

## Skill Acq/Psych Guide Revision Programme 2019

<b>Week starting Monday</b>	<b>Topic</b>	<b>Workbook Pages</b>
<b>17/12</b>	Booklet 4– Phases of Learning Booklet 9 -Personality Booklet 3– Types of Practice	Textbook 1– pgs 172-174 Textbook 1– pgs 184-189 Textbook 1– pgs 150-158
<b>28/01</b>	Booklet 10– Attitudes Booklet 5– Types of Guidance Booklet 11– Motivation	Textbook 1– pgs 189-194 Textbook 1– pgs 174-177 Textbook 1– pgs 194-198
<b>04/02</b>	Booklet 6– Feedback Booklet 12- Anxiety Booklet 16– Goal Setting	Textbook 1– pgs 177-182 Textbook 1– pgs 198-200 Textbook 1– pgs 214-218
<b>11/02</b>	Booklet 7– Transfer of Learning Booklet 13– Aggression Booklet 8-Theories of Learning	Textbook 1– pgs 159-164 Textbook 1– pgs 200-203 Textbook 1-pgs 165-171
<b>25/02</b>	Booklet 14– Social Facilitation Booklet 15– Group and Team Dynamics	Textbook 1– pgs 203-208 Textbook 1– pgs 209-214
<b>04/03</b>	Booklet 17– Attribution Theory Booklet 18– Self Confidence Booklet 19– Leadership	Textbook 2— pgs 122-127 Textbook 2— pgs 128-133 Textbook 2— pgs 134-141
<b>11/03</b>	Booklet 20– Stress Management Booklet 21– Memory Models Booklet 11– Motivation	Textbook 2— pgs 142-156 Textbook 2— pgs 112-120 Textbook 1– pgs 150-158



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Week starting	Topic	Workbook Pages
18/03	Booklet 2– Skill Classification Booklet 4– Phases of Learning Booklet 9 -Personality	Textbook 1– pgs 144-149 and 154-158 Textbook 1– pgs 172-174 Textbook 1– pgs 184-189
25/03	Booklet 3– Types of Practice Booklet 10– Attitudes Booklet 5– Types of Guidance	Textbook 1– pgs 189-194 Textbook 1– pgs 174-177 Textbook 1– pgs 194-198
01/04	Booklet 6– Feedback Booklet 12- Anxiety Booklet 19– Leadership	Textbook 1– pgs 177-182 Textbook 1– pgs 198-200 Textbook 2— pgs 134-141
22/04	Booklet 7– Transfer of Learning Booklet 13– Aggression Booklet 8-Theories of Learning	Textbook 1– pgs 159-164 Textbook 1– pgs 200-203 Textbook 1-pgs 165-171
29/04	Booklet 14– Social Facilitation Booklet 15– Group and Team Dynamics	Textbook 1– pgs 203-208 Textbook 1– pgs 209-214
06/05	Booklet 16– Goal Setting Booklet 17– Attribution Theory Booklet 18– Self Confidence	Textbook 1– pgs 214-218 Textbook 2— pgs 122-127 Textbook 2— pgs 128-133
13/05	Booklet 20– Stress Management Booklet 21– Memory Models	Textbook 2— pgs 142-156 Textbook 2— pgs 112-120

