

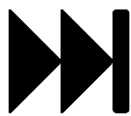


Psychology Independent Study Support

INDEPENDENT STUDY – Preparation Consolidation Reflection

Remember you should be studying one hour independently for every hour of lesson time. In your independent study periods, once homework and assignments are complete, you should complete tasks from the following list:

Preparation



- 1 Refer to your Psychology learning journey and read the next section in the textbook, making notes to get familiar with the material for the next few lessons.
- 2 Complete wider reading from Psychology Review Magazine online focusing on upcoming topics. There are also hard copies in the study centre.
- 3 Complete some independent study using the 'watch, listen, read' booklet – make notes ready for the end-of-topic review and log your reflections on the back page of the booklet.
- 4 Complete wider reading from the BPS Psychology Magazine – copies in the study centre.
- 5 *Aspirational Students* – use Google Scholar to search for academic articles linked to forthcoming topics to download and read.

Consolidation



- 1 Read over your notes from last lesson and type them up or make revision cards on that topic. Once complete, test your revision using the practise questions in the textbook (log in to the online textbook for even more questions!)
- 2 Pick an essay question from the AQA website or the textbook, plan and write your answer then submit for marking.
- 3 Download the key term glossary templates from Psychology Student Resources and record the definitions from each lesson.
- 4 Revisit lesson notes and create revision resources (notes/flashcards) that focus exclusively on evaluation points.
- 5 *Aspirational Students* – revisit your lesson notes and add suitable links from the issues and debates topic.

Reflection



- 1 Sign up to the BPS Research Digest and choose an article of interest that supports lesson content.
- 2 Use Seneca to complete the online learning and quizzes on earlier topics to keep this information fresh.
- 3 Make revision mind maps or flashcards (from memory) to test your knowledge on previous learning. Add any missing information in a different colour so your brain can focus your attention next time you study.
- 4 Borrow a revision guide from the Psychology library in G15 to complete the activities within them to support your learning.
- 5 Use the AQA website to find suitable exam practice questions. Answer the questions from memory and use mark schemes to monitor your success.