

Advanced Placement Psychology  
DHP Daily Homework Plan

Introduction and Chapter 1  
Chapter Test September 19

The DHP is a guide to reading. Do not rely solely on review books, (Barons, Princeton Review etc) to help with the chapter tests.

There is solid research to show that **distributed practice as opposed to massed practice**, aka "cramming", is the most effective method to retain learned material over a long time. This means that small amounts spread over a longer time will result in retention for mid term exams, finals and even AP exams. Some students claim that if they cram the chapter just before the test, they remember better. While for some, this method of study may be effective, the facts show that they learn and quickly forget.

To encourage the thorough reading and constant review, I will utilize a spiraling technique for testing. Approximately 10% of each major test will contain material from previous chapters. This often makes a difference in one letter grade at the end of the marking period. Read your chapter, take notes, utilize the study guide, form a study group, prepare flashcards for new terms, names, and research studies.

Reading Schedule:

<u>Date:</u>	<u>Source:</u>	<u>Pages:</u>
Sept 5	Text	1-9
Sept 6	Text	10-15
Sept 9	Text	19-25
Sept 10	Text	26-31
Sept 11	Text	31-35
Sept 12	Text	35-38
Sept 16	Text	39-41
Sept 17	Text	42-47

**Sept 19**      **75 M/C Questions**

**TEST**