

# THE EFFECTIVENESS OF IMPLEMENTING NEURO-LINGUISTIC MODELING EXERCISES ON COGNITIVE SKILLS AND THINKING STRATEGIES FOR THE MEMBERS OF TABUK UNIVERSITY'S TEAM

**MOHAMMED A. ASIRI**  
Associate Professoer in Depart of Education  
and science of psychology  
University Of Tabuk

***ABSTRACT\_** This research aims to determine the effect of implementing cognitive, neuro-linguistic exercises through on cognitive skills and strategies. The researcher conducted a quasi-experimental research on a random sample of 30 athletes from Tabuk University's athletic team. The subjects were divided into two groups; an experimental group and a control group. The results show that there are significant statistical differences between pre and post evaluation for the favor of post evaluation in the experimental group in cognitive skills and thinking strategies. The researcher provides a few recommendations such as using other neuro-linguistic modeling.*

***KEYWORD:** Thinking Strategies, Cognitive Skills, Neuro-linguistic Modeling Modeling.*