

Required Summer Reading: *Exploring Psychology* by David Myers, 10th Edition Required.

Complete Assignments: Watch Videos, Read Chapter 1, part 1, Complete assignments, Set up Notebook.

1. Watch Video, 7 min: ["Self Control: Teaching Students About Their Greatest Inner Strength with/Nathan DeWall"](#)
2. Watch Video, 5 min.: ["Make Things Memorable" David Myers \("The Testing Effect"\)](#)
3. In your textbook *Exploring Psychology* by David Myers, 10th Edition Required. Est. completion time: 1.5 hours
 - a. Read Chapter 1, Thinking Critically with Psychological Science, **p. 1-13** "The History and Scope of Psychology"
 - i. Answer the *Retrieve It* questions as you read through the chapter.
 - ii. Complete the Review p. 13-14 "The History and Scope of Psychology":
 - iii. Write answers for Learning Objectives
 - iv. Write definitions in your own words for the terms and concepts (use index cards to create your own flashcards)
 - v. Complete Review Questions and **THEN** check your answers
 - b. Read Chapter 1, Improve Your Retention-and Your Grades, **p. 31-32**
 - i. Answer the *Retrieve It* questions as you read through the section
 - ii. Write answer in the Review p. 32, Learning Objective 1-14
 - iii. Write definitions in your own words for the terms: Testing Effect and SQ3R
4. Prepare your class notebook.
 - a. You will need 15 labeled dividers, one for each chapter.
 - b. Place Learning Objectives, Definitions, and Review Questions behind the divider for Chapter 1.

Work should be labeled and written neatly on notebook paper or you may type it (see sample below). There is a notebook grade for the course, so be neat! **Your notebook will help you prepare for the final exam.**

Bring your class notebook to the first class.

Sample:

Chapter 1, The History and Scope of Psychology
Review p. 13 "The History and Scope of Psychology"

Learning Objectives

- 1-1
- 1-2
- 1-3
- 1-4
- 1-5
- 1-6
- 1-7

Experiencing the Testing Effect

- 1.
- 2.
3.etc.