

Independent learning tasks in Psychology

Make condensed notes and flash cards of key concepts/terminology/research - this will embed your learning of the subject.	
Read the Psychology Today magazine. This contains a range of articles on many aspects of behaviour. www.psychologytoday.com	
Complete past papers – you can access these from your psychology teacher. Use and use the mark schemes and your teacher to get feedback to act upon.	
Find the full articles of studies you are looking at, read these and add to the notes given to you by your teacher. Investigate further on the internet and add print-offs to your notes at relevant points.	
Access the following website www.digest.bps.org.uk . There are new pieces of research posted every week. It is supported by the British Psychological Society (BPS).	
Mind maps are a great way of organising your ideas and reiterating the fact that events don't always happen in chronological order. Use colour and illustrations to help you learn and remember your facts, make links between events and make judgments on relative importance. The important thing is that you remember them, be creative!	
Keep on top of knowledge and understanding throughout the year. You should be constantly going over the material you have covered. Use the specification to help select key content to focus on. Even reading through your notes prior to your next lesson will help you draw links between key content and develop your understanding further.	
Listen to the Radio! Radio 4 has some excellent programmes dedicated to Psychology. Some really good places to start include; “All in the Mind” and “Am I Normal” – or use the Radio 4 webpage to listen again to previous episodes.	