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| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know how to describe the interactionalist model of personality. |  |  |  |
| I know the theorists that are linked to Trait theory of personality. |  |  |  |
| I can apply Bandura’s observational learning theory |  |  |  |
| I know the different forms of motivation. |  |  |  |
| I know how intrinsic and extrinsic motivation impact on each other. |  |  |  |
| I know the characteristics of each element of achievement theory. |  |  |  |
| I know what somatic and cognitive arousals are. |  |  |  |
| I know how arousal can impact on performance according to the derive theory. |  |  |  |

**Key words:** Trait, Arousal, Interactionalist, Somatic, Cognitive, Hyper vigilance, Cue utilisation.

1. Complete notes on the scenario sheet which is under Psych and scenario sheet (Tue/Wed)
2. Complete the questions on drive theory which are under psych and the exam picture. (Mon)
3. **Prepare 1 page of notes/ flash cards on this section for the test on Monday. (Mon) I will ask to see these. Not your notes from class!**
4. Complete notes on anxiety. What is anxiety? What is trait anxiety? How can you train to achieve zone of optimal functioning? (Tue/Wed).
5. Do you know what the key words at the top mean?