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Right before bed, read through your study sheet, quiz yourself on flashcards or recite lists of information. 2. Study Small Chunks at a Time. If you want to remember information over the long haul, don't try to cram it all in during one sitting. Instead, use an approach called spaced repetition: Break the information into parts

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By Martin Dempster, Donncha Hanna. As a researcher in the field of psychology, you have

many things to think about when planning, conducting and reporting a research study. This Cheat Sheet provides a handy guide to remind you about the important things to bear in mind to ensure you are conducting research ethically, thinking about the right type of validity in quantitative research, designing good quality qualitative research, and writing up your research appropriately.

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This study guide method provides a good visual of how subject material fits together to make a whole concept. An example of a concept map for a history chapter on space flight might involve "The Space Race" as the main heading, which would branch off into separate categories for The United States and the Soviet Union, with trailing data about specific missions, projects, successes, and failures.

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