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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 know what anxiety is and the different types. State and trait anxiety. |  |  |  |
| I know the four factors relating to anxiety, personality, type of anxiety (trait), competitive trait anxiety, the combination of all previous. |  |  |  |
| I can apply the trait or state anxiety to practical settings. |  |  |  |
| I know what social facilitation is and I can describe social inhibition. |  |  |  |
| I know what an audience can do to somatic anxiety, as well as cognitive anxiety. |  |  |  |
| I can explain how drive theory and social facilitation are interlinked. I know how it can impact on different players. |  |  |  |

**Key words:** Trait, Arousal, Interactionalist, Somatic, Cognitive, Social facilitation, social inhibition.

B=f(PE), SCAT Zajonc.

1. Complete the ten-mark Q on arousal. Ensure that you attempt to interlink personality and how it can interlink with the drive theory. Mon
2. Complete the questions on trait and personality. Mon
3. 1hr of revision for the test on Monday. Mon
4. Complete your log book including a description of sessions. Tue/Wed
5. Complete a detailed mind map of personality, motivation, arousal, anxiety and social facilitation. This needs to be detailed. Thur/Fri
6. Complete 3 Kahoots. One for each of personality, arousal and anxiety. Thur/Fri
7. DO you know all the key words, some might link to the test.