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| What is a learning style? | The particular way in which a person takes in information |
| What are visual learners? | People who learn best by seeing, reading, and looking at images |
| What are auditory learners? | People who learn best by hearing and saying things out loud |
| What are tactile learners? | People who need to touch objects in order to learn about them |
| What are kinesthetic learners? | People who prefer to learn by doing and being active |
| What are social leaners? | People who prefer to learn with other people or in groups |
| What is a mnemonic? | a strategy or trick for aiding memory |
| What are the four types of students found in introductory psychology courses? | 1. Freshman that coasted through High School 2. Freshman that struggled through High School 3. Advanced student taking an elective 4. High School students taking college credit |
| Of the four kinds of students taking an Introductory Psychology course, who is likely to get a good grade? | The freshman who struggled through high school because these students had to learn how to study and take good notes previously. |
| What is the research design of a study with the following hypothesis:  Hypothesis: the attitude that students have  toward studying in introductory psychology can  be correlated with their final grades. | Pseudo-experimental correlational study |
| What is a correlation? | A measure of the relationship between two variables |
| What makes a design “pseudo-experimental”? | A study is pseudo-experimental when the variables are not manipulated and the experimenter is simply observing two naturally changing variables. |
| A researcher develops a study that seeks to explain which group of students will do well in an introductory psychology course. The hypothesis of the study is that the attitude that students have toward studying in introductory psychology can be correlated with their final grades. The research design is a pseudo-experimental correlational study. What would need to be done to make the study a true experimental design? | To make the study a true experiment there would have to be two separate groups of students, one group where we controlled the study habits to reflect students who need to work for grades and one group where we controlled the study habits to reflect students who did not have to work for grades. |
| What are the five things that every student needs to know to do well in any college course? | 1)One’s particular learning style  2)How to read a textbook and take notes so it’s understandable the first time  3)How to take notes during lectures  4)How to study for exams  5)How to write term papers |
| What are the five kinds of learners? | Visual learners  Auditory learners  Tactile learners  Kinesthetic learners  Social learners |
| What are the four types of learning styles? | * Visual/verbal * Visual/nonverbal * Auditory * Tactile/kinesthetic |
| List a study tip for Visual/verbal learners | * Use different colors of highlighter for different sections of information in text or notes * Use flash cards or main points or key terms * Write out key information in whole sentences or phrases in your own words. * When looking at diagrams, write out a description. * Use sticky notes to remind yourself of key terms and information, and put them in the notebook or text or on a mirror that your use frequently. * Visualize spellings of words or facts to be remembered. * Rewrite things from memory. * Study alone in a quiet place. |
| List a study tip for visual/nonverbal learners | * Make flash cards with pictures or diagrams to aid recall of key concepts. * Make charts and diagrams and sum up information in tables. * Use different highlighter colors for different information but do symbols and diagrams as well as key terms and ideas. * Visualize charts, diagrams, and figures. * Redraw things from memory. * Study alone is a quiet place. |
| What are the functions of the frontal lobe of the brain? | -planning  -personality  -memory storage  -complex decision making |
| List a study tip for auditory learners | * Join or form a study group or find a study partner so that you can discuss concepts and ideas. * Talk out loud while studying or into a tape recorder that you can play back later. * Make speeches. * Tape the lectures. Take notes on the lecture sparingly, using the tape to fill in parts that you might have missed. * Read notes or text material into a tape recorder or get study materials on tape and play back while driving or doing other chores. * When learning something new, state the information in your own words, out loud or to a study partner |
| List a study tip for tactile/kinesthetic learners | * Sit near the front of the classroom and take notes by jotting down key terms and making pictures or charts to help you remember what you are hearing. * When you study, read information out loud while walking back and forth. * Study with a friend. * While exercising, listen to tapes that you have made containing important information. * Write out key concepts on a large board or poster. * Make flash cards, using different colors and diagrams, and lay them out on a large surface. Practice putting them in order. * Make a 3-D model. * Spend extra time in the lab. * Go to outside areas such as a museum or historical site to gain information. * Trace letters and words to remember key facts. * Use musical rhythms, as memory aids, putting information to rhyme or a tune |
| How many lobes does the brain have? | four |
| Where is the frontal lobe of the brain located? | In the front of the brain and includes everything in front of the central sulcus. |
| What region of the brain is most commonly injured following mild to moderate traumatic brain injury. | The frontal lobes |
| What does SQ3R stand for? | Survey, Question, Read, Recite, Recall/Review |
| What is the number one excuse that people give for not following the SQ3R method? | It will take too much time. |
| What is the purpose of reading in the SQ3R method? | Reading to understand and to remember but most importantly reading to find an answer to your questions. |
| Why is it incorrect to believe that the SQ3R method will take too much time? | It only takes time at the beginning to learn the method. Once you learn the method you will be able to learn the material much more quickly than your peers who do not use this method. It saves time in test preparation and studying as you will already know the material. It saves time in reading the material as you will know how to read more effectively the first time through the reading. |
| What is the purpose of surveying in the SQ3R method? | 1)it helps you form a framework in your head that helps you organize material  2)when you can connect one idea to others in your memory you increase your ability to remember the new material  3)Surveying is like studying a “road map” prior to taking a trip to a new location |
| What is the purpose of forming questions in the SQ3R method? | To improve one’s reading so that you are reading to find the answer to the questions. |
| What is the purpose of reciting in the SQ3R method? | It helps you to remember the information. |
| What is the purpose of the recall/review step in the SQ3R method? | It helps you know what you have learned and what you still need to work on further. |
| What are some ways to review in the SQ3R method? | * Take practice quizzes * Read the chapter summary in detail * Try to recite out loud what you remember. |
| How often should you take a break when Questioning, Reading, and Reciting in the SQ3R method? | Every 10-20 minutes or after 2-3 sections. |
| What is the best way to take notes while reading? | Make an outline.  Do not highlight or underline. |
| What should be included in your survey? | Look at outlines, opening questions, learning objectives  Look at tables, figures, graphs, cartoons  Read headings of each section  Read the chapter summary |
| How much higher was the grade of students who used hand written notes as compared to students who highlighted printed out notes? | On average, students scored one letter grade higher when they used handwritten notes as compared to highlighting printed out notes |
| How should auditory learners approach taking notes during lecture | Auditory learners should tape record notes during lecture |
| What is the worst way to take notes during reading the text? | Highlighting and underlining.  Don’t do it! |
| How should students take notes during the lecture? | Have your notes from the reading in front of you.  You should have left lots of space in your reading notes.  Add information from the lecture into your reading notes in the appropriate areas. |
| When is it appropriate to use a highlighter? | Visual/verbal learners might use highlighter to color code their notes as a means of organizing their hand written notes but never as a means of taking notes to start. |
| How should an individual take notes while reading the text | * write down the main points and vocabulary terms in your own words as much as possible * Follow the SQ3R method * Follow your personal learning style |
| Why is it helpful to write notes in your own words? | It aids in memory by linking the new material to other material already stored in your memory. |
| Why would it be helpful to learn the exact phrasing of vocabulary words in this course, rather than putting vocabulary terms in your own words? | I will ask for vocabulary questions on exams in the exact phrasing the text uses. |
| What are important things to remember about the timing of studying? | Build study time into your schedule  Plan in advance to avoid emergencies |
| What are the three types of tests | Factual  Applied  conceptual |
| How can knowing the type of test help you prepare for the test? | If you know what kind of questions are on the exam you will better know how to study for the exam. |
| How should you study for multiple choice and true/false questions? | You should be familiar with the wording of concepts and definitions. |
| How should you study for short answer or essay questions? | Be able to connect multiple concepts and explain them in your own words. |
| What must you know for factual tests? | You must remember specific facts from the material |
| What must you know for applied tests? | You must apply what you know to answer a question |
| What must you know for conceptual tests? | You must think about concepts and demonstrate that you understand them by answering questions. |
| What are two physical needs to address in regard to test preparation? | 1. Get proper sleep 2. Eat a nutritious breakfast (and regular meals) |
| What is the SQ3R method for studying? | Survey: Skim your notes  Question: Think of possible test questions  Read your notes  Recite the main ideas out loud  Review : summarize sections of material by making your own outline or flashcards |
| What are the 8 steps to writing a paper? | * Choose a topic * Do the research * Take notes * Decide on a thesis * Write an outline * Write a first draft * Let it sit * Write the revised draft |
| How does a linking mnemonic work? | Make a list of items that are linked in some way. |
| How does the peg word mnemonic work? | First memorize a list of peg words. Then use these as peg words to associate the other words. |
| How does the Method of Loci mnemonic work? | It is used to keep track of arguments in speeches. Specific points are placed mentally at locations throughout the room. |
| What is the other name for the method of loci? | Roman Room method |
| What is the verbal/rhythmic organization mnemonic? | Phrases, sayings, rhymes, that help with memory. |