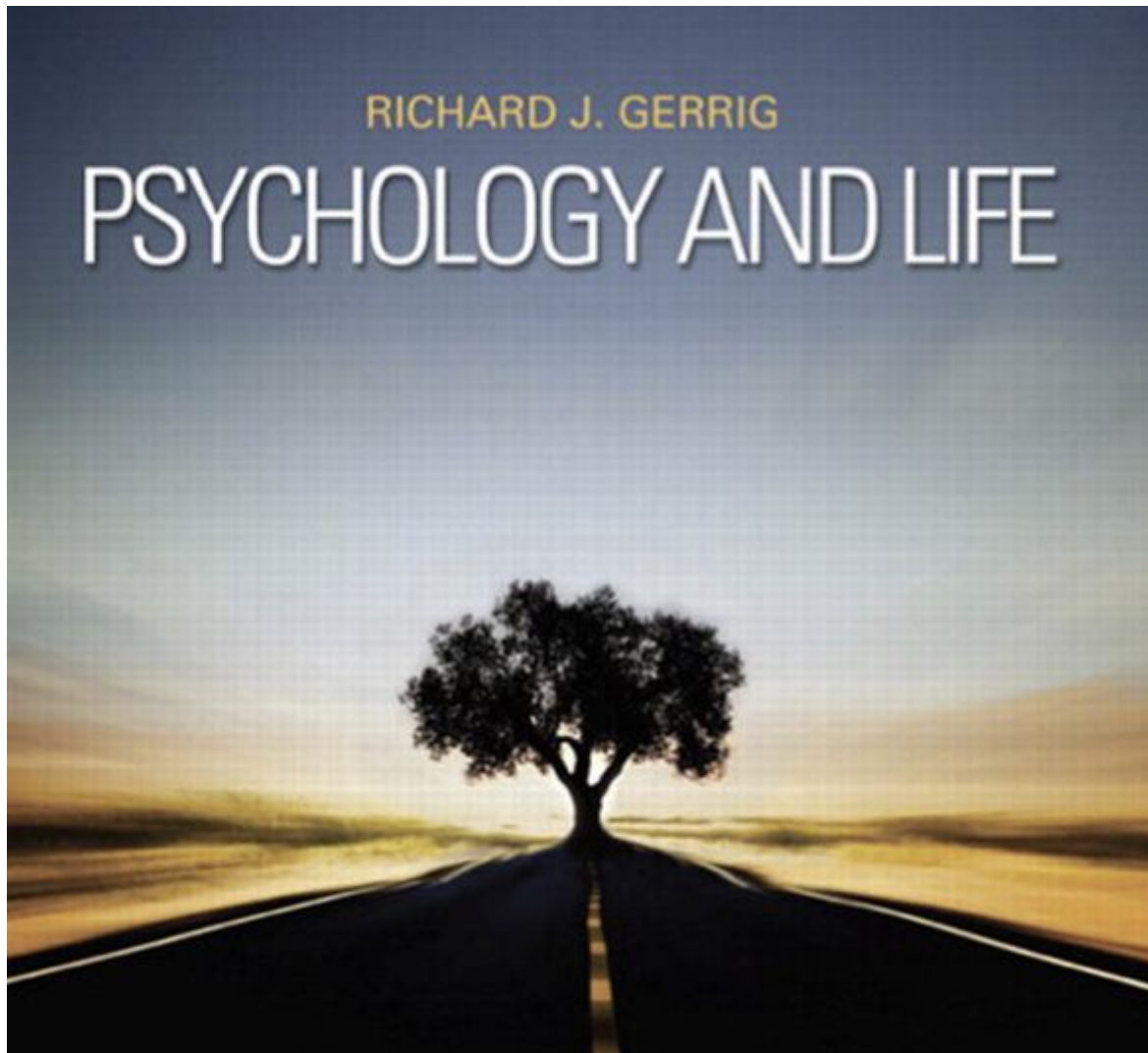


各人不同，各学科也不同，这里我举个例子，仅供参考。

和很多人一样，对我来说，心理学是一个完全陌生的学科，假如我想学习心理学知识，如何通过缩短学习周期来提高效率呢？

说明一下，我没有任何心理学的相关背景 and 知识，在此只是举例，理解难免有误，如有冒犯到专业人士，先行致歉。

我想学的是这本书，《心理学与生活》，据说国外心理学专业用它作教材，相当经典。



# 2

## Research Methods in Psychology

假如，我们想学习其中的某一章。

### THE PROCESS OF RESEARCH 21

Observer Biases and Operational Definitions • Experimental Methods: Alternative Explanations and the Need for Controls • Correlational Methods

#### Psychology in Your Life 29

*Does Wishful Thinking Affect How You Evaluate Information?*

### PSYCHOLOGICAL MEASUREMENT 28

Achieving Reliability and Validity • Self-Report Measures • Behavioral Measures and Observations

### ETHICAL ISSUES IN HUMAN AND ANIMAL RESEARCH 32

Informed Consent • Risk/Gain Assessment • Intentional Deception • Debriefing • Issues in Animal Research

### BECOMING A CRITICAL CONSUMER OF RESEARCH 34

#### Critical Thinking in Your Life 35

*Why Is Skill with Numbers Important?*

### RECAPPING MAIN POINTS 35

3. Professor Peterson is testing the hypothesis that people will cooperate less when a lot of people are in a group. In the experiment he plans, he will vary the number of people in each group. That will be his
- a. placebo control.
  - b. independent variable.
  - c. double-blind control.
  - d. dependent variable.
4. Rahul is serving as a research assistant. In the first phase of the experiment, Rahul gives each participant a can of cola or a can of caffeine-free cola. In the second phase of the experiment, Rahul times the participants with a stopwatch while they play a video game. It sounds like the study is lacking a(n)
- a. placebo control.
  - b. correlational design.
  - c. operational definition.
  - d. double-blind control.
5. Matt is participating in a two-day experiment. On Day 1, he takes a memory test after running on a treadmill for 2 minutes. On Day 2, he takes a similar test after running for 10 minutes. The experimenters plan to compare Matt's performance on the two tests. This sounds like a
- a. within-subjects design.
  - b. double-blind control.
  - c. between-subjects design.
  - d. correlational design.

这一章有17页，包含课后的习题。常规的方法是，读完前面的15页，然后做题，这算是一个学习周期。可是稍长了点，做题的时候往往发现前面看的东西已经忘了，而且连读那么多页英文，也是挺痛苦的事，我们试试怎么可以缩短反馈周期。

第一轮，读目录，看习题，看选项。先看目录，大概知道这一章要讲的是什么，紧接着看习题，知道学了这一章，可以解决什么样的问题，这就有了反馈。而题目的选项，往往是这一章的知识点，留下印象，为下一轮做准备。

目录：

## THE PROCESS OF RESEARCH 21

Observer Biases and Operational Definitions • Experimental Methods: Alternative Explanations and the Need for Controls • Correlational Methods

### Psychology in Your Life 29

*Does Wishful Thinking Affect How You Evaluate Information?*

## PSYCHOLOGICAL MEASUREMENT 28

Achieving Reliability and Validity • Self-Report Measures • Behavioral Measures and Observations

## ETHICAL ISSUES IN HUMAN AND ANIMAL RESEARCH 32

Informed Consent • Risk/Gain Assessment • Intentional Deception • Debriefing • Issues in Animal Research

## BECOMING A CRITICAL CONSUMER OF RESEARCH 34

### Critical Thinking in Your Life 35

*Why Is Skill with Numbers Important?*

## RECAPPING MAIN POINTS 35

题目：

3. Professor Peterson is testing the hypothesis that people will cooperate less when a lot of people are in a group. In the experiment he plans, he will vary the number of people in each group. That will be his
  - a. placebo control.
  - b. independent variable.
  - c. double-blind control.
  - d. dependent variable.
4. Rahul is serving as a research assistant. In the first phase of the experiment, Rahul gives each participant a can of cola or a can of caffeine-free cola. In the second phase of the experiment, Rahul times the participants with a stopwatch while they play a video game. It sounds like the study is lacking a(n)
  - a. placebo control.
  - b. correlational design.
  - c. operational definition.
  - d. double-blind control.
5. Matt is participating in a two-day experiment. On Day 1, he takes a memory test after running on a treadmill for 2 minutes. On Day 2, he takes a similar test after running for 10 minutes. The experimenters plan to compare Matt's performance on the two tests. This sounds like a
  - a. within-subjects design.
  - b. double-blind control.
  - c. between-subjects design.
  - d. correlational design.



第二轮，看术语，了解知识点。本书中，脚注里常有术语解释，这些术语，一般就是知识点，也是之前题目中的选项，如果脚注看不懂，就去正文找解释。这样就又是一个反馈周期，从选项，到术语，到解释。

题目选项：

3. Professor Peterson is testing the hypothesis that people will cooperate less when a lot of people are in a group. In the experiment he plans, he will vary the number of people in each group. That will be his
- |                          |                          |
|--------------------------|--------------------------|
| a. placebo control.      | c. double-blind control. |
| b. independent variable. | d. dependent variable.   |

术语解释：

**variable** In an experimental setting, a factor that varies in amount and kind.

**independent variable** In an experimental setting, a variable that the researcher manipulates with the expectation of having an impact on values of the dependent variable.

**dependent variable** In an experimental setting, a variable that the researcher measures to assess the impact of a variation in an independent variable.

正文解释：

That factor you manipulate would be the **independent variable**; it functions as the causal part of the relationship. For each level of violence viewed, you could then assess how much aggression each participant displayed. Aggression is the effect part of the cause-effect relationship; it is the **dependent variable**, which is what the experimenter measures. If researchers' claims about cause and effect are correct, the value of the dependent variable will *depend* on the value of the independent variable. 👁

第三轮，看案例，图表。用刚学到的术语和知识点，理解书中的案例。决定论者的道德水平高，还是相信自由意志的人高？其中哪个是“independent variable”，哪个是“dependent variable”？在实例中运用新知识，这是第三次反馈周期。

Figure 2.2 presents important aspects of the experiment. The researchers recruited roughly 120 college undergraduates to serve as participants. The independent variable for the study was participants' beliefs in free will versus determinism. To manipulate this variable, the researchers presented students with a series of 15 statements and asked them to think about each statement for one minute. As you might expect, those statements were different for the free will and determinism conditions. Figure 2.2 provides examples.

To test their hypothesis, the researchers needed to provide the students with an opportunity to cheat. During the experiment, the students attempted to answer 15 problems from Graduate Record Examination (GRE) practice tests. They could earn \$1 for each correct answer. Participants scored their own answers in the absence of the experimenter. That provided the context for cheating: The experimenter would never know if a participant paid him- or herself more money than was due. The dependent variable for the experiment was the amount of money participants paid themselves.

第四轮，做题。有了知识点和自己的理解，做题，校正，这是最直观的反馈。

- B** 3. Professor Peterson is testing the hypothesis that people will cooperate less when a lot of people are in a group. In the experiment he plans, he will vary the number of people in each group. That will be his
- a. placebo control.
  - b. independent variable.
  - c. double-blind control.
  - d. dependent variable.

第五轮，扫一遍章后总结。把知识点连接起来，织成网，和第一轮中看到的目录相呼应。

## Recapping Main Points

### The Process of Research

- In the initial phase of research, observations, beliefs, information, and general knowledge lead to a new way of thinking about a phenomenon. The researcher formulates a theory and generates hypotheses to be tested.
- To test their ideas, researchers use the scientific method, a set of procedures for gathering and interpreting evidence in ways that limit errors.
- Researchers combat observer biases by standardizing

- Researchers rule out alternative appropriate control procedures.
- Correlational research method: much two variables are related, but not causation.

### Psychological Measurement

- Researchers strive to produce reliable and valid measurements.

第六轮，快扫正文。这一步不是必须的，时间紧就可以跳过去。现在已经知道了知识点和章节脉络，看起来应当相当轻松，不要花太长时间。

第七轮，画思维导图。用可视化的方式，把知识点串起来，其实就是记笔记，只不过我想更明确的反映出知识的关系。这一步我打算全书学完后，再一章章的做，既可以复习，也可以纵观章节间的关系。

这个例子中，一个长周期分解成七个短周期，短周期间互为铺垫，层层迭代，每完成一个周期，对主题的理解都更深了一层。学的过程中，重点明确，反馈及时，始终处在一种“有所得”的状态中，相当有趣。

这只是一个例子，不同的学科，不同的书，缩短周期的方法也有不同，每个人需要自己去尝试，不用生搬硬套。即使对这本书，也一定有更好的学习办法，我只是抛砖引玉而已。

如果你恰巧有兴趣学这本书，可以照搬以上方法试试