

# 5 hours in... Psychology

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – Consolidation, Reactive and Proactive. These are all set out in a table in your handout for each Psychology topic. For each lesson, it specifies what your consolidation work, proactive and reactive work should be for that lesson. Use this as a checklist to ensure you are completing all work that is required to compliment your lessons.

## Consolidation

The evening following a Psychology lesson, you should spend 12-15 minutes (24-30 minutes for a double) doing the following:

- Re-read your notes and ensure you fully understand them – make a note of any questions you may have on what you don't understand so that you can ask your teacher.
- Ensure you have completed the short answer consolidation questions that are in your [topic handouts](#).
- Completing any revision tools to help you learn the lesson content.

## Reactive

This is your 'homework'. Usually in Psychology, this will involve:

- Completing any outstanding notes from the lesson.
- Completing an essay in full or PEEL chain essay plan.
- Making notes for the next lesson

*If you find you finish your reactive work quickly, spend more time on your proactive work.*

## Proactive

This is the section that will broaden and deepen your overall understanding of Psychology. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, etc which may contain some of the following:

Suggestion	Useful links
Complete a set of practice past paper questions – <b>use AS only papers</b> that are available on the AQA website.	<ul style="list-style-type: none"> <li>• <a href="#">Past papers practice</a></li> </ul>
Use websites to complete and add to class notes ( <b>30 minutes</b> )	<ul style="list-style-type: none"> <li>• <a href="https://www.tutor2u.net/">https://www.tutor2u.net/</a></li> <li>• <a href="http://simplypsychology.org/">http://simplypsychology.org/</a></li> </ul>
Use the topic reflection grids to RAG rate your understanding ( <b>10 mins</b> )	<ul style="list-style-type: none"> <li>• <a href="#">Reflection grids</a></li> </ul>
"Read, Cover, Write and Check" sections of Knowledge organisers ( <b>30 mins</b> )	<ul style="list-style-type: none"> <li>• <a href="#">Knowledge organisers</a></li> </ul>
Practice writing timed essays ( <b>30 minutes</b> )	<ul style="list-style-type: none"> <li>• <a href="#">Essays in handouts</a></li> </ul>
Psych review	<ul style="list-style-type: none"> <li>• <a href="#">Psychology Review magazine</a></li> </ul>
Practice retrieval quizzes	<ul style="list-style-type: none"> <li>• <a href="#">Retrieval quizzes</a></li> </ul>
Conduct wider reading research to see the latest studies in the topic area	<ul style="list-style-type: none"> <li>• <a href="#">Google scholar</a></li> </ul>

