Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**AP PSYCH**

**Note Taking & Note Cards**

**Guidelines for Note Taking:**

Do you want to get an A+ in AP PSYCH?! Reading and taking notes are critical for success in this course. There are 2 separate but equal components to reading and taking notes:

1. Take notes in a notebook
2. Make individual vocab note cards on index cards.

Each night you will be assigned a specific number of pages to read. When you come in to class the next day you might be taking an open-note quiz. You can use your notebooks and your vocab note cards on the quizzes. Be sure to keep up on the reading each night otherwise you will easily fall behind, feel overwhelmed, and display *learned helplessness*.

**Follow these recommended reading strategies:**

* Don’t write down anything the first time through, just simply read.
* Read small sections one at a time. Don’t try to power through the entire chapter all at once.
* Read all boxes, side margins, pictures, graphs, etc. Read every single word on every single page.
* Read the “Close-Up” sections (special sections that have a green background).

**Take notes on the following:**

* Famous names, major studies, experiments, events, and italicized words.
  + Words that are in bold print are vocab words. Write them on the separate mandatory vocab note cards (details on the back of this sheet).
* Draw important tables and figures (they are labeled and numbered).
* Answer the numbered questions at beginning of each small section
  + They are repeated at the end of each chapter along with the answers).
* Attempt to answer all “Before You Move On...” questions.
* Briefly summarize all “Close-Up” sections.

**Mandatory Requirements for note taking:**

* Handwriting only, no typed or printed notes.
* No loose, individual pieces of paper. Must be in a notebook.

Don’t write too much. Don’t write down everything you read, word for word, or you will spend too much time. This should not take you an incredibly long time. If it is taking you too long speak to the teacher as soon as possible.

Tip: Leave open space in between some lines of your notes. Fill in the space with real-world examples during class time while the teacher reviews the reading and leads an interactive discussion.

Requirements for Mandatory Vocab Note Cards 🡪

**Guidelines for Vocab Note Cards:**

Not only are you going to be taking potential open note quizzes each day but you will be required to turn in vocab note cards. Besides those notes you took in your notebooks, you must make a separate vocab note card for every single vocab word in every single unit.

You are allowed to have both notebook notes and vocab note cards out on your desk for open-note quizzes. You can just put all vocab on note cards only and have all other note taking in your notebooks.

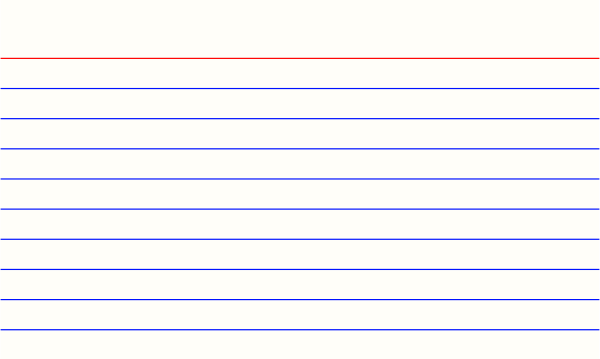
Vocab note cards must be uniform, consistent, and well organized. You will be turning in vocab note cards at the end of each unit on test day for a grade. It is highly encouraged that you make your note cards each night along with the reading and note taking instead of leaving them until the night before the test.

**Mandatory Requirements for Vocab Note Cards:**

1. Separate note card for each vocab word.
   1. Index cards only. Cut or torn up small pieces of notebook paper will not be accepted.
   2. Consistently purchase the same brand or style of index cards for the year.
2. Close-Up sections have vocab words, don’t overlook them.
3. Perfect handwriting only. Poor handwriting results in a mandatory re-do.
4. Number each note card
5. Write down the vocab word and underline it
6. Write down the text book definition of the vocab word
7. Create an intelligent, critical, and creative original sentence that puts that vocab word into real-world context
   1. You must use that specific vocab word in the sentence you create.
   2. Must be accurate, meaningful, complex, and exemplary to earn full credit.
   3. Don’t use simple sentences such as, “I like \_\_\_\_\_.” or “My brother likes \_\_\_\_\_\_\_.”
   4. Try to connect the example sentences into your life or connect to things you enjoy. It will make the sentences more meaningful to you, thus you’re more likely to memorize the vocab.
8. Underline the vocab word in the example sentence you made, too.

Tip: Write the real-world, original sentences during class time while the teacher reviews the reading and leads an interactive discussion.

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| #1  Placebo Effect: Experimental results caused by expectations alone; any effect on behavior caused by the administration of an inert substance or condition, which the recipient assumes is an active agent.  Ex: If people take a fake pill but are told that it can improve memory, sometimes they might believe it is true and report that their memory improved; but in reality they were victims of the placebo effect. |

 Example Note Card: