



WORK RIGHT

CORE 2: FACTORS AFFECTING PERFORMANCE:

HOW CAN PSYCHOLOGY AFFECT PERFORMANCE?

FOCUS:

PSYCHOLOGICAL STRATEGIES TO ENHANCE MOTIVATION AND MANAGE ANXIETY

WORK RIGHT WEEKLY QUESTION:

Outline psychological strategies that a specific type of athlete might employ to manage anxiety?(6 marks)

Fill in the blanks below straight from the syllabus

Students learn about:	Students learn to:
<ul style="list-style-type: none">•-	<ul style="list-style-type: none">•-

QUESTION'S GLOSSARY TERM : _____ (it's underlined above)

TERM'S DEFINITION: _____

USING THE SYLLABUS AND THE KEY TERM, WHAT KEY POINTS DO YOU NEED TO ANSWER THE QUESTION?

NB: Remember this is a 6 mark question

TEACHER FEEDBACK:

REFLECTION: WHAT DO YOU NEED TO CORRECT OR INCLUDE TO IMPROVE YOUR RESPONSE?
