Psychology Independent Study Guide

To support learning you could....



After each lesson...

File your notes in the appropriate place

Review your notes – attempt a summary of the key learning from the lesson in your own words or create a diagram to represent key concepts or make a note, on a post-it, of how what you have just learnt is similar or different from or how it is related to another concept. Attempt a related past paper Q, checking your notes and the mark scheme once it is complete for what you missed or do the related 'Can you?' or 'Check you can' questions from your schedule or from the related textbook pages

See your teacher to address any misconceptions

Every week...

Create a diagram which includes definitions, in your own words, of the key concepts and terms from the lessons this week and shows how they are connected

Complete a Seneca quiz on the concepts you have been learning this week. Revisit areas of concern by seeing your teacher or watching a relevant tutorial / video (Psychboost

Choose a concept from the week before and attempt a retrieval task – put the concept in the middle of a page and sit with the discomfort of attempting to remember the material. Check what you have recalled against the original notes. Add what you missed – but change the format (reword / create a diagram) to ensure that you process the information deeply. (Reading it through or copying it out are not effective ways of promoting long-term learning).

Every half-term ...

Carry out a RAG rating of the concepts you have studied this half-term and address areas of concern by seeing your teacher, studying with a peer, watching a tutorial or reading a textbook. If you can explain it to someone else (or on paper) you understand it. If you can't, revisit using a different method because as yet your understanding isn't secure.

Use Seneca or another testing platform to assess your recall of the concepts you have studied this term. Spend time re-learning (retrieve what you can, deeply process what you have forgotten by changing the format) concepts you have forgotten.

Create a summary of an entire topic, showing key concepts from the spec, key terms and how they are connected.

Write yourself or a peer a series of quiz questions on a topic

Do past paper questions on the material you have met this half term

Test yourself on concepts you met last half-term and spend time re-learning those that are not secure– see technique above

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