

Self-Supported Study in **Psychology**



EVERY LESSON

Before:

- Bring your folder, current notes/folder to every lesson.
- Complete homework and study actions below & bring that work/evidence with you.

During:

- Be ready to answer questions on the previous lesson's content & previous topics.
- Actively engage in the lesson: listen to the teacher; participate in activities with 100% effort; make notes; share your answers/ideas; respond to feedback.
- Be ready to make links to Research Methods & Economic Implications.

After:

- Organise your folder by putting all work from the lesson in the correct place.
- Write revision notes on the content of every lesson, using your notes and textbook.

WEEKLY

- **Homework:** details & deadlines on BromCom/Teams.
- **Read** the relevant pages of your textbook and add to your class notes.
- **Create a revision resource for a previous topic:** flashcards, quiz, mind map.
- **Learn the key terms.**
- **Exam practice:** use the AQA website or your textbook to complete past exam questions & self-assess.

EVERY 2 WEEKS

- **Complete wider reading** from the list provided by your teachers.
- **Write an essay** on a current topic: self-assess, then peer-assess.
- **Retrieval practice** of previous content: write out what you remember without looking at your notes, check against your notes/textbook, then correct in a different colour.

What to do if you do not understand something:

- Ask another student in your class.
- Ask the teacher in lesson.
- Email the teacher

RESOURCES

[Seneca](#) (join with class code)
[Physics & Maths Tutor](#)
[Psych Boost](#)
[Simply Psychology](#)
[AQA Past Papers](#)
[Tutor2U](#)