

# The Massive Mixed Practice Sets

Revision is most effective when you test yourself. By testing yourself you (1) find out what you do and don't know; and (2) strengthen your learning through retrieval practice. Research has also shown that you learn more when you mix up the things you are practicing, rather than doing blocks of massed practice, where you do lots of the same thing.

The Massive Mixed Practice Sets are two sets of 250+ questions relating to Edexcel Psychology Paper 1 and Paper 2. It is designed to help you learn more when revising for your exams.

## How to use it:

1. Open the slideshow.
2. Scroll to a random slide.
3. Start the slideshow.
4. Answer each question you are given.

You must answer either by giving a verbal explanation (OK option) or by writing an answer in full sentences (better option, as you get writing practice, and the effort involved in organising your ideas produces better learning).

DO NOT just ask yourself 'could I answer this?' If you do this you are likely to mislead yourself. The only reliable guide to whether you know the answer is to answer the question in full.

Try to answer exhaustively - include everything that is relevant to answering the question. Avoid minimal responses unless there is a short, clear answer required.

5. Make a note of any questions where you have difficulty. These are areas you need to revisit.

## WARNINGS

This revision resource, used properly, will help you recall course material better. This is the basis for doing well in the exam. However, it is not enough in itself. You must also practice answering all types of exam question in full, including planning your responses if it is an extended response question.

Doing mixed retrieval practice will lead to your making more errors than if you do massed practice or reading and rereading or open book practice questions. This can be demotivating, but you must keep at it.

Many students prefer to do massed practice, reading and rereading and open book practice instead of mixed retrieval practice. Those students feel as if they are learning more. They are fooling themselves. Those techniques lead only to the illusion of learning. In the exam they find that they cannot recall the things they thought they knew.