Practise questions

SIT & Hardiness training:-

* Name and outline one other psychological method of stress management.

 (1 + 3 marks)

* *Explain the three ways how hardiness would work.* (4 marks)

**Key concepts= Focusing, Relieving stress encounters and self-improvement.**

* *Explain the three phases from Meichenbaum’s theory on SIT.*  (6 marks)

**Key concepts= three phases: Conceptualisation Phase, Skills acquisition phase and Application phase.**

* *Assess the strengths and weaknesses of SIT.* (8 marks)

**Key concepts= +Effectiveness, preparations for future stressors, -time consuming, unnecessarily complex.**

* *What does the term ‘Hardiness’ mean.* (2 marks)
* *Discuss one psychological method of managing stress. (12 marks)*