

## **STUDY TIPS**

### **PSY100H**

- 1) Study the definitions. Be able to come up with a definition in your own words for the key terms in every chapter. You should also be able to list many of the key terms in each chapter without looking through the chapter, i.e. what is the chapter about and what are the main points?
- 2) Practice distinguishing between key terms within each chapter. It is not enough to know a definition and hope you recognize it on the test. Many correct definitions may appear as choices on the test, but only one of them links up to the question. Practice distinguishing the differences between concepts, e.g. differences in symptoms between different disorders, or different effects of the different neurotransmitters, or different schools of psychology. Again, be able to articulate the differences in your own words.
- 3) Practice reading multiple choice questions, covering up the answers, and writing / thinking to yourself what you think the answer is before you even look at the answer. Then uncover your answers.
- 4) If your predicted answer is one of the answers, use it- don't overthink things! If not, practice eliminating answers you know to be wrong and then picking the answer left over that is closest to your predicted answer.
- 5) Don't stress knowing 100%! You can learn 80% of the material with almost no stress- trying to cram in the final 20% is where people freak out. On a test, accept that there will be some questions you are just making educated guesses on, make the guess, and move on. Make sure you predict an answer, eliminate obviously wrong answers, but then make your best guess and LET IT GO! Move on to the next question, keep a good pace going (1-2 minutes per question).