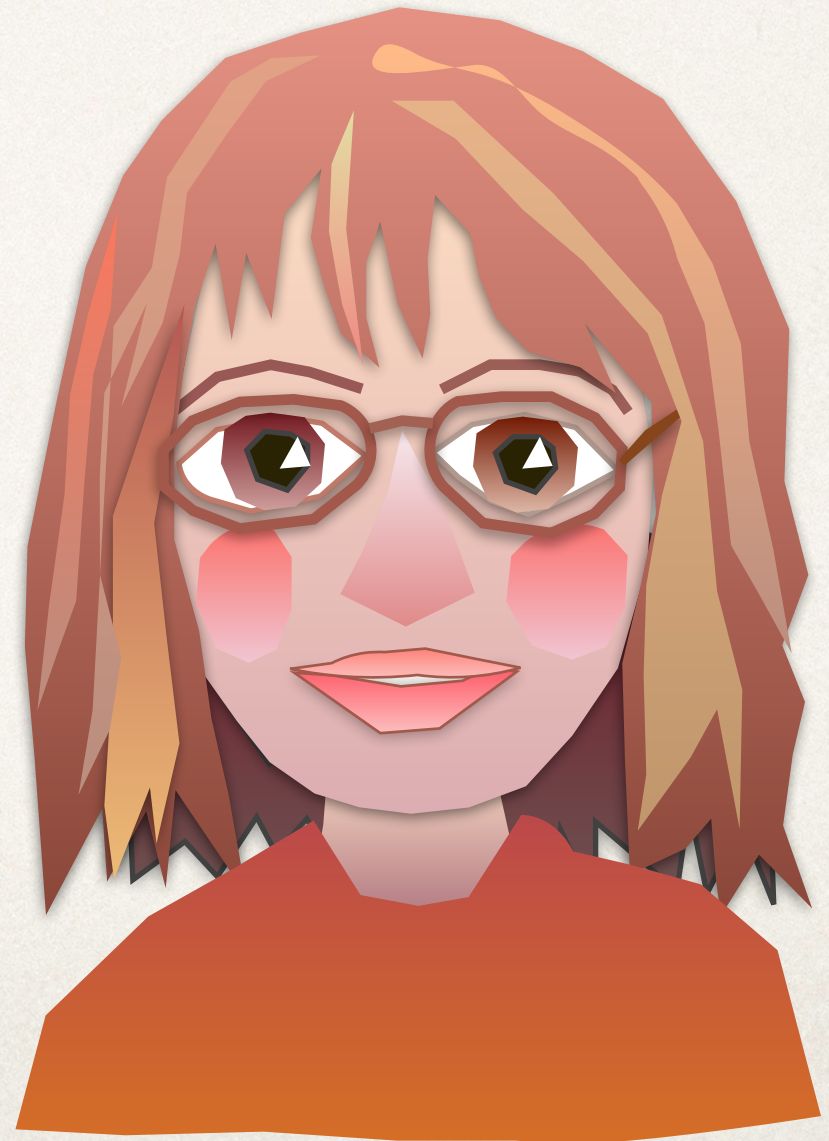
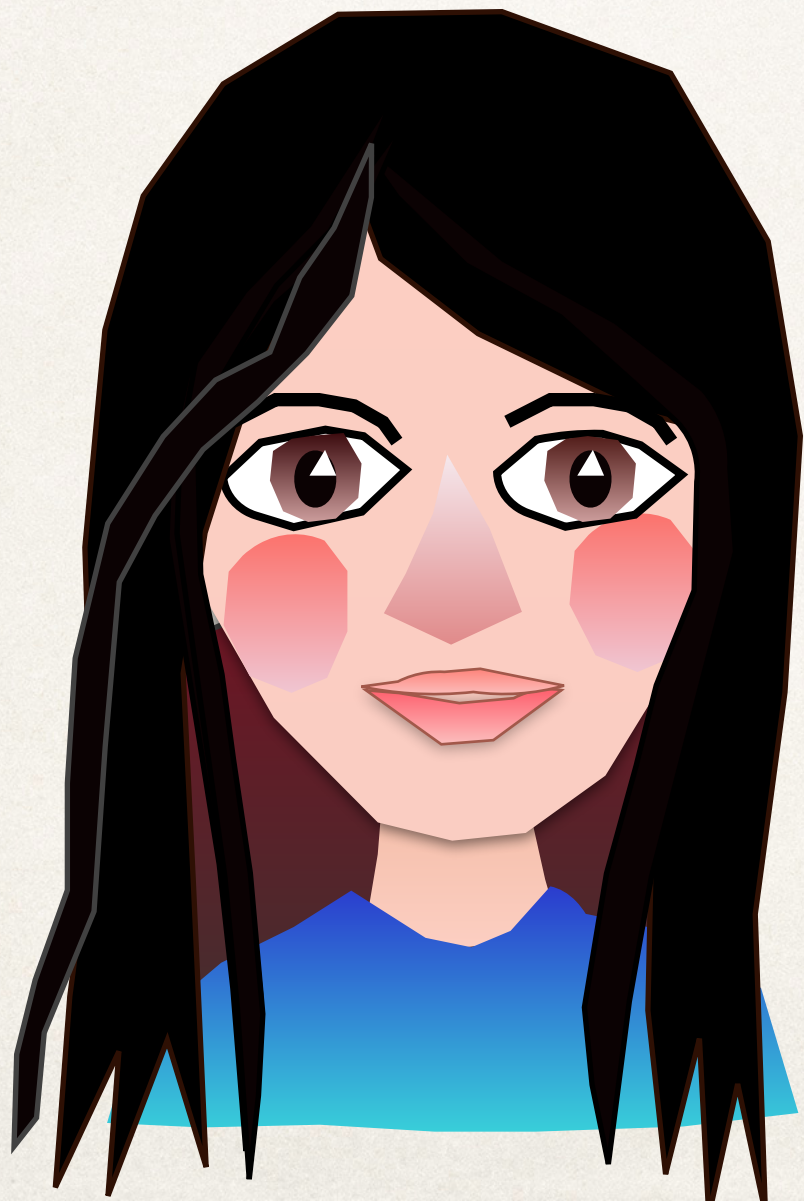
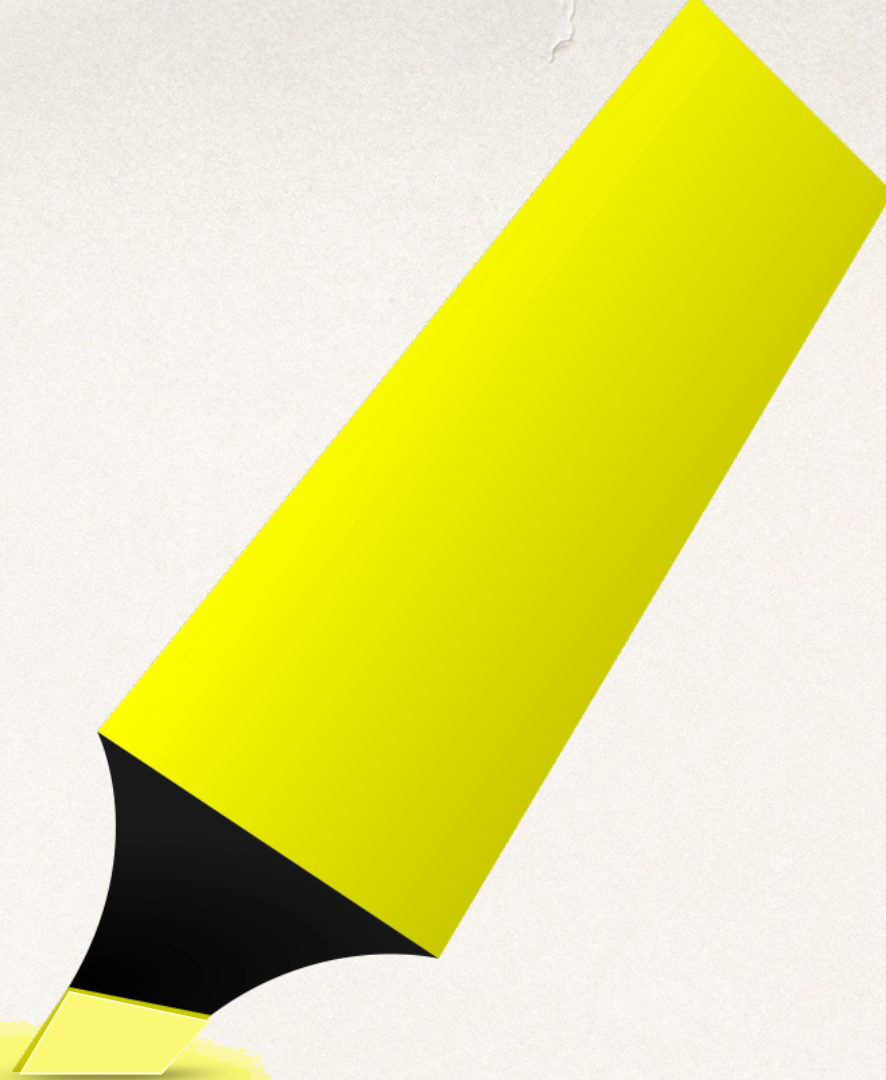


# Ms Corbo and Ms Green's advice for power learning – based on the principles of psychology

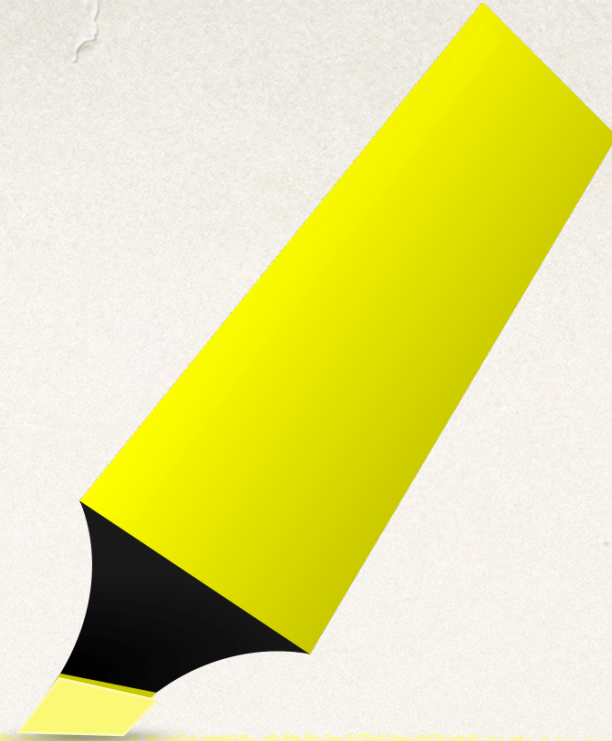






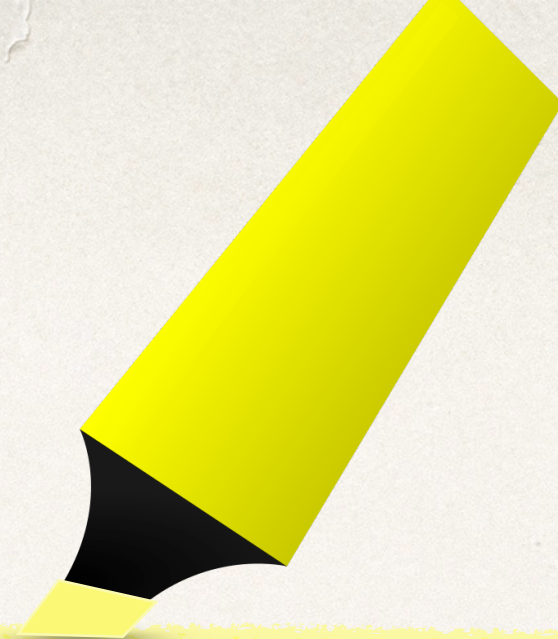
**Attention** is the first step  
required in creating a new  
memory.





**Attention refers to  
concentrating on some  
stimuli in your environment  
while tuning others out.**





**Attention is like a  
highlighter that allows you  
to focus on vital information  
from your environment and  
ignore the rest.**



**If you do not focus your attention on something, you cannot expect it to reach your long-term memory.**

**In fact, it will not even enter your short-term memory.**

---



**To learn in class, you  
must therefore be  
attentive.**

---

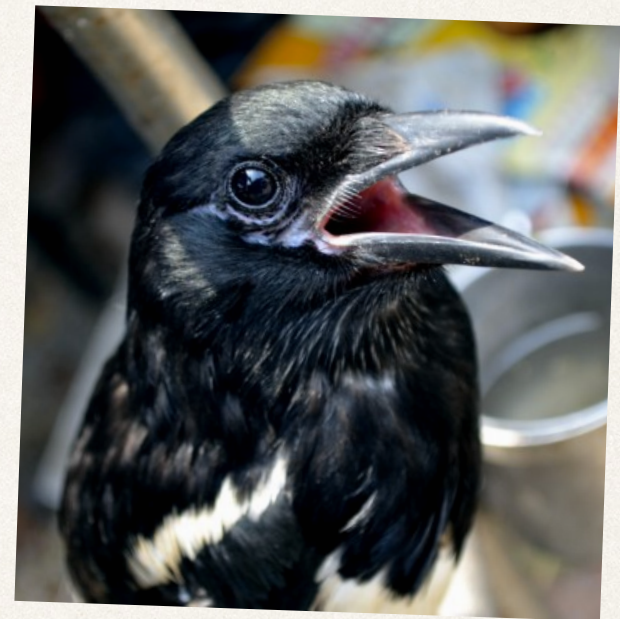


# Examples of inattention





# What causes you to become inattentive in class?





notifications

talking

passivity

inactivity

iPad games

tiredness

boredom

lack of system

random  
googling



**lack of system**

**passivity**

**The rest of this presentation  
will provide advice on how  
to combat these two causes  
of inattention.**



In order to overcome these two problems, you must:

- recognise the importance of attention and therefore...
  - become an active, systematic learner



**Attention → Short-Term Memory**

Listen, focus, rehearse, write down,  
ask and answer questions.

**Add Meaning → Long-Term Memory**

Be systematic, active and creative  
in your note-taking. Use categories,  
symbols, examples, analogies,  
pictures and quizzes.



**Long-Term Memory  
is founded on**

**MEANING**



# 1 Attention





# Focus attention

by reworking and  
reconstructing what you  
read and hear..



In the process, you will also

**add meaning**

to the new information.

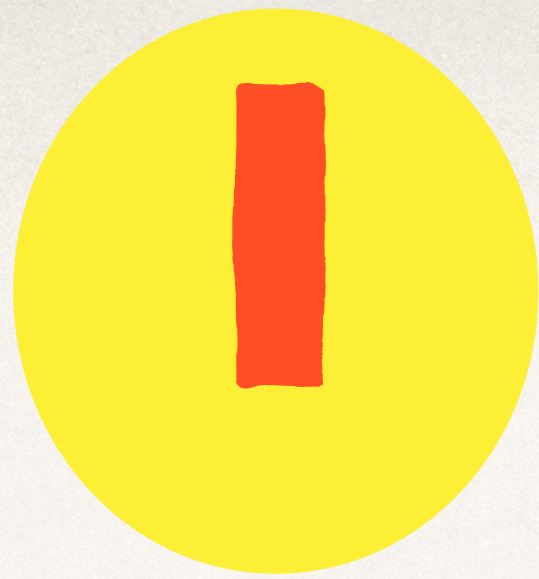


# Methods for

reworking and  
reconstructing what you  
read and hear...

---





Question it.  
Create  
questions that  
you can answer  
from what you  
have read.

---



**Example: You read:**

**The goals of psychology  
are to describe, explain,  
predict and control  
behaviour.**

---



# You ask:

- When might explaining human behaviour be useful?
  - Why is predicting behaviour important?
  - What kind of behaviour might a person wish to control?
-



2

# Put ideas into categories.

## Psychology

### Study of

- behaviour
- mental states (feelings and thoughts)

### Goals

- describe
- explain
- predict
- control behaviour

### Methods

- case study
- experiment
- survey/questionnaire
- naturalistic observation
- correlational study





Use different words to reformulate an idea.

behaviour = observable action  
feeling = emotion, affect  
thought = cognition, belief

---



4

Highlight the buzz words or key terms.

behaviour

feeling

thought

= observable action

= emotion, affect

= cognition, belief

mental states



5

Think of examples,  
analogies and symbols.

behaviour



kicking, playing,  
laughing

feeling



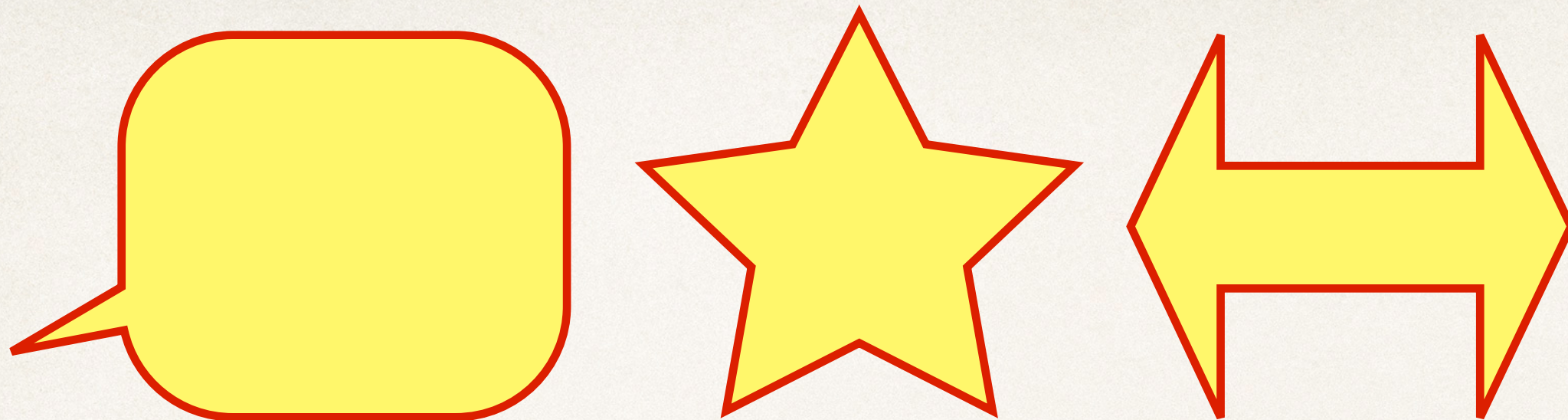
anxiety, apprehension

thought



idea, opinion

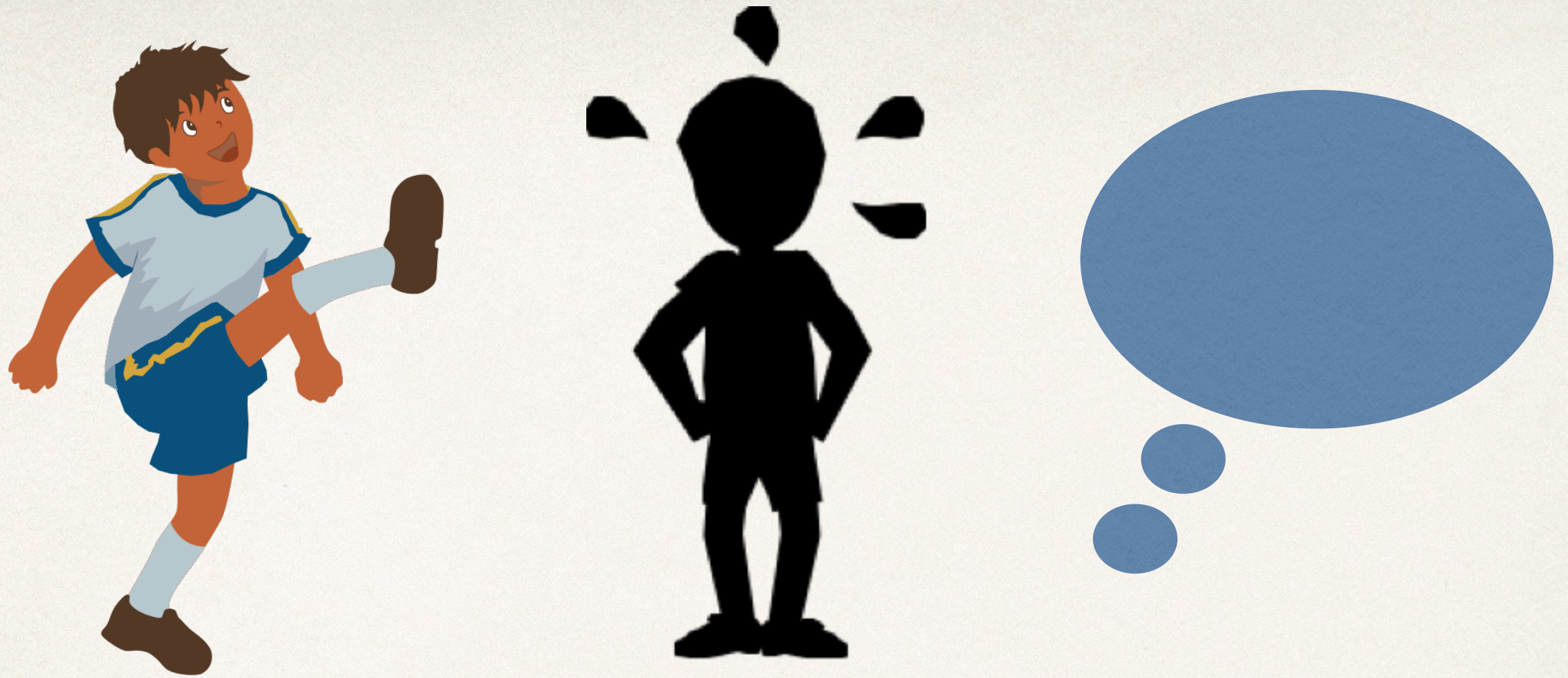




**Each time you think of an example,  
analogy, symbol, category or  
synonym, you are focusing on and  
then reconstructing new  
knowledge.**

---





**This process is called ELABORATION.**  
**It ensures that your new**  
**knowledge is well encoded in your**  
**memory and more easily retrieved.**





6

# Make yourself a CHECK QUIZ

behaviour | thought | feeling  
control | predict | describing

- a** A person with OCD might wish to \_\_\_\_\_  
distressing behaviour.
- b** Intense fear of contamination: e.g. of \_\_\_\_\_
- c** Constant hand-washing: e.g. of \_\_\_\_\_
- d** Person's belief that certain rituals will help  
protect self or family: e.g. of \_\_\_\_\_
- e** A person determining whether criminals should  
be paroled might wish to \_\_\_\_\_ behaviour.
- f** Note in patient record: Person undertakes  
frequent compulsive hand-washing: e.g. of \_\_\_\_\_  
behaviour



# ANSWERS

- a** A person with OCD might wish to control distressing behaviour.
- b** Intense fear of contamination: e.g. of feeling
- c** Constant hand-washing: e.g. of behaviour
- d** Person's belief that certain rituals will help protect self or family: e.g. of thought
- e** A person determining whether criminals should be paroled might wish to predict behaviour.
- f** Note in patient record: Person undertakes frequent compulsive hand-washing: e.g. of describing behaviour



2

# Overcoming passivity





with a  
SYSTEM...





# Use note-taking techniques that...

**1** add meaning to what you  
have heard or read

For instance, think of examples to  
help you understand or visualise a  
new concept.



# Use note-taking techniques that...

**2** help you to understand  
and remember the  
material better



For instance, use symbols,  
diagrams, pictures, tables  
and mnemonics, not just  
words.



# EXAMPLE: Psychology is the systematic study of...

**Behaviours**



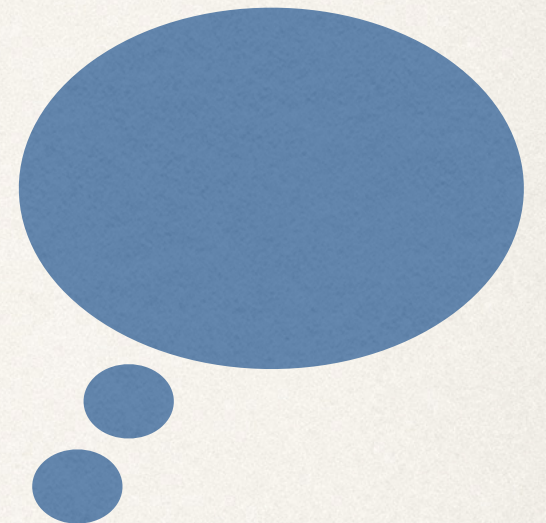
- compulsive hand-washing

**Feelings**



- anxiety about contamination

**Thoughts**



- belief that washing will protect one from contamination



# Use note-taking techniques that...

**3** allow you to notice and focus  
on the links between ideas  
and concepts

For instance, use a concept map  
with links, arrows and branches.







# Use note-taking techniques that...

**4** force you to focus on the key terms or “buzz words”

For instance, keep a running list of these words on the right of your page.



buzz  
words



## Brain Development in Infancy and Adolescence

### 1 Timeline of brain development

- Birth: about  $\frac{1}{4}$  of adult size; almost all **neurons** already present
- 6 months: about  $\frac{1}{2}$  of adult size
- 2 years: about  $\frac{3}{4}$  of adult size
- 6 years: 90-95% of adult size
- Mid-20s: full adult size but some parts still maturing

The genetically programmed development of the brain, which occurs in a predetermined sequence in all humans, is an example of **maturation**.

### 2 Myelination

- **Myelin** is the white insulating sheath that forms around many nerve fibres, allowing increasing speed of neural communication.
- The most intense **myelination** period is directly after birth. Adolescence is also important.
- Sensory and motor areas in the brain are myelinated first. Generally, the parts of the brain that are responsible for more complex cognitive functions are myelinated afterwards.

### Key Terms

- neuron
- maturation
- myelin
- synapse
- synaptogenesis
- branching of dendrites
- synaptic pruning
- frontal lobes
- prefrontal cortex

### Check Quiz

- Formation of new synapses:  
-----
- Tiny gap between neurons; site of



# Use note-taking techniques that...

**5** require your brain to pose questions and find answers

For instance, write yourself a “check quiz” during most classes.

Place it on the side or at the bottom of each page and use it for quick, structured revision.



# Brain Development in Infancy and Adolescence

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## 3 Synaptogenesis and synaptic pruning

- The **synapse** is the point of communication between neurons.
- Messages are passed from axon terminals to **dendrites**.
- **Synaptogenesis** refers to the formation of new synapses between the brain's neurons, a process which occurs as the more dendrites and more branches of dendrites grow after birth.

## Key Terms

- neuron
- maturation
- myelin
- synapse
- synaptogenesis
- branching of dendrites
- synaptic pruning
- frontal lobes
- prefrontal cortex

## Check Quiz

- Formation of new synapses: \_\_\_\_\_
- Tiny gap between neurons; site of communication between them: \_\_\_\_\_
- nerve cell that transmits neural impulses: \_\_\_\_\_
- fatty substance coating the nerve fibre and facilitating

buzz words

simple revision quiz



# Check Quiz - Example

survey

correlational study

case study

experiment

naturalistic observation

- a** A woman with a rare genetic illness provides details of its effects upon her.
- b** Year 11 psychology students are deprived of sleep for one night and their performance in a test is compared with that of students who were not deprived.
- c** The link between maximum daily temperature and car accidents is analysed.
- d** The flirting behaviour of young singles in a nightclub is investigated.
- e** Students fill in a questionnaire by the Department of Education to provide information about their attitudes to school.



# Check Quiz – Which research method?

**a** A woman with a rare genetic illness provides details of its effects upon her.

case study

**b** Year 11 psychology students are deprived of sleep for one night and their performance in a test is compared with that of students who were not deprived.

experiment

**c** The link between maximum daily temperature and car accidents is analysed.

correlational  
study

**d** The flirting behaviour of young singles in a nightclub is investigated.

naturalistic  
observation

**e** Students fill in a questionnaire by the Department of Education to provide information about their attitudes to school.

survey



# Use note-taking techniques that...

**6** lead to a legible and well organised workbook, so that revision is a straightforward and even inviting task.

For instance, use headings, subheadings and dot points; set out your notes clearly with colour coding.



# heading

## Brain Development in Infancy and Adolescence

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### Check Quiz

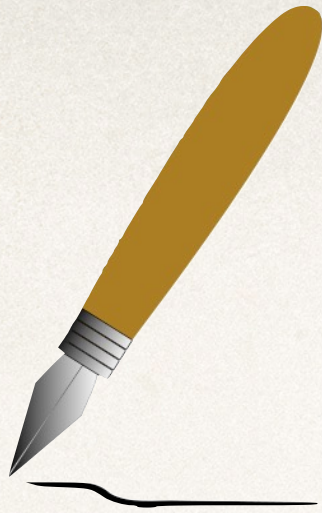
- Formation of new synapses: \_\_\_\_\_
- Tiny gap between neurons; site of communication between them: \_\_\_\_\_
- nerve cell that transmits neural impulses: \_\_\_\_\_
- fatty substance coating the nerve fibre and facilitating

buzz words

simple revision quiz

subheadings





Write legibly.



Be prepared to use a concept map when appropriate.

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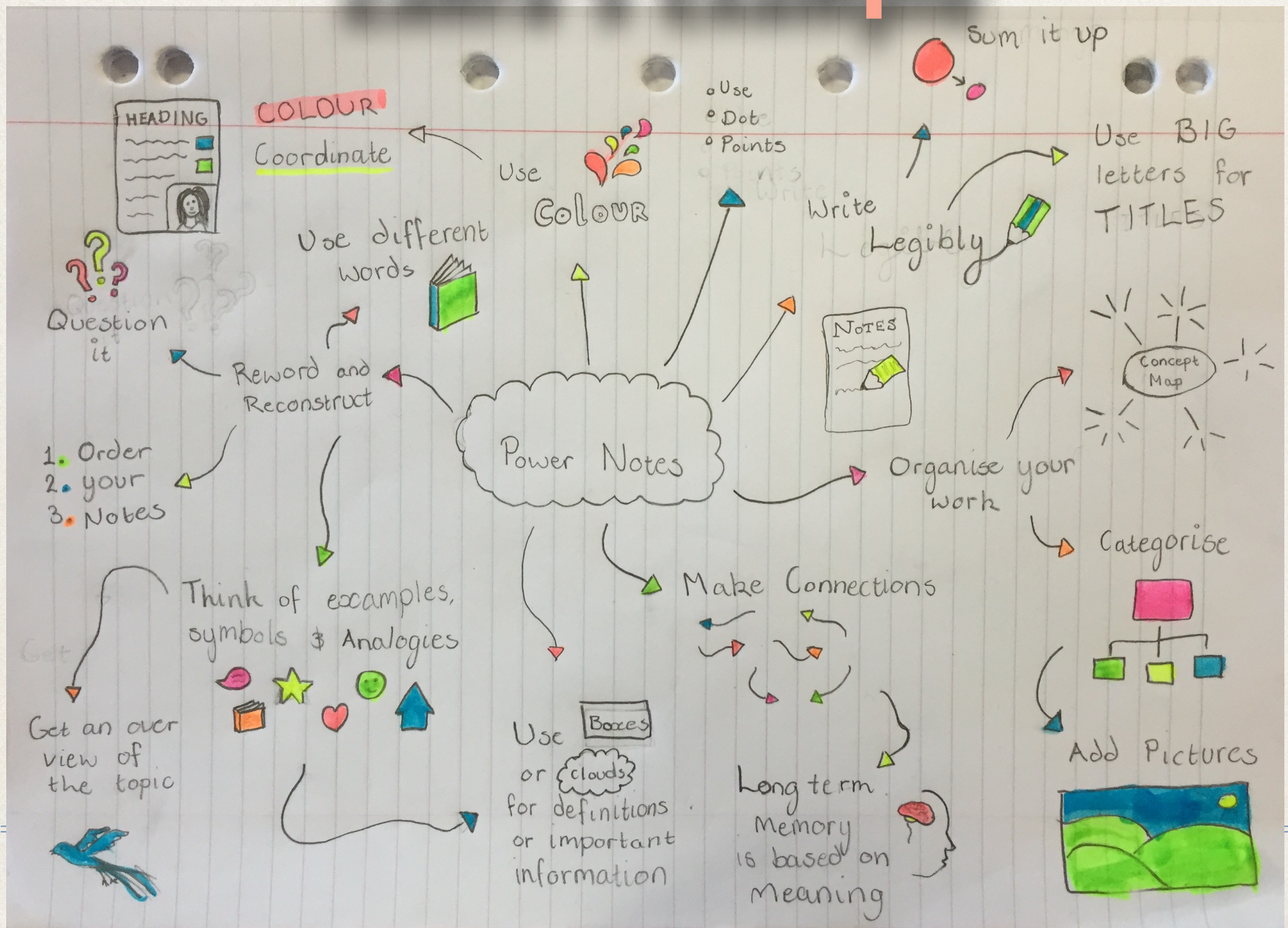
Choose clear, well defined headings and sub-headings.



Colour code.



# Zahra's Example





# Did you pay attention? – Match up Quiz

- 1 Short-term memory requires... **a** mental states.
- 2 Long-term memory is founded on... **b** case study.
- 3 Feelings and thoughts are... **c** belief.
- 4 A synonym for thought is... **d** meaning.
- 5 A research method in psychology is... **e** attention.



# Did you pay attention? – Match up Quiz

1 A behaviour is a/n...

a affect.

2 Using synonyms, examples and analogies are all methods of...

b naturalistic observation.

3 A synonym for feeling is...

c elaboration.

4 Exploring the link between crime and temperature might require a...

d observable action.

5 Observing children at play is an example of...

e correlational study.