



PSYCHOLOGY

WELCOME TO PSYC 110

brotip #1586

**if you're always the first
to text, they might not
be all that interested.**

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PSYC 110 (General Psychology)

Module 13b:

Psychological Treatments

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What should we get out of today?

THE PLAN

**PSYCHOLOGICAL
TREATMENTS**

**STUDY HACKS FOR
THE FINAL EXAM 😊**



End-of-Term Assessment is due May 7!

Go to this link to complete the end of semester survey:

<https://tinyurl.com/GenPsycAssessment2> 

It should take you 20-30 minutes to complete the survey. Be sure to input your correct net ID (there are instructions right in the survey explaining what this is) as well as the correct instructor name. When you have completed it, you should take a screen shot of the completion message and then upload that screenshot here. Alternately, you can upload a copy of the email you will receive after completion (check your Clutter or Spam folder). You will not receive credit immediately in Canvas, as your instructor or GTA must manually verify your completion screenshot / email and post your credit.

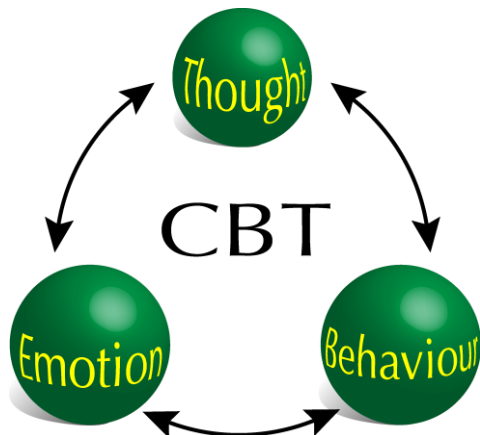


Treatments for Psychological Disorders vary



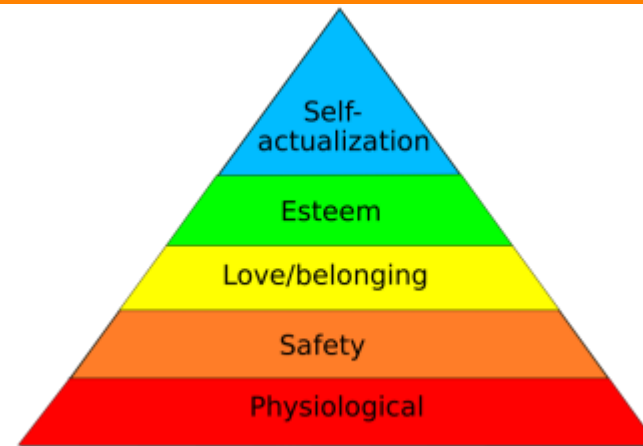
Psychoanalysis

Addresses unconscious causes for conscious thoughts and behaviors



Behavioral Therapy

Focuses on observable behaviors, using principles of classical and instrumental conditioning



Humanistic/Client-Centred

Helping the client become their ideal self (i.e., self-actualization)



Mindfulness-Based

Creating distance from negative thoughts, creating a present-focused mindset

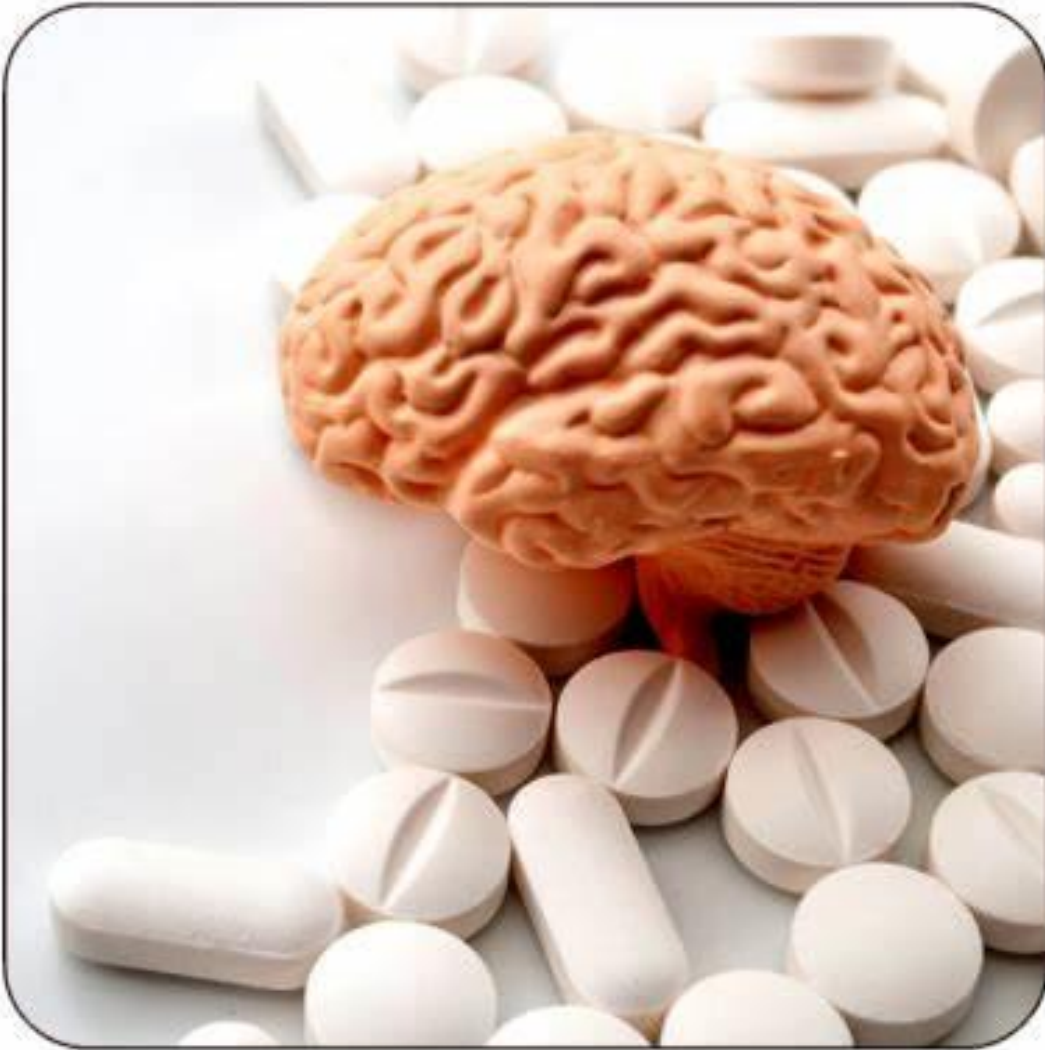


Mindfulness Therapy is based on self-reflection

In-Class Mindfulness Practice
w/ Dr. Paula Gardner 🇨🇦



Most treatments are combined with the biological approach



Pharmacotherapy

Psychotropic Medications

- Chemical agents used to treat psychological problems

Examples:

- Antipsychotics
 - Reduce positive symptoms of psychotic disorders
- Antidepressants
 - SSRIs increase the amount of serotonin in synapses

Pharmacotherapy is usually not seen to be “curative,” but reduces symptoms and improves the 4 Ds



What should we get out of today?

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Final Exam Details

Wednesday May 14 @ 3:30pm, right here in our classroom (yay for encoding specificity!)

Two hours, 60 questions, all multiple-choice

Cumulative (all modules) but only lecture content

In-person (in this classroom); non-collaborative; not open-book (no cheat sheets either)

We cannot offer alternative arrangements for travel plans
(i.e., those wanting to leave campus early for Summer Break)

Limited make-ups available after the exam date for those who have documentation
(e.g., illness)—date, time, and location will be announced after the Exam



Final Exam Details

Please bring a **pencil** to complete bubble sheet

Know your **Tennessee ID**

- Not your NetID or your Student Number, it's different but necessary
- Starts with a 9
- Can find it on your MyUTK
- **You will need this for your bubble sheet to be graded**

Plan to arrive early—anyone arriving more than 20 mins after the beginning of the exam will not be allowed to begin

Make-up available for those who are absent

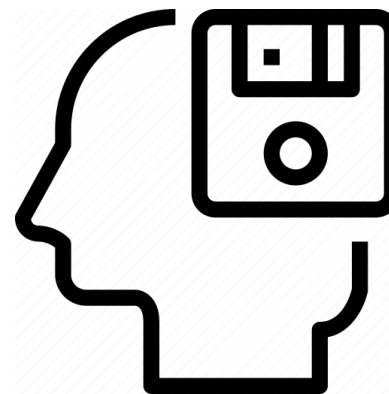
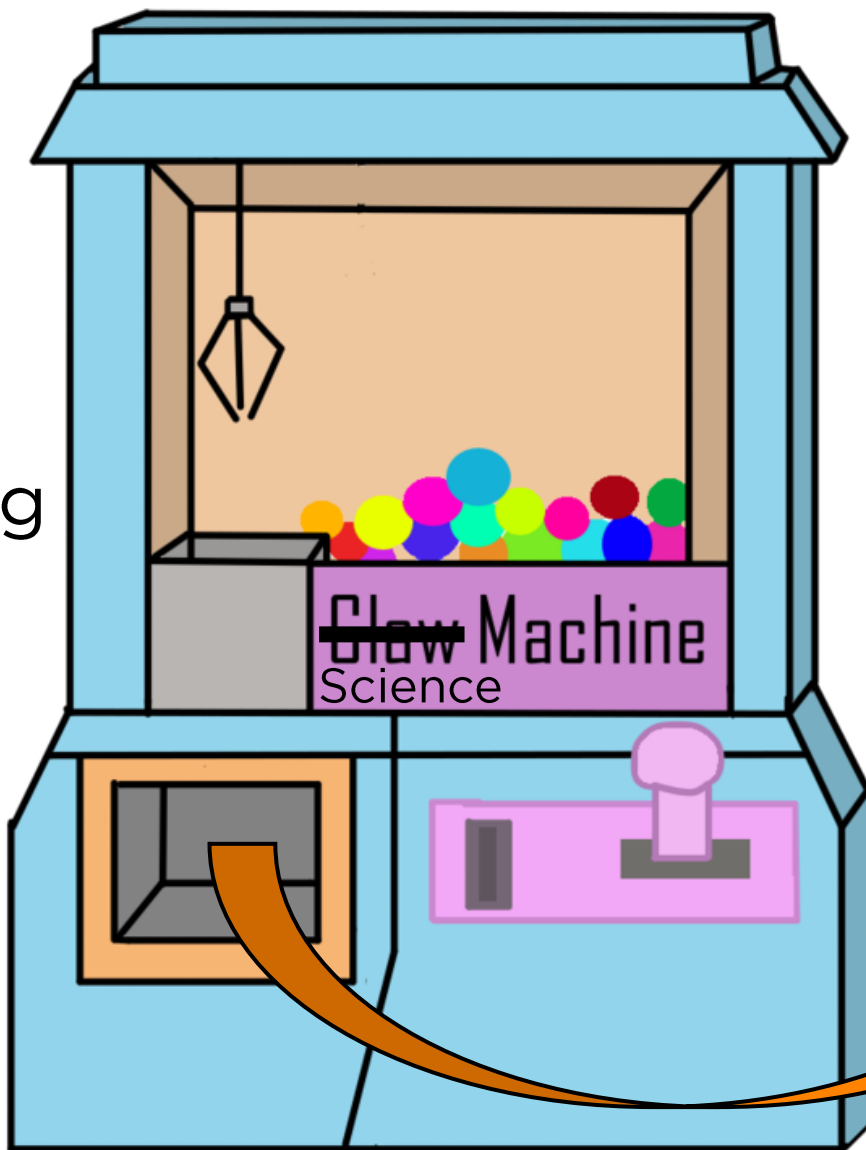
- **Documentation is required (e.g., illness)**
- If you miss the exam, contact me immediately via e-mail (not IG)
- Date and Time TBA



We can solve problems with psychology

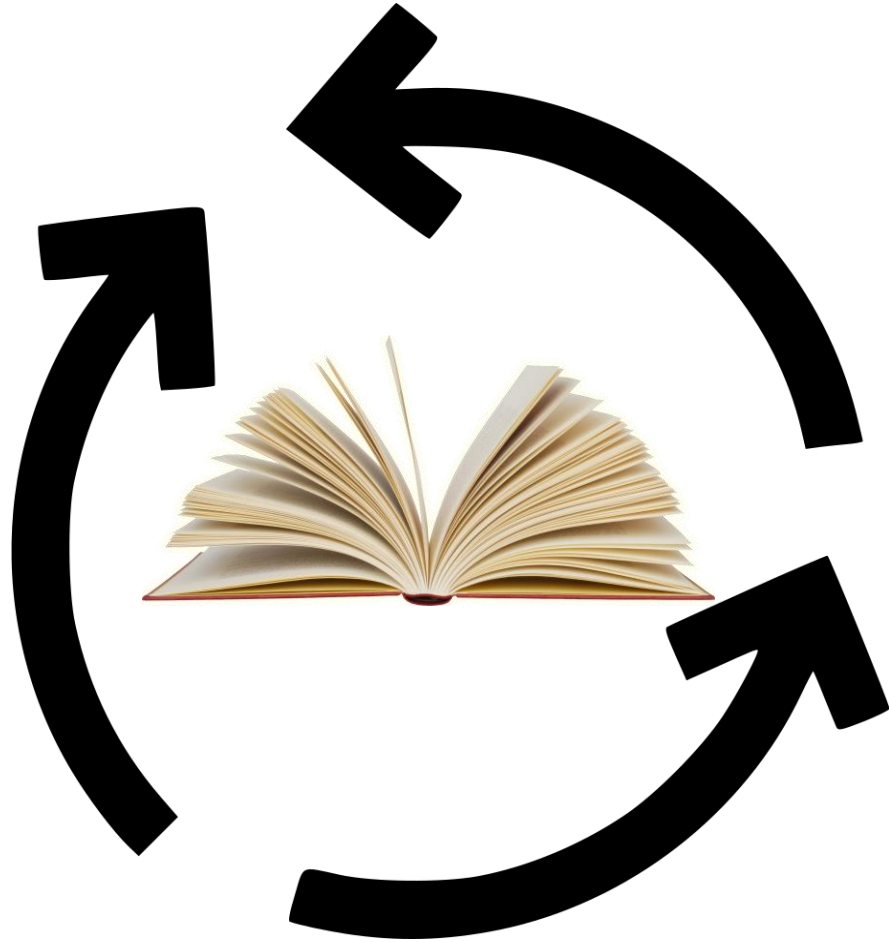
Problem

Remembering
what I
studied





Repetitive reading is the illusion of mastery



Repetitive Reading

≠



Learning



Everyone is naturally lazy. Accept it and fight it!

Cognitive Loafing

Our minds automatically want to conserve energy and expend the least amount of effort

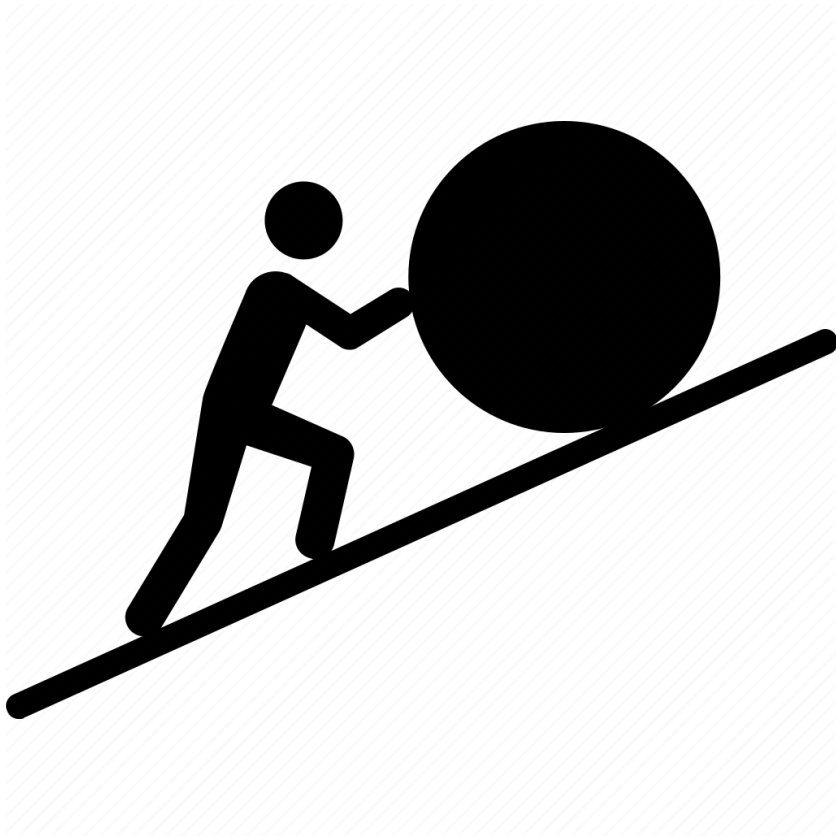


Overconfidence Effect

Because studying is stressful, we tend to convince ourselves we know more than we do



The harder something is to learn, the better you'll remember it



Effort



(Proportionate to)



Learning



Consolidation is mental filing



Consolidation

Organizing meaningfully

Strengthening representations

Committing to long-term memory

Best ways to consolidate:

- 1) Self-referencing
 - Relate material to something familiar—prior knowledge or experiences
- 2) Knowledge is more durable if it's practical
 - Think about how the material could be applied



Train the brain like a muscle

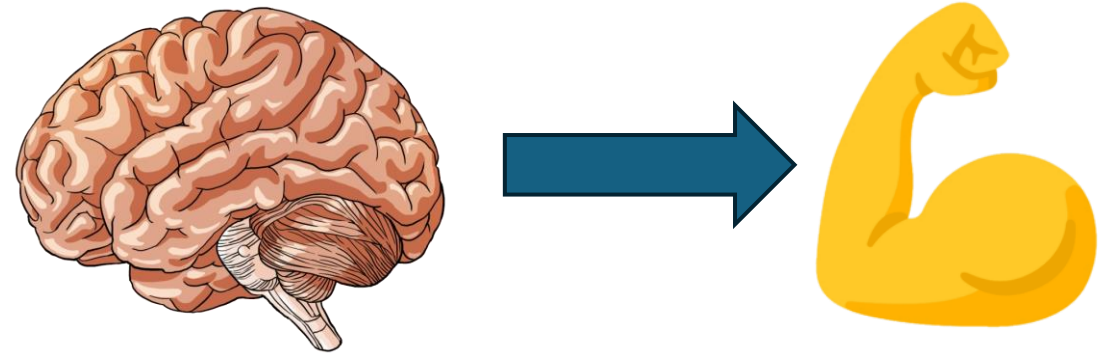


Retrieval

Teaching our minds how to find the memory

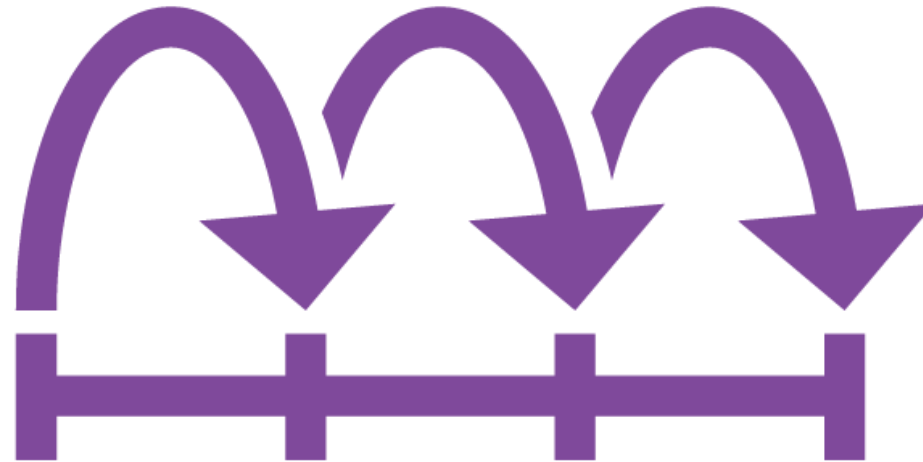
Mental Rehearsal

Literally practicing remembering.





Study Hack 1: *Spaced Practice >>> Cramming*



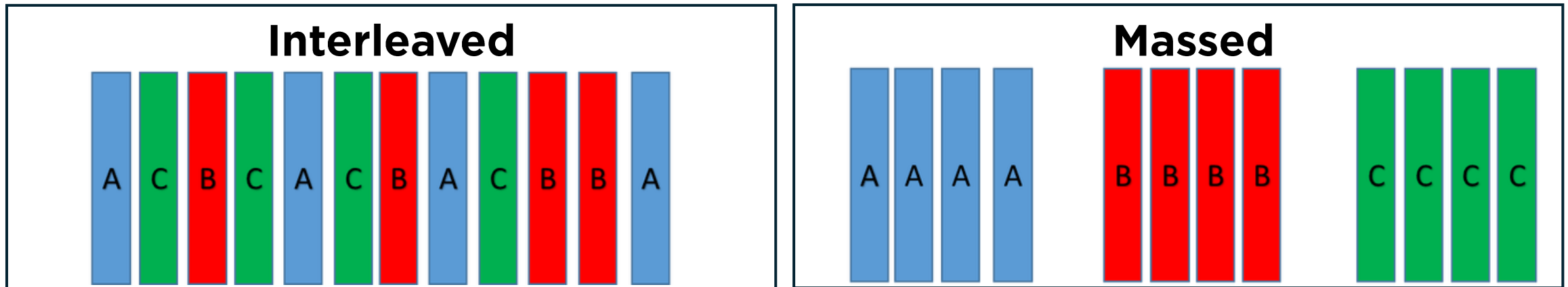
Start studying early, but not intensely;

Rapid Gain = Rapid Loss;

Spaced practice leaves time between sessions to
consolidate material, which takes *effort!*



Study Hack 2: *Interleaved Practice*



Studying multiple subjects interchangeably takes more *effort* to keep track of material, strengthening representation in memory



Study Hack 3: *Generation*

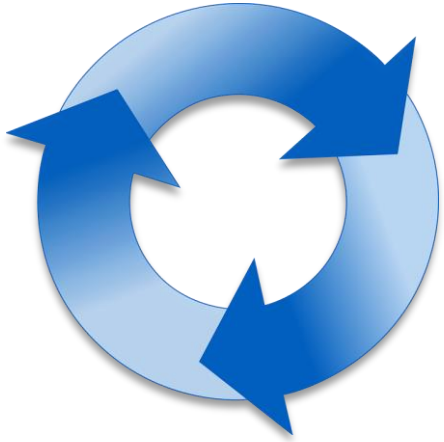


Elaboration = Putting information in your own words (omg it's *effort* again)

Create your own ways to test your knowledge



Study Tip! Elaborative Rehearsal



Maintenance Rehearsal

Repeating information over and over

- Best for short-term memory (10 to 30 seconds)
- Repetition without contextualization
- Often leads to forgetting after a short time



Elaborative Rehearsal

Understanding and engaging with information

- Best for long-term memory
- Contextualizes information for better storage and retrieval



Best methods for Elaborative Rehearsal

1) Self Testing

- Create practice questions with your notes open
 - Balance recall (e.g., definitions) and application (e.g., creating scenarios)
 - Make yourself an answer key
 - After creating practice questions, leave them for a day and study however you want
- Come back and try to answer your own practice questions
 - Don't cheat! Answer as many questions as you can before checking your answers
- After checking answers, you'll have a clear guideline for concepts you know, and ones you don't
- Repeat the process!



Best methods for Elaborative Rehearsal

2) Elaboration out loud

- Find a peer, a stuffed animal, or even just a wall
- “Teach” the concepts by explaining them out loud
- Helps to catch ourselves in things we don’t understand
 - Minimizes *The Overconfidence Effect*

Scientific evidence indicates these methods are directly related to increased academic performance 😊



Study Tip! Use your resources

Review your Friday Quizzes

- Questions will be structured similarly and test the same content
- Re-do quizzes, review feedback, test friends, etc.
- If you got a question incorrect, be sure to determine why

Office Hours

- I will be having extended office hours May 12th and 13th, 12pm to 2pm
 - Sign up using the link on the syllabus
- Your TAs can also meet to review with you!



Delayed feedback strengthens retention

When self-testing, avoid looking at the answer after every question—do a few then review



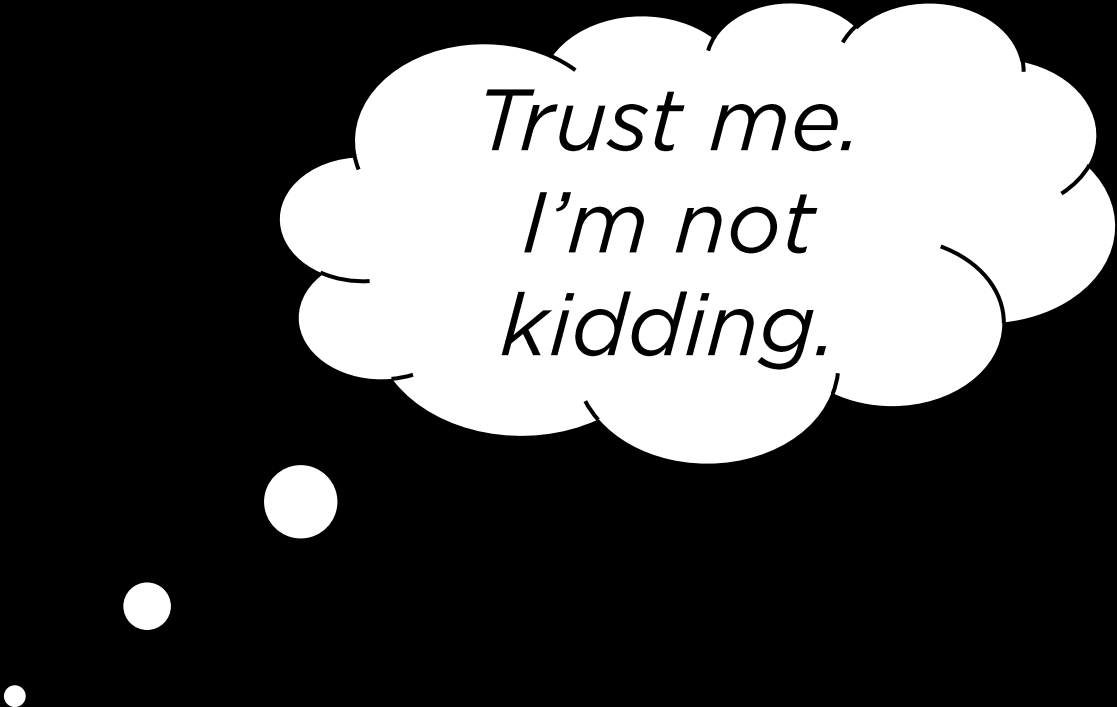
Study Hack 0.5:

Encoding Specificity



When our brain encodes a memory, it encodes *everything* and then figures out what's most important

But Trenton, what do you mean by the
brain encodes *everything*?



*Trust me.
I'm not
kidding.*



Study Hack 0.5:

Encoding Specificity



Recall can be improved by replicating the encoding (study) environment

For example:

- Wear the same clothes
- Chew the same gum
- Use the same pen/pencil
- Study in the same room as the test



point
solutions



Many myths exist in studying

“Pressure makes diamonds.”

Debunked: Cramming doesn't work well for long-term memory

“I'm a visual learner.”

Debunked: Learning Styles are fake news

“I studied enough.”

Debunked: Be mindful of the Overconfidence Effect

“I just read and highlight.”

Debunked: Re-reading gives the illusion of mastery

“Sleep is for the weak.”

Debunked: Sleeping consolidates memory

“I studied enough.”

Debunked: Be mindful of the Overconfidence Effect

“Music helps concentration.”

Debunked: For some it does, but not all

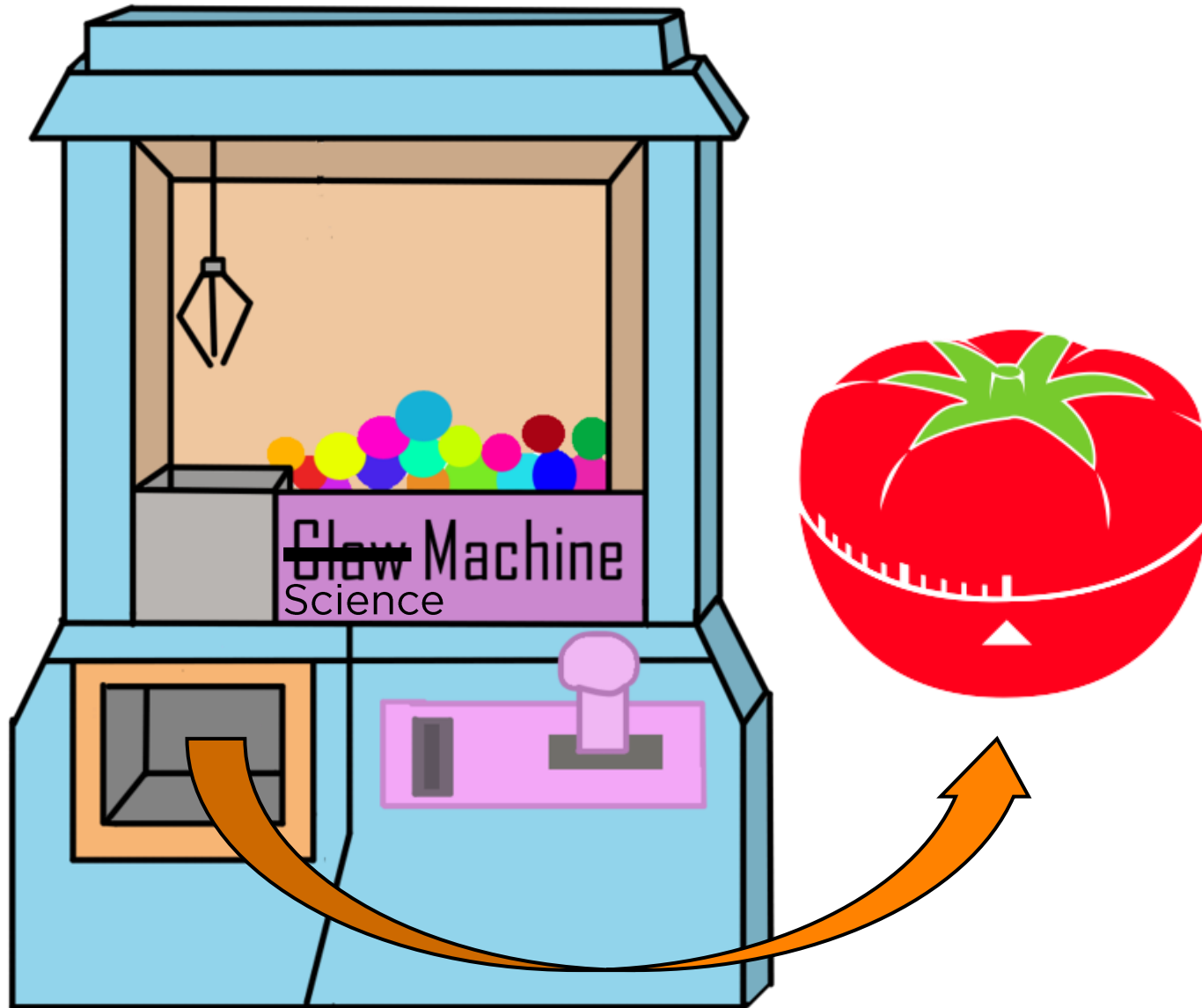




We can solve problems with psychology

Problem

Staying on task while studying.

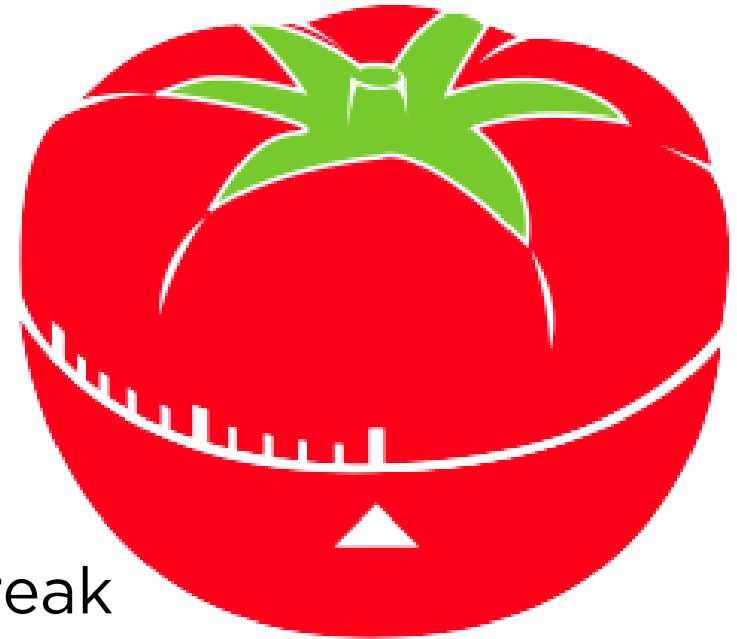




The Pomodoro Technique improves productivity

How to Pomodoro:

- 1) Remove distractions from work area
 - Phone
 - Other social media
 - Other people
- 2) Set a timer for 25 mins
- 3) Work only until timer ends. No excuses!
- 4) After 25 mins, take five-minute, guilt-free break
- 5) Repeat 4x total (over 1.5 hours of pure work!), then take long break (15 to 30 mins)





The Pomodoro Technique improves productivity



Gamification

Motivation through reward (dopamine)



Controls Distractions

Small interruptions can add up

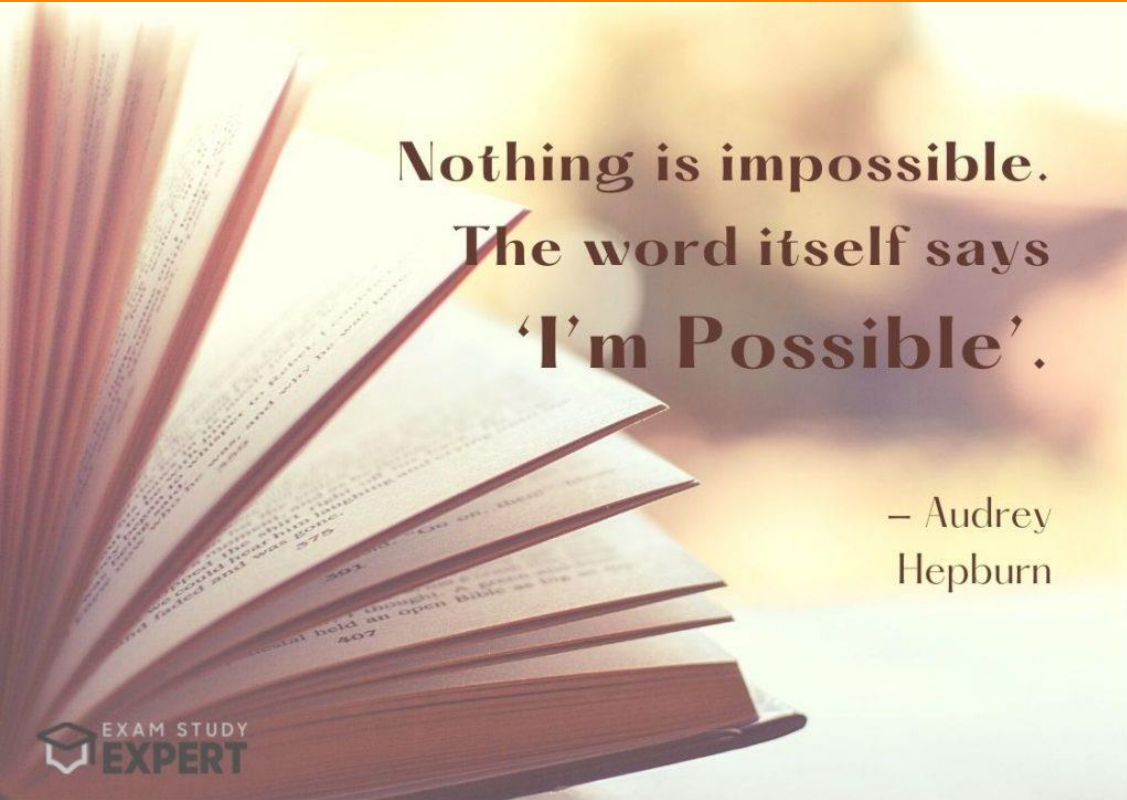


Accessible

Little resources and planning needed



How did we do?

A close-up, slightly blurred image of an open book with its pages fanned out. The lighting is warm and golden, suggesting a bright light source. The text is overlaid on the right side of the book.

Nothing is impossible.
The word itself says
'I'm Possible'.

– Audrey
Hepburn

For y'all:

Two InQuizitives **due May 7**

Two Reflection Journals **due May 7**

ClickerFest **on Wednesday**

Exam Prep Office Hours
May 12 + 13, 12pm to 2pm

Final Exam **on May 14 @ 3:30pm**