

## **Psychology: Top tips for Success at A Level**

### **Teacher tips:**

- Wider reading: PsychBlog and the BPS Research Digest online.
- Be organised – keep all of your class notes and homework in one place, along with any feedback you are given by your teachers. Have separate sections for each topic.
- Re-read your class notes at regular intervals throughout the year to consolidate your understanding of psychological theories and studies.
- Act on feedback given by your teachers to help you improve your work. Keep a note of the targets you are set and work towards addressing them.
- Apply your knowledge of psychology to real-life. Analyse news articles or real situations and try to use psychology to explain them.
- Practise writing elaborated paragraphs to evaluate theories or studies. Use PEA paragraphs: Point, Evidence and Analysis.
- Keep a glossary of key terms, with definitions and examples of how to use them in sentences. Practise using them in your conversations to gain confidence.
- Research areas of psychology which are not on the specification. For example, sport psychology, health psychology or animal behaviour are all interesting fields.
- Try to think like a psychologist by noticing interesting behaviour and using psychology to try to explain it.
- Manage your time and workload effectively throughout the year.

### **Student tips:**

- Use past exam papers and mark schemes to help you understand the format of the exams and how marks are allocated.
- Use the mnemonics and memory improvement strategies you learn about in the Memory unit to help you remember the information.
- Don't sit next to your friends in lessons; they may distract you!
- Try to make links between Psychology and the other subjects you study. There are plenty of links to science, history, sociology, politics, art, business, drama, health and social care, PE etc.
- Use a revision guide, such as one from the Collins range.