



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