

## **STUDY GUIDE (DO IT YOURSELF!)**

Some students have a tendency to think that a study guide allows them to skip some “unimportant information” from the assigned readings. Well, I consider ALL sentences from your book to be important, so study EVERYTHING (I will not ask you about dates, years and names of people). However, you should ORGANIZE your study according to the STUDY GUIDE. The study guide in my class does not give you a green light to skip some parts; instead, the study guide just helps you ORGANIZE your studying of EVERYTHING in the book.

You shall create a study guide like this: extract ALL headings (sections) from the chapter that you are currently studying. Be prepared to discuss what is written in those sections of the chapter. The entire text is important to know, but you can emphasize bolded and italicized terms.

Even by merely creating the study guide on your own, you will learn something too. Let me give you an EXAMPLE about how to create the study guide on your own for each assigned reading. Consider the page 1 and page 2 of your textbook. This is what the study guide shall look like:

WHAT IS PSYCHOLOGY?

Be prepared to discuss everything written under that particular heading such as feelings, volitions, cognition/thinking/learning, etc. Do you have to go into some details beyond what is written in the book? No. You are responsible only for what is written in the book.

BIOLOGICAL PSYCHOLOGY: WHAT IS IT?

Same thing. Be prepared to discuss the material from that particular heading. Emphasize the concept of biological systems (bolded).

BIOLOGICAL SYSTEMS CONNECTED

Same thing. Study everything, emphasize immunity (bolded).

Notice that I extracted the headings from the book (WHAT IS PSYCHOLOGY? BIOLOGICAL PSYCHOLOGY: WHAT IS IT? BIOLOGICAL SYSTEMS CONNECTED). And that's your study guide -- an organization tool (without skipping anything).

**STUDENTS SHOULD NOT SEND ME THEIR STUDY GUIDES. I DO NOT NEED TO SEE THEM. THEY ARE FOR YOUR EYES ONLY.**

