



FUNDAMENTAL FOUNDATIONS

A PEER LED STUDY-BY-SUBJECT GUIDE

INTRODUCTION TO PSYCHOLOGY

GETTING STARTED

"Intro. to Psychology will teach the students how to become analytical thinkers. The course is designed to help students think outside of the box. Students will learn that sometimes there is more than one solution to a problem. Understanding this encourages the students to develop their own reasoning to solutions." Anh L., Health Psychology '14, peer tutor

"Introduction to Psychology covers a broad range of topics, each of which relate to other classes, daily life, and an understanding of basic human behavior. Everything learned in the class can relate to many aspects of life and success in one's career. The knowledge gained from Intro. to Psychology is imperative to the success of any future healthcare professional because dealing with people requires a basic understanding of how they think and work." Lindsay S. Health Psychology '14, peer tutor

ACTIVE LEARNING STRATEGIES

- Start reading the required material from day one. Don't lag behind.
- Come to class as often as possible. This will save you time because it helps you understand the material.
- Keep an organized binder specifically for Intro to Psychology. This will help keep you focused.
- Stay on track with your assigned readings. Read before class because it enables you to come up with questions to ask the professors and the tutors, both during and after class.
- Since many concepts relate to one another in psychology, it is helpful to visually map out their relationships to understand how they relate to each other and to your daily life.
- Pay attention to how vocabulary words are used in the context of stories and examples. Vocabulary can't be fully understood through memorization because it usually needs to be explained with examples.
- Study and be able to apply concepts. The ability to apply the concepts from the book and from class to real life situations usually indicates that you are beginning to understand the material.
- Review key concepts and vocabulary. Create and study examples of these ideas.
- Be sure to learn using multiple methods because it will help to reinforce the information you are learning. For example, use videos on YouTube to visually see the concepts that were introduced in class.
- Explain what you are learning to your friends. Provide clear examples and scenarios.

TACKLING THE TEST

These exams require critical thinking and application. To be successful, you must know how to apply the course material to scenarios and be able to explain how and why certain things are the way they are.

You also must be prepared to provide examples of what you've learned in regards to course concepts and vocabulary. Simply memorizing concepts will not lead to understanding or success.

DO'S AND DON'TS

Do...

- Start reading the required material from the first day of class and be sure to read before class.
- Teach the material to someone else using examples. When you can explain it correctly to a friend, you will be more likely to remember the information.
- Be open to learning new concepts and apply them to examples of real-life situations.
- Attend peer tutoring regularly. Come prepared with a list of questions and topics you would like to review during the tutoring session.
- Make connections between other courses. Psychology relates greatly to what you are learning in the other courses you are currently enrolled in.

DON'T...

- Solely memorize vocabulary terms. Terms are used in context on an exam and responses require more than just a definition to merit credit. Be able to explain or have an example to support the terms.
- Fail to see the professor or seek help from tutors throughout the semester.
- Only rewrite your notes and read, and then assume you are well prepared for the test. After rewriting and reading, quiz yourself and ask questions. It is important to challenge yourself.
- Fall behind on your readings. This will put you behind in the course and make it difficult to keep up and to follow along in class.

MEMORY TIPS

- Make flashcards to learn the concepts. On one side, write the term. On the flip side, write the explanation and an example to help you grasp the idea. Flashcards alone do not help you learn the relationships between concepts, so remember to learn the material using additional learning strategies.
- Map out the relationships between concepts to further understand how they relate to one another.
- Create mnemonic devices to remember sequences or related topics.
- Apply what you are learning to everyday life, real life examples, and other classes.

FINISHING YOUR FOUNDATION

"When you become a health-care professional, the skills that you have acquired from this course will help you excel in your area of expertise. Introduction to Psychology is a stepping stone that will progress you to other areas of learning." Anh L., Health Psychology '14, peer tutor

Please note: This handout is a compilation of resources provided by peer tutors and academic support professionals. This information is meant to supplement recommended learning strategies provided by course professors, peer tutors, the Math Center, the Writing Center, and the Academic Resource Center. They are not intended as a replacement for MCPHS University resources, faculty and staff, class attendance, course syllabi, or course materials. For additional information, please contact the Academic Resource Center at 617.732.2860.