



PSYCHOLOGY

3 WEEK STUDY PLAN

Week 1: Foundations of Psychology

Day 1: History & Approaches (Ch. 1 & 11)

- Read Ch. 1, Section 1.2 on the history of psychology.
- Study the biological, behavioral, cognitive, humanistic, and biopsychosocial approaches (Ch. 1.3, 7.1, 11.4–11.6).
- Summarize key figures and their contributions.

Day 2: Biological Bases of Behavior (Ch. 3 & 15)

- Read about the nervous system, neuroanatomy, and genetics (Ch. 3.1, 3.3–3.5).
- Study the endocrine system (Ch. 3.5).
- Review the biological etiology of psychological disorders (Ch. 15).

Day 3: Sensation & Perception (Ch. 5 & 9)

- Study the five senses and their receptor processes (Ch. 5.3–5.5).
- Review perceptual development (Ch. 9).
- Explore attention and perceptual processes (Ch. 5.1, 5.6).

Day 4: States of Consciousness (Ch. 4)

- Learn about sleep cycles, dreams, and sleep disorders (Ch. 4.2–4.4).
- Study hypnosis and meditation (Ch. 4.6).
- Understand the impact of psychoactive drugs (Ch. 4.5).

Day 5: Learning Theories (Ch. 6)

- Study classical conditioning (Ch. 6.2).
- Review operant conditioning (Ch. 6.3).
- Learn about observational learning and cognitive processes in learning (Ch. 6.4).

Day 6: Cognition (Ch. 7 & 8)

- Read about memory encoding, storage, retrieval (Ch. 8).
- Study problem-solving and intelligence theories (Ch. 7.3, 7.4, 7.5).

- Learn about language development (Ch. 7.2).

Day 7: Review & Practice

- Quiz yourself on Week 1 topics.
- Create flashcards for key theories and concepts.
- Summarize difficult topics in your own words.

Week 2: Development, Motivation, and Personality

Day 8: Motivation & Emotion (Ch. 10)

- Study theories of motivation (Ch. 10.1).
- Learn about biological bases of motivation (hunger, thirst, sex, pain) (Ch. 10.2–10.3).
- Review theories of emotion (Ch. 10.4).

Day 9: Developmental Psychology (Ch. 9 & 10)

- Review Piaget, Erikson, and Kohlberg's developmental theories (Ch. 9.2).
- Study nature vs. nurture & heredity-environment interactions (Ch. 9).
- Learn about gender identity & sex roles (Ch. 10.3).

Day 10: Personality Theories (Ch. 11)

- Study psychodynamic, trait, humanistic, and social-cognitive personality theories (Ch. 11.2–11.7).
- Review self-concept & self-esteem (Ch. 9.3).
- Learn about personality assessment techniques (Ch. 11.9).

Day 11: Psychological Disorders (Ch. 15)

- Study affective disorders (Ch. 15.7).
- Learn about anxiety and dissociative disorders (Ch. 15.4, 15.9).
- Review personality disorders (Ch. 15.11).

Day 12: Health, Stress, and Coping (Ch. 14)

- Read about stress & coping mechanisms (Ch. 14).
- Learn about how stress impacts health.
- Study preventive mental health strategies.

Day 13: Therapy Approaches (Ch. 15 & Therapy Notes)

- Review psychotherapy (CBT, psychodynamic, humanistic).
- Study biological treatments (medication, ECT, TMS).
- Learn about community mental health initiatives.

Day 14: Review & Practice

- Practice multiple-choice questions on Week 2 topics.
- Write short-answer summaries of complex theories.
- Watch psychology-related videos to reinforce concepts.

Week 3: Social Psychology & Statistics

Day 15: Social Psychology Part 1 (Ch. 12)

- Study aggression & antisocial behavior (Ch. 12.6).
- Learn about attitudes, attitude change, and persuasion (Ch. 12.5).
- Review attribution processes (Ch. 12).

Day 16: Social Psychology Part 2 (Ch. 12)

- Learn about conformity, compliance, and obedience (Ch. 12.2).
- Study group dynamics (groupthink, social loafing, polarization) (Ch. 12.4).
- Review interpersonal attraction and relationships.

Day 17: Stereotypes, Prejudice & Discrimination (Ch. 12)

- Study stereotyping & bias.
- Learn about ways to reduce prejudice & discrimination.
- Review prosocial behavior (altruism, empathy, social exchange theory).

Day 18: Psychological Testing & Measurement (Ch. 7, Statistics)

- Learn about IQ tests & intelligence measurement (Ch. 7.5).
- Study reliability and validity in testing.
- Review psychological statistics (descriptive vs. inferential stats, hypothesis testing, p-values).

Day 19: Research Methods (Ch. 2)

- Study experimental, correlational, and observational research.
- Learn about longitudinal vs. cross-sectional studies (Ch. 2.2).
- Review ethics in psychological research.

Day 20: Exam Review

- Do full-length practice exams.
- Review any weak topics from past weeks.
- Make a study guide of key terms & theories.

Day 21: Final Practice & Rest

- Take a break, review lightly.
- Focus on weak areas, don't overwork yourself.
- Get a good night's sleep before your test.

