

TUTOR STUDY TIPS: PSYCHOLOGY

READ/SKIM THE TEXTBOOK

Textbooks can oftentimes be lengthy and wordy, but they provide essential information.

Suggestions:

- Read the chapter that corresponds with the topics learned for each lecture.
- If reading the entire chapter becomes difficult, skim the chapter and highlight key people, terms and concepts. Usually, the textbook will have this important information in **Bold** or *Italics*.



USE IMAGES

In psychology specifically, a lot of concepts are depicted through images.

Suggestion:

- Use images as a reinforcement. After reading the textbook, it can help to have a visual aid to reinforce what was read.

Example: Pavlov's Classical Conditioning

This image illustrates Pavlov's **classical conditioning theory**. After reading the textbook, we can review this image to visualize the concept more easily.

It depicts that prior to the dog being conditioned, it only salivated at the sight of food, and there was no response to the sound of the whistle alone. During conditioning, the whistle sounded while the dog was fed. Eventually, that led to the dog being conditioned to salivate at the sound of the whistle, without seeing food.

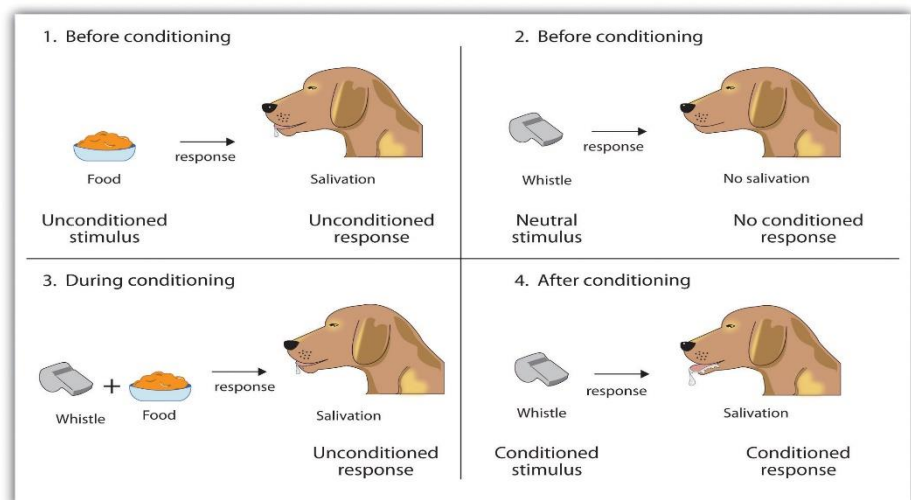


Image from <https://open.lib.umn.edu/intr 1>

FOCUS ON KEY VOCABULARY AND CONCEPTS

There are a lot of significant people, terms and concepts to learn in psychology. It can be hard to remember every detail in the textbook.

Suggestion:

Ask and answer questions as you read, to help you decide which information is most important, and why.

Example: Sigmund Freud is known as the “father” of psychology and there is a lot to learn, not only about him and his history, but about his work too. A great start would be to look at **who** he is. **What** was he known for? **Why** is that theory or concept so famous or important? This can be applied to almost all psychologists and concepts.

- Sigmund Freud was known for his **psychoanalysis** theory. Psychoanalysis is a set of theories that deal with the unconscious mind and which together form a method of treatment for mental disorders.
- Also, psychoanalysis is important because it helps us distinguish our fantasies and desires from reality.

RELATE MATERIAL TO REAL WORLD EXAMPLES

Psychology is the study of mind and behavior, and a lot of topics and concepts can be related to either ourselves or the world around us. By relating the material we learn from lectures and textbooks to ourselves or the world around us, we see the importance of these concepts. It also helps us not just memorize to recall but memorize to learn.

Suggestion:

When reading about a concept, such as the Bystander effect, stop and think. **How is this concept applied to the world around us? Why is this important?** Oftentimes, by doing this, it is easier to see just how relevant this information can be to us.

Example:

The **Bystander effect** is a social psychological theory that states that individuals are less likely to help a victim when others are present. This is a theory we see almost every day. When we see an act of crime being committed, people record it on their phones instead of intervening to stop the crime or help the victim out.

Being able to relate this concept to the real world will not only help us learn the concept better, but it will be easier to recall later as well.