

**Reflect on your study habits using the suggestions below**

Have you tried some of them? What worked and what didn't? Ready to try something new?  
Check off which tasks you'd like to accomplish in preparation for your Psychology exam.

## Structure and Organization

Organized notes make it easier to find information. You may consider creating your own condensed summary notes. Summary notes do not replace your original lecture notes, but aid as a review tool. Time the completion of your notes accordingly.

- Gather and organize lecture notes either in electronic or printed form
- Make a topic and task list to serve as a study checklist
- Create a central document of learning objectives using chapter outlines
- Outline key points under each learning outcomes
- Consider creating visual elements/maps of each major topic

## Comprehension/Understanding

To effectively understand Psychology content, it is important to engage completely with the course material. Make good use of the resources available in the textbook to help you increase your comprehension levels.

- Read actively and mentally process the information as you go
- Consider the question prompts before you read, then try to answer the question
- Read a section of the chapter and *then* summarize the important points
- Know all of the terms in boldface; they are the language of the course

## Self-Testing and Deeper Learning

There are many possible ways to self-test and encourage deeper learning with the Psychology course material however, most students don't allow enough time for this study step. Aim to prove to yourself that you know AND understand the course material, and can apply it in unique situations.

- Answer questions about course material without looking at your notes
- Use your outline and fill in the details using your own memory
- Generate your own examples for the concepts learned in class
- Discuss topics with study group/study partner/PAL Peer
- Be prepared to apply the course material; it isn't sufficient to memorize
- Pretend you are teaching the course material by explaining it in your own words