youngstown State for his college career because it's his home, he has taken pride in being from Youngstown, and it was an opportunity to play golf at the highest level while continuing his golf career past high school.

- Jake advises that someone looking to play Division I golf or sports in college should be proactive, attend camps, ask questions, and be willing to learn and listen to coaches.

[Click here for the full transcript](#)

[Click here for the source](#)