

This is what **INDEPENDENT LEARNING** looks like in

PSYCHOLOGY

AFTER EVERY LESSON

1. Review your notes: Spend time after each lesson reviewing and summarising your notes to ensure you have grasped the key concepts.
2. Complete assigned readings: Ensure you finish any textbook or journal readings related to the lesson.
3. Engage in active learning: Create mind maps, flashcards, or summaries to reinforce the material covered.
4. Practice questions: Answer any practice questions or quizzes provided to test your understanding. These can be accessed from the AQA website along with other useful resources such as examiner reports, specification and other assessment materials which also gives mark schemes:

<https://www.aqa.org.uk/subjects/psychology/as-and-a-level/psychology-7181-7182>

WEEKLY

Make sure that you complete weekly homework tasks promptly to avoid falling behind. Embed your understanding with review and practice activities:

- Take practice quizzes and tests available on online platforms to reinforce your knowledge.
- Participate in online discussion forums or study groups to discuss recent lessons and clarify doubts.
- Write brief summaries or reflections on what you've learned to enhance retention.

REGULARLY

EVERY 2-3 WEEKS

Revisit, Revise, and Review - read posts and watch videos on previous topics to help you review and revise the previous two weeks of work:

- Re-read key sections from your textbook and class notes.
- Online Courses and Tutorials: Enroll in MOOCs, SENECA or watch video lectures (TED talks) on specific psychology topics to reinforce their learning.
- Here are some useful websites:
<https://www.youtube.com/@tutor2u-official>
<https://www.youtube.com/@BearitinMIND>
<https://www.youtube.com/@PsychBoost>
- Update and refine your study aids, like flashcards or mind maps, with new information and insights.

PERIODICALLY

AT LEAST ONCE EVERY HALF TERM

- Conduct a comprehensive review session covering all topics studied so far. Create a summary of key points for each topic.
- Complete past paper questions or mock exams to identify areas of strength and weakness.
- Schedule a one-on-one meeting with your teacher or a study buddy to discuss any persistent challenges or questions.
- Engage in a self-assessment to track your progress and adjust your study plan as needed.

