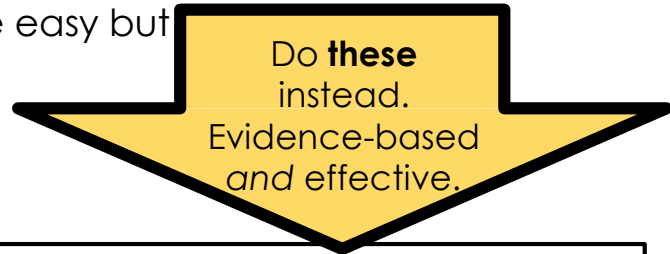


How to revise for Psychology



3 revision techniques that are easy but are the **LEAST** effective:

- Highlighting text
- Re-reading notes
- Summarizing text.



Flashcards

You can either have:

- Questions and Answers
- A series of prompts for a topic area.

TOP TIP: Fold A4 revision records into A5 mind maps, then fold again into A6 revision cards.

How to use in Psychology:

One for each subsection

How to use flashcards: You can use the Leitner Method:

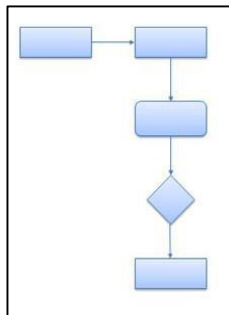
<https://tinyurl.com/FlashcardsMethod>

You can make flashcards online/on your phone using **Quizlet** or **ANKI**

Knowledge Organizers

Transform your notes/information into visual revision material. Use them to:

- Show links between topics
- See whole topics in one diagram.
- See comparisons between approaches or research.
- Create flow diagrams for 16M answers.



Topic	Definition
Memory	Information that has been encoded from sensory input, retained, and later retrieved.
Encoding	The process of converting information into a form that can be stored in memory.
Storage	The process of maintaining information in memory over time.
Retrieval	The process of accessing information stored in memory.
Amnesia	The loss of memory, which can be caused by physical damage to the brain or psychological factors.
Interference	The process of new information interfering with the ability to recall old information.
Rehearsal	The process of repeating information in order to keep it in short-term memory.
Elaboration	The process of connecting new information to existing knowledge to improve recall.
Organization	The process of grouping information into a structured format to improve recall.
Spaced practice	The process of reviewing information at intervals to improve long-term retention.
Interleaved practice	The process of alternating between different topics to improve recall.
Retrieval practice	The process of testing oneself on the material to improve recall.
Self-explanation	The process of explaining the material to oneself to improve understanding and recall.
Metacognition	The process of thinking about one's own thinking to improve learning.
Metacognitive strategies	Strategies used to monitor and regulate one's own learning.
Metacognitive knowledge	Knowledge about one's own learning and the learning process.
Metacognitive skills	Skills used to monitor and regulate one's own learning.
Metacognitive beliefs	Beliefs about one's own learning and the learning process.
Metacognitive strategies	Strategies used to monitor and regulate one's own learning.
Metacognitive knowledge	Knowledge about one's own learning and the learning process.
Metacognitive skills	Skills used to monitor and regulate one's own learning.
Metacognitive beliefs	Beliefs about one's own learning and the learning process.

Venn Diagram

Your own knowledge

Dual Coding

Use your knowledge of Memory to your advantage. Create revision material that have both images **AND** words so that your brain can process information to the best of its ability.

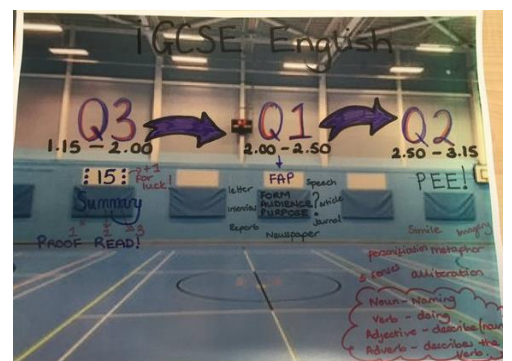
Context-Dependent learning

Do you know where your exam will be held and what direction you will be facing? Take a photo of the wall, print it several times and write your notes onto them.

Looking at the wall during your exam should be a cue.

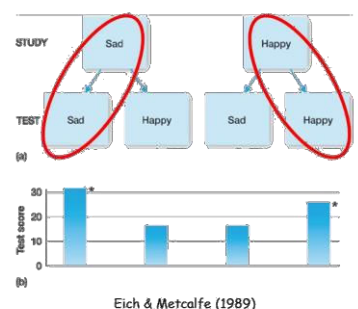
State-dependent learning

Revising with music might be fun, but it won't help you in a very quiet exam hall. Revise in the evening when you're tired? Your exams may be before 1pm.



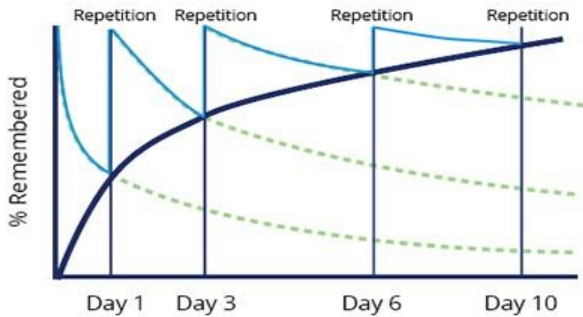
State Dependent Learning

→ Internal state is also key!



How to revise for Psychology

Spaced Repetition



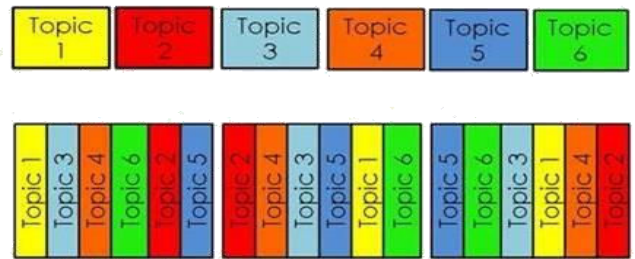
Spaced repetition

You know the capacity of short-term memory and how information is processed into long-term memory. Use this! Check your 'old' revision notes regularly to ensure all of it is stored in your long-term memory.

Interleaving

Primacy and recency effect – the act of remembering information at the start and end of a 'session' of information. So, mix up your revision and subjects daily so that it all has a chance to be stored in your long-term memory.

Blocking vs interleaving



Test and teach

Create quizzes or attempt premade ones. It's the easiest way to find out your weakest areas. Great websites include:

- Quizlet
- Kahoot
- Gojimo (App)
- Get Revising

Once you feel confident, start to **teach** others (Family or other students on The Student Room...)

Practice questions

Once you've learnt content, test yourself with exam questions. **AQA** has past papers, mark schemes and examiners reports available on their website

<https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182/assessment-resources>

Videos

There are some great informative videos on Youtube and some useful documentaries to put concepts into perspective.

These include:

- Tutor2u:
<https://tinyurl.com/Tutor2uPlaylis>
- Graveney Videos:
https://www.youtube.com/user/_graveneypsychology/videos
- Psychboost:
<https://www.youtube.com/c/PsychBoost>

The basics:

- **Time** – Start early. You wouldn't prepare for a dance competition an hour before. So don't try and cram the night before.
- **Sleep** – Your brain needs sleep to recover and process the day. Lack of sleep can IMPACT memory and concentration. The two things you need.
- **Fresh air/Exercise** – You're not a machine. You need to move around and have some time away from revision. It also helps anxiety and allows you to think.
- **No phones** – You owe yourself uninterrupted time away from distractions.



How to revise for Psychology