

Words of Wisdom From People Who've Been There

To: A.P. Psychology Students

From: Past A.P. Psychology Students

Subject: What you need to know to succeed in A.P. Psychology

Reading:

- Read the book, even when you don't want to. The textbook is your AP Bible.
- Follow the reading schedule-it's much easier than saving it for the end.
- If you follow the reading schedule, class is just an easy review of what you read the night before.
- Read the entire text, don't just skim for key terms. Dr. Meyers does a good job using examples to help you understand the key ideas and studies.
- Use the Study Outlines online to help you take notes. These make it easier to follow along in class and give you what you need to know for studying.
- Sometime material on the Study Outlines are not able to be covered in class but are on the test. Study and know now your study outline!
- Whenever possible read the text twice. Once for note taking and a second time to help you remember and understand it better.
- Don't forget to read the side boxes in the book. They help explain key ideas and studies.
- Once I started to read more carefully, my test and quiz grades improved significantly.

Studying

- Having good study skills and self-discipline to put aside time for studying is imperative! Students who know how to study and learn information do well. Those who don't study or put in the time necessary to study will struggle.
- Don't study with distractions around you. Get away from things (TV, people, phone) that will prevent you from concentrating.
- The better your notes from the text and class... they more you'll know. You can't study what you don't have.
- Make sure you use the practice tests posted online. They are a good example of what the test will be like.
- Pay close attention in class and take good, organized notes. Add to your notes from the reading.
- Take notes of the examples the teacher uses in class. . Don't lose track of vocabulary terms.
- Making vocabulary note cards and color coding subjects was the best thing I did.
- Study with a couple close friends who really want to study. It helps you prepare for tests AND have fun. If you can teach it to another person then you must know it well yourself.
- Don't wait too long to get started. Start studying a few nights before the test. Don't cram!
- Apply terms and concepts to your own life because they will stick that way.
- Create your own mnemonic devices/memory tricks for terms.

Tests, Quizzes, and Assignments

- Don't wait for the last night to study for tests. Short study sessions over a few days is always better than one giant cram session.
- Start reviewing very early for finals.
- On tests, outline your essay before you start to write it.
- Don't stress out too much about the first test.

- Don't let one or two bad scores get you down. Doing bad can motivate you to get your rear in gear the next time around.
- Take studying for the online review quizzes seriously and you won't have to spend countless hours studying and reviewing for the AP Exam in May. Don't cheat and take them with your notes in front of you. You're only hurting your AP Exam score.
- Study for the quizzes! They are easy to let slide but they add up in the end. They are more important than you think so don't blow them off. Studying for quizzes means you're studying for the test in advance!

General

- Soak up all the knowledge you can from this class and study your butt off, because it feels really good when you do well and you have worked hard for it.
- Know your schedule! If you don't have the time to put in the hours needed to read, take notes and study, this may not be the right time to take this class.
- Jump right into the class. It's easier if you have a solid foundation from the first few chapters.
- If you need help, talk to the teacher.
- Stay motivated. It's way too easy to slack off second semester when senioritis kicks in. Slack in your other classes... not psych!
- Expect more work than a typical class, but it all pays off at the end of the year. The teacher's website is very helpful. Use it!
- Just do it - don't put things off for later. If you do, it will pile up quickly and seem impossible to catch up.
- Manage your time and don't get lazy and slack off.
- Stick with it and start establishing your mastery early. Work really hard to nail the first tests and establish a rhythm.
- Push yourself. This is a great chance to find out what you're capable of academically. Better to find out now rather than waste thousands of dollars on a college class later.