**Application skills – the 2 sentence technique**

This hand out will guide you through completing those tricky application questions in the exam

Sarah and Amelia have just joined the local hockey sports team. Sarah believes that if she practises and trains well, she will improve her skills and will then get selected for matches. Amelia thinks that whether she gets selected for matches will depend on whether the coach likes her and whether she gets the right luck during the training sessions.

*Identify the type of locus of control shown by Sarah (1)*

*Identify the type of locus of control shown by Amelia (1)*

|  |  |
| --- | --- |
| Sarah |  |
| Amelia |  |

The coach asks the team not to shake hands with the opposition to try to intimidate them before the next match. Both Sarah and Amelia think that the instruction from the coach is unsporting and wrong.

*Which one of these players, Sarah or Amelia, is most likely to disobey the coach? Use your knowledge of psychology in your explanation (4)*

|  |  |
| --- | --- |
| KNOWLEDGE |  |
| APPLIED |  |
| KNOWLEDGE |  |
| APPLIED |  |