

AP Psychology Summer Assignment **Study Like a Champ Flyer Project**

Purpose

Success in AP Psychology requires more than memorizing information—it requires understanding how learning works and applying evidence-based study strategies. This summer, you will read *Study Like a Champ* by Regan A. R. Gurung and create an educational flyer that teaches one of the study techniques discussed in the book.

This assignment will help you begin thinking like a psychologist by connecting research on learning and memory to your own academic habits.

Assignment Requirements

Step 1: Read

Read *Study Like a Champ* and identify **one study strategy** that you believe is most effective for improving learning.

Examples may include:

- Retrieval Practice
- Spaced Practice
- Interleaving
- Elaboration
- Dual Coding
- Self-Testing
- Metacognition
- Growth Mindset
- Reducing Cognitive Illusions

Step 2: Create a Flyer

Design a visually engaging **one-page flyer** that teaches others how to use your chosen strategy.

Your flyer should include:

- ☐ Title of the Study Technique
- ☐ Definition of the Technique
- ☐ How It Works
 - Explain the psychological principles behind the strategy.
- ☐ Research Connection
 - Include at least one finding, example, or idea from *Study Like a Champ*.
- ☐ Real-Life Application
 - Show how another student could use this strategy in an AP Psychology course.
- ☐ Visual Elements

- Images, graphics, diagrams, charts, or illustrations that enhance understanding.
- ☐ Why It Matters
- Explain how this technique improves learning, memory, or academic performance.

Step 3: Personal Reflection

At the bottom or back of your flyer, write a brief reflection (150-200 words):

Reflection Prompt:

Which study strategy did you choose and why? How might this technique improve your own learning during AP Psychology this year? Describe a specific situation in which you plan to use it.