Doing Well in Psychology Classes: Study Tips
What Impacts Study Behaviors and Their Effectiveness?

- Attitude and interests
- Motivation, diligence, self-discipline, and willingness to work hard
- Use of time management principles for academic tasks
- Anxiety and worry about school performance
- Concentration and attention to academic tasks
- Information processing, acquiring knowledge, and reasoning
- Selecting main ideas and recognizing important information
- Use of support techniques and materials
- Self-testing, reviewing, and preparing for classes
- Test strategies and preparing for tests
How Do I Fight Delay Tactics?

- Face boring assignments with short concentrations of effort
- Conquer long assignments by breaking them into smaller tasks
- Fight difficult tasks by tackling them first and making sure you understand them
How Can I Get the Most from Faculty?

- Attend class
- Be prepared
- Participate regularly
- Confess confusion
- Utilize office hours
- Avoid “grade grubbing”
- Be learning-oriented instead of grade-oriented
How Can I Develop Effective Study Habits?

- Create a regular schedule for studying
  - Set aside times and places to study
  - Set priorities (and follow them)
  - Break large tasks into smaller ones
  - Plan a reasonable number of tasks for each day
  - Work on one important task at a time
  - Define all tasks specifically
  - Check progress often

- Find a regular place to study with minimal distractions

- Reward study behaviors
How Can I Improve My Reading?

- Use the SQ3R method
  - Survey – scan the chapter before you begin
  - Question – turn headings into questions to answer
  - Read – answer the questions you developed
  - Recite – re-answer the questions in your own words
  - Review – ask/answer the questions from memory

- Avoid paying attention only to definition terms

- Read/examine all information on page (e.g., tables/figures)

- Create personal examples for information presented
How Can I Get More From Lectures?

- Improve note-taking skills
  - Actively listen to extract what is important
  - Review the text *before* the lecture
  - Do not try to record everything
  - Ask questions during lecture
  - Review your notes as soon as possible to clarify missed points
  - Compare notes with classmates
  - Try taking notes in your textbook (or print prepared lecture slides before class)
How Can I Improve My Test-Taking Strategies?

- Review general tips for taking tests
  - “Unload” as soon as you get the test
  - Pace yourself
  - Avoid wasting time on difficult questions
  - Do not overthink questions
  - Ask questions if you need clarification
  - Review answers (check for mistakes)
How Can I Improve My Test-Taking Strategies(2)?

- Review tips for multiple choice exams
  - Anticipate answers without reviewing choices
  - Read all answer choices
  - Eliminate implausible options
  - Look for connections between questions
  - Return to difficult questions
  - Detailed alternatives *tend* to be correct answers
  - Options creating sweeping generalizations *tend* to be incorrect answers
  - Items with well-qualified statements are *often* correct
  - Look for opposite choices – one is *usually* correct
How Can I Improve My Test-Taking Strategies(3)?

- Review tips for essay exams
  - Remember that time is critical
  - Answer questions you know first (avoid neglecting high point questions)
  - Organize thoughts and write them down coherently
  - Plan your essay (make an outline)
  - Be both complete and concise (avoid the “kitchen sink” method)
  - Use jargon correctly
What Behaviors Irritate Professors?

Heed this out-of-class advice

- Have a positive attitude (i.e., perfect your poker face)
- Read assigned material before class
- Be professional in all correspondence and interactions with professors
- Attempt to solve problems before asking for assistance
- Be timely when asking for clarification or help
- Avoid stopping by outside of office hours without making an appointment
- Do not ask “Did you get my e-mail?”
- Read (and follow) directions listed in the syllabus
- Submit assignments early – D2L problems are not good excuses
- Avoid complaining about the workload
- Utilize the course teaching assistant
- Do not wait until it is too late to ask for assistance
What Behaviors Irritate Professors(2)?

Take this in-class advice

- Be engaged/participate in class
- Do not plagiarize
- Avoid chatting with other students during class
- Put electronic devices away – DO NOT TEXT IN CLASS
- Try not to obsess over grades
- Ask questions to clarify (and listen when others ask too)
  - Do not ask “Is this going to be on the test?”
  - Do not ask “What do I need to know to get an A?”
- Get to class on time (and stay the entire time)
- If you have to leave, watch the door
- Do not bombard professors after class with a barrage of questions