

A Level

Physical Education



**3**

 Attribution

**Attribution process** is the perceived causes of success and failure.

**Weiner’s Model**

Add practical examples to each attribute above.

|  |  |
| --- | --- |
| Self-serving Bias |  |
| Attribution Retraining |  |
| Learned Helplessness (General and Specific) |  |

**Strategies to avoid learned helplessness:**

1. Provide opportunities for success
2. Positive feedback/reinforcement/peer support
3. Attribution retraining
4. Goal setting /Set performance/process/task orientated goals rather than outcome goals
5. Develop self-efficacy/self-confidence/self-esteem
6. Avoid social comparisons
7. Mental rehearsal/visualisation/imagery

**Attribution Questions**

**May 2019**

**May 2018**

Nothing

**1st Sample Paper**

**2nd Sample Paper**

