

HOW TO CREATE A GREAT STUDY GUIDE

(AND HOW TO USE IT TO ACE THE EXAM)

The study guides provided to you are the key to your success in this course! The study guide is a list of every concept or term that you should learn throughout this course – and is an all-inclusive list of the topics that will be covered on your quizzes and exams. On the study guide, we've already provided you with a basic definition and any additional key facts about every term in a tone similar to how it would be discussed in a lecture. There's also a column for additional information – this is where YOU come in!

The additional column is for one or more of the following uses:

1. **A definition of the term/concept in your own words.**
 - Re-writing and paraphrasing a definition is a great way make sure that you understand the meaning of the term. One of my favorite college professors once told us "If you can't even put it in your own words, you don't know what the hell it means and have no business using the term." Turns out, they were right... and research supports the benefit of this extra processing as a benefit to understanding.
2. **An example of the concept (if it is applied)**
 - Generating an example of a concept shows you that you understand how it can be applied. One major reason you're all taking psychology is to learn how it is applied in everyday life. Generating an example requires that you understand the meaning of the term and makes better (and more) connections that provide a great benefit to your memory of the term for the exam and beyond.
3. **Using the term in your own unique, applied sentence.**
 - Making a personal connection with the term by using it in your own sentence is another way to make better connections with the meaning that provide a significant boost to your memory for it. If we can make a concept/term more personal, part of the memory is already activated any time we think about ourselves (which is surprising more than we'd like to admit).

See some examples of completing the study guide in different ways below:

Long-Term Memory Systems		
1. Declarative/Explicit Memory	• Memory system that requires conscious attention for encoding to occur	An effortful type of memory that we try to create versus one that just happens.
Semantic Memory	• Memory for factual information	An example of a semantic memory is this definition for the term.
Episodic Memory	• Memory for events in our life	My episodic memory for what happened on my 21 st birthday is a little hazy.

RE-WORDED DEFINITION

APPLIED EXAMPLE

USED IN A SENTENCE

To help you with this step, we recommend watching the lecture video WHILE you fill out the study guide for each term. Think of this as taking notes while in class (only we've already given you a head start with what's provided on the study guide). The lecture video doesn't follow every study guide word-for-word, but you can jump around your study guide to fill in whatever is being discussed at the moment. Since it's a video, you can always pause, rewind, or fast-forward to help find the concepts you need help with on the study guide. The lecture videos may not cover every term on the study guide (in the interest of trying to create a more concise video) so you can always use the optional eBook or free online textbook linked on iCollege to help you dig a little deeper to fill in all of the blanks on the study guide.

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[see next page for specific requirements]

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A Loxley



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