

## **Social Perception Training and its Effect on Improving some Social Skills and Reducing Cognitive Distortions for One Track Mindedness Student- Teachers**

### **Abstract :**

The current study aimed at exploring Social Perception Training and its Effect on Improving some Social Skills and Reducing Cognitive Distortions for One Track Mindedness Student- Teachers. The participants of the pilot study consisted of (324) students, and the main study sample included (N=74) One Track Mindedness Student- Teachers at the Faculty of Education, Fayoum University. They were divided into two groups, the experimental group (N=37) and the control one(N=37). The researcher prepared two scales Social Skills and Cognitive Distortions. The researcher also prepared a training program based on Social Perception. The results indicated that there are statistically significant differences between means of scores of the experimental group and the control one in the post administration of both Social Skills and Cognitive Distortions. and their factors in favor of the experimental group. In addition , the results indicated that there are statistically significant differences between repeated measures (pre – post – follow up) in the administration of both of Social Skills and Cognitive Distortions. in favor of the post and follow up tests.

**Key Words:** One Track Mindedness - Cognitive Distortions - Social Skills- Social Perception