

PSY 311 Video Study Tips - Very Useful Tips

Based on Cognitive Psychology Research

Video 1: [Beliefs That Make You Fail...Or Succeed](#)

The first video examines common mistaken beliefs students often possess that undermine their learning. The video tries to correct those misconceptions with accurate beliefs about learning.

Video 2: [What Students Should Understand About How People Learn](#)

The second video introduces a simple but powerful theory of memory, Levels of Processing, that can help students improve their study.

Video 3: [Cognitive Principles for Optimizing Learning](#)

The third video operationalizes the concept of level of processing into four principles that students can use to develop effective study strategies.

Video 4: [Putting the Principles for Optimizing Learning into Practice](#)

The fourth video applies the principles of deep processing to common study situations, including note taking and highlighting while reading.

Video 5: [I Blew the Exam, Now What?](#)

This video addresses what students should and should not do when they earn a bad grade on an exam.