



How can I study for Psychology?

Psychology Specific Study Advice

- You can find Psychology past papers for free at www.sqa.org.uk/pastpapers.
- Several National 5 and Higher books can be found both online and in local bookshops, as well as in the school library. Textbooks such as 'Leckie, N5 and Higher Student Book' and 'Practise and Pass Higher Psychology' by Jonathan Firth are excellent resources. As well as course content, these also contain additional exam style questions for private revision purposes.
- Miss Barrie's 'Teams' page contains all the course materials you will need for the year. They are chunked into manageable sections and contain some useful revision tips. Remember to check this regularly!
- A great resource for flashcards and revision can be found at <https://www.brainscape.com/subjects/higher-psychology>

General Study Advice

- You should keep a track of your strengths and the areas you need to work on. Make sure you note down your teacher's individual and whole class feedback.
- Do more of what you're already doing in class: timed exam practice, making notes on your topics, planning essays etc.
- Condense your notes into a more manageable format: use highlighters, create mind maps, make posters and use post-it notes.
- Collaborate with your friends on shared documents via OneDrive. You could use this to create a shared set of notes on your different topics.
- Set up a study group with pupils who are working at the same level. This will motivate you and you will benefit from the range of strengths in the group. Share your revision materials and strategies in person or online.
- Create a weekly or monthly study plan. Make sure you give attention to each part of the course "little and often": study in a regular pattern but only for short bursts of time. For example, fifteen minutes on each of your topics twice a week until the exam is better than hours and hours in the couple of days before the exam.