

## AP Psychology Summer Homework on Study Skills

### Video 1: [Crash Course Study Skills #1: Taking Notes](#)

Questions	Your Responses
Why should you focus on your notes and note taking?	
Which is the best option for notes: paper or computer? Explain.	
What happens when you are paying attention to a lecture?	
How does cognitive science use “chunks” of information to help us learn better?	
What is the biggest advantage to taking handwritten notes?	
Describe what you should write down during a lecture.	
Describe the Outline Method	
Describe the Cornell Method	
Describe the Mind-Mapping Method	
Explain, in detail, which of the note taking techniques you are more likely to use. Give your reasons.	

### Video 2: [Crash Course Study Skills: Reading Assignments](#)

Questions	Your Responses
Do you actually need to do ALL that reading? Explain	
What does it say in the Cal Newport book about readings and lectures?	
Explain why speed reading is impossible.	
What are the working memory	

constraints?	
Wait, the brain skips words when we read? Explain.	
What is the best way to get better and faster at reading?	
How does daydreaming impact reading?	
Describe the SQ3R method. Explain how it can help you become a better reader.	

[Video 3: Crash Course Study Skills #3. Memory](#)

This video has a lot of info that we will be studying in our first unit on thinking and memory!

Questions	Your Responses
Describe the three stages of memory--sensory, short term, long term.	
How do the three stages of memory work together--what is the process?	
What is chunking?	
What is the hippocampus? What does it do?	
Describe the physical changes that occur in the brain with neurons and neurotransmitters.	
What is encoding?	
How can you use tangible things to recall more challenging ideas? Describe mnemonics.	
Explain what the forgetting curve was that Ebbinghaus discovered.	
Describe the reasons for spacing your learning?	
What are some tools that can help you space your learning?	

**What is the difference between recognition and recall? Which is tougher?**

# AP PSYCHOLOGY: 40 CASES ASSIGNMENTS

**Directions:** Access (in my google classroom) or download for free “Forty Studies That Changed Psychology,” by Roger R. Hock (any edition is fine) which is in PDF form. Pick (5) cases from the list below and after the reading, you are to **complete the questions below**. Your summaries should reflect your ability to critically analyze material. Be detailed, specific, and use your own words (no plagiarism or group work is allowed).

**Directions:**

Answer EACH question below for (5) chosen studies (see choices below). This should be completed in a Google Document.

1. Explain the basic purpose of the experiment (research method) used in the study.
2. State the operational definition of the research question.
3. Describe and summarize the method that was utilized. Be specific.
4. Identify at least (1) ethical guideline applied by the researchers.
5. Summarize the results of the study.

**Grading:** Answers will be graded on clarity of thought, quality of ideas, and completeness (Do your answers reflect a thorough reading of the article? Did you address all of the questions asked above?). You will need to write more than a sentence for each of the above questions

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**Additional information:** Use your online textbook (Unit #1) for additional information on the following:

**Operational Definition:** a statement of exact procedures (operations) used in a research study. For example, human intelligence may be operationally defined as what the score on an intelligence test measures (IQ score). HINT: think, “How would I measure what is studied?”

**Research Ethics:** Informed Consent, Confidentiality, Protection From Harm, Debriefing

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**40 Case Studies:** Please choice any (5) from the following list BUT you must do at least (1) from the Learning and (1) from the Social category.

**BIOLOGY:** One Brain or Two

**LEARNING:** It’s Not Just About Salivating Dogs, Little Emotional Albert, Knock Wood!, or See Aggression...Do Aggression

**INTELLIGENCE:** Thanks For the Memories!

**HUMAN DEVELOPMENT:** Out of Sight, But Not Out of Mind

**EMOTION & MOTIVATION:** Life, Change & Stress

**PERSONALITY:** Masculine or Feminine

**SOCIAL:** A Prison By Any Other Name, The Power of Conformity, To Help or Not To Help, or Obey At Any Cost?