

# How To Do Your PSYC 100 Readings

Staff at SASS teamed up with instructors from the Department of Psychology to help you understand how to best approach your weekly PSYC 100 readings and take good-quality notes.

Use this method to stay on track, avoid getting overwhelmed by too much information, and focus on understanding concepts and processes instead of trying to memorize information.

Want more assistance with your [reading](#) and [note-taking](#)? Try looking over [our online resources](#) or [the relevant units in Academics 101](#) or, if you'd like to get advice from a professional, book an appointment [with an academic skills specialist](#).

## Scan Text for Active Reading (STAR)

- **Scan** through each chapter in this unit. Pay particular attention to headings and diagrams. Read no more than a sentence or two from each paragraph.
- Create a list of the key ideas, terms, people, and studies. (Key terms appear in boldface.)
- Keep skimming the text, even if some of the ideas are unfamiliar or hard to follow. You'll have time to look into details later. Avoid taking extensive notes or searching terms on Google.

<b>Key Ideas*</b> e.g., The essential elements of science are found in Psychology: systematic observation, testable hypotheses, democracy, cumulative discovery
1.
2.
3.
4.

\* Add additional rows to this table as needed; however, try to summarize the main ideas concisely.

<b>Key Terms</b> e.g., empirical methods
1.
2.
3.
4.
5.
6.
7.

<b>Key People</b> e.g., Francis Galton (invented self-report questionnaires, did pioneering research with twins)
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

<b>Key Studies</b> e.g., Cognitive Behavioural Therapy can help many people suffering from depression and anxiety
1.
2.
3.
4.
5.
6.

## Active Reading

- Before you begin reading, rephrase each learning objective as a question and enter it in the table below. (Learning objectives are stated at the start of every chapter.)
- Then, read the text and make notes. Focus on the sections that contain the key ideas you identified in Step One. These sections are most likely to contribute to your understanding of the week’s learning objectives.
- Define the key terms you identified in Step One. Explain their significance.

Learning Objective e.g., Can I describe the ethical guidelines that psychologists follow?	Notes
1.	
2.	
3.	
4.	
5.	
6.	
7.	