

Study Action Sheet 1
 Psychology 2101
 Due August 29 9:35am

Last Name _____ First Name _____ Year at Vandy (1–5): ____

<i>Assignment</i>	<i>Projected Time (minutes)</i>	<i>Required Time (minutes)</i>	<i>Difficulty</i>	<i>Interest</i>	<i>Pages of Notes</i>	<i>Pages of Reading</i>
Text 1-1						2
Text 1-2						5
Text 1-3						5
Text 1-4						8
Text 1-5						3
Text 1-6						3
Pre-Lecture Quiz	-----			-----	-----	-----

<i>Difficulty Scores</i>	<i>Interest Scores</i>
5 Extremely difficult	5 Extremely Interesting
4 Quite Difficult	4 Very Interesting
3 Moderately Difficult	3 Moderately Interesting
2 Fairly Easy	2 Fairly Boring
1 Very Easy	1 Excruciatingly Boring

For text reading:

Prior to each reading section, scan through the pages to gauge how much technical material is there, and predict how many minutes it will take you to cover that section.

Then write down the time and begin on that section. Do not allow any interruptions! Hammer at the material relentlessly until you are done for that section. *Take notes as you go. Stay actively engaged with the material.*

After completing the section, rate your interest level on the material you covered, and the difficulty on the provided 5 point scales.

For the Pre-Lecture Quiz:

Before starting, check the time. Do not allow any interruptions during the Quiz! When you are done, record how much time was required.