

When studying Psychology A-level, it is important that you not only attend all of your lessons and complete all of your homework, but that you are also doing independent study. We would recommend that you are spending at least 5 hours a week on your independent study. In order for this study to be of maximum benefit it is important that you do a range of different activities, you should be doing some from each of the boxes below. In addition, if you would like to stretch yourself beyond the A-level curriculum then have a look in the super-curricular box for ideas.

Content

One important part of independent study is making sure you have learnt all of the content, below are some suggestions of things you can do to help learn the content in Psychology A-level:

- ✓ *Creating Quizlets*
- ✓ *Testing yourself using Quizlet*
- ✓ *Creating mind maps*
- ✓ *Creating summary sheets*
- ✓ *Create flash cards*
- ✓ *Get someone else to test you (using your flash cards, class notes or the text book)*
- ✓ *Making/remaking class notes*
- ✓ *Highlighting/ colour coding your notes*
- ✓ *Using a revision wall to display your learning*
- ✓ *Reading through class notes*
- ✓ *Using resources on the Class Team or Catalogue*
Link: [KS5](#)
- ✓ *Reading course textbooks and summarizing what you've read*
- ✓ *Completing questions in the textbook*

Skills

Another important part of independent study is developing the skills to be able to succeed in the exams. Below are some suggestions to help you develop those skills:

- ✓ *Writing exam answers under timed conditions*
- ✓ *Planning or writing out answers to exam questions using your notes/textbook (not timed). Link to past papers and markschemes: [Past papers](#)*
- ✓ *Reading model answers*
- ✓ *Buying one of the revision workbooks and completing the exam practice questions*

Feedback

The final important part of independent study is getting and using feedback. Feedback allows you to understand what it is you need to do differently next time in order to improve. Below are some ideas about how you can use feedback:

- ✓ *Marking your own work using a markscheme*
- ✓ *Studying markschemes or examiners reports*
- ✓ *Working with other students in groups/pairs*
- ✓ *Comparing model answers against your own work*
- ✓ *Creating your own exam questions*
- ✓ *Handing in extra exam work for marking*
- ✓ *One to one discussions with your teachers*

Super-curricular Psychology

If you were considering studying Psychology at university, or just really interested in the subject, then you could complete some super-curricular activities. These are things which go beyond what is covered in the curriculum and includes things such as watching relevant documentaries, listening to psychology podcasts, reading relevant journal articles and reading relevant books.

For up to date ideas look at the Psychology Padlet [CSF super-curricular: Psychology A-level \(padlet.com\)](#)