

Study Plan: Session 1

1. Read the outline for the chapter. Survey the topics for your chapter. This can be found on my website or the table of contents.
2. Read chapter objectives as shown below. The chapter objectives can also be found on the publisher's website.
3. Read the corresponding section(s).
4. Make a detailed outline of the section you just read.
5. Answer the objectives for the section shown below. Answer with as much detail as possible. Describe examples of the psychological concepts.
6. Practice learning the vocabulary. Use the electronic flashcards from the publisher's website.

<u>Chapter outline</u>	<u>Chapter objectives</u>
<p><u>Our Senses Encode the Information Our Brains Perceive</u></p> <ul style="list-style-type: none"> • Psychophysics • Measuring Thresholds • Signal Detection • THE REAL WORLD: Multitasking • Sensory Adaptation <p><u>Vision I: How the Eyes and the Brain Convert Light Waves to Neural Signals</u></p> <ul style="list-style-type: none"> • Sensing Light • Perceiving Color • The Visual Brain <p><u>Vision II: Recognizing What we Perceive</u></p> <ul style="list-style-type: none"> • Attention: The "Glue" that Binds Individual Features into a Whole • Recognizing Objects by Sight • Perceiving Depth and Size • Perceiving Motion and Change <p><u>Audition: More than Meets the Ear</u></p> <ul style="list-style-type: none"> • Sensing Sound • The Human Ear • Perceiving Pitch • THE REAL WORLD: Cochlear Implants • Localizing Sound Sources <p><u>The Body Senses: More than Skin Deep</u></p> <ul style="list-style-type: none"> • Touch • Pain • Body Position, Movement, and Balance <p><u>The Chemical Senses: Adding Flavor</u></p> <ul style="list-style-type: none"> • Smell • HOT SCIENCE: Expensive Taste • Taste • WHERE DO YOU STAND? Perception and Persuasion 	<p><u>Our Senses Encode the Information Our Brain Perceives</u></p> <ol style="list-style-type: none"> 1. Define synesthesia and discuss how the phenomenon may reveal different, and otherwise normal, ways of brain organization. 2. Distinguish between sensation and perception, noting where in the body each process occurs, and explain why these processes are separable. 3. Discuss how psychophysics laid the foundation for the psychological study of sensation and perception. 4. Describe the relationships between the absolute threshold, just noticeable difference, and Weber's law. 5. Describe the principles of signal detection theory, discuss how it represents advancement over earlier research on thresholds, and relate to real-world decision making strategies. 6. Discuss why sensory adaptation is a useful process.

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Study Plan: Session 6

After the entire chapter has been covered:

- Review all sections and objectives. Allocate more time where there are more exam items (the number of exam items can be found on the website)
- Take the practice quizzes from the publisher's website
- Spend about an hour reviewing the key concepts from previous chapters

Overall, you should have spent approximately 12 hours studying per chapter. If you are sleep deprived or multi-tasking, you will spend more than 12 hours studying and retaining less.