

Preface

About These Practice Tests

These multiple-choice practice tests have been compiled to give you a glimpse of the type of test questions you may encounter on the material covered in the sixth edition of *Psychology: An Introduction* by Benjamin B. Lahey. Each chapter begins with a list of learning objectives that you may use in a variety of ways. For example, you can read the objectives before reading the chapter to get an overview of the topics that you will be reading about in the text. While reading, pay attention to the terms, concepts, names, and ideas mentioned in the objectives. An answer key is provided at the end of each practice test so that you may self-score your own performance. This self-assessment activity is useful in evaluating your progress in mastering course material.

Study Tips

- ❑ First, find a quiet place to study, where you can get away from distractions such as roommates, family, television, and the phone.
- ❑ Second, try to schedule study time each day, just as you would schedule time to attend a class. If you make an appointment with yourself to study, you're more likely to follow through. Record your study times in a daily planner and carry it with you.
- ❑ Third, distribute your assigned readings on almost a daily basis over the several weeks preceding each exam, rather than attempting to read everything one or two nights prior to the exam. Studying material for a couple of hours a day is easier to manage than to try to "cram" several weeks worth of studying into a 24 hour period.
- ❑ Fourth, try to be an active learner, by self-testing your understanding of the material you are reading. Take a break to ask yourself to summarize the major points on every page you have read. You might also consider writing down some notes about what you have read. Students who simply read the text, even with highlighting, are being much more passive than students who utilize the strategies of self-testing and note-taking.
- ❑ Fifth, as you read, write down a list of questions that occur to you as you read the text. Bring your list of questions to class so that you may ask the instructor for clarification. Alternatively, you could bring your list of questions during your instructor's office hours if you are uncomfortable asking questions in class.
- ❑ Sixth, try to relate what you are learning to real life situations. For example, if you are an education major, consider ways you could apply the principles of learning (Chapter 6) and memory (Chapter 7) to your future classrooms.
- ❑ Finally, complete the practice exam for each chapter to evaluate your progress. You might also determine whether there are learning support services on your campus to offer assistance with study skill development.

I hope you have a productive semester and enjoy your introduction to psychology course. Best wishes to you in your academic career! By the way, if you have any comments about this text supplement, please send them to Robert Pred via email at: robpred@chc.edu.

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