

How to Self-Study for the AP Psychology Exam

My favorite book for studying is the [Myer's AP Psychology](#) textbook because it is the most comprehensive. However, most of the students I have taught prefer the shorter prep books: [5 Steps to a 5 AP Psychology](#), [Barron's AP Psychology](#), and [The Princeton Review AP Psychology](#).

Since the AP Psychology exam is two semesters or one full year of introductory psychology at a university level, I suggest *studying at least two chapters per month*; for someone self-studying, this means reading at least two chapters per month, taking notes on the chapter, and trying the practice questions at the end of each unit. When I teach, I prefer to go a little bit faster and complete the entire course by mid-February, leaving lots of time for full-length practice tests and review.

September	Chapter 1 – History & Approaches Chapter 2 – Research Methods
October	Chapter 3 – Biological Bases of Behavior Chapter 4 – Sensation & Perception
November	Chapter 5 – States of Consciousness Chapter 6 – Learning
December	Chapter 7 – Cognition Chapter 8 – Motivation & Emotion
January	Chapter 9 – Developmental Psychology Chapter 10 – Testing Differences
February	Chapter 11 – Personality Chapter 12 – Abnormal Psychology
March	Chapter 13 – Treating Psychological Disorders Chapter 14 – Social Psychology
April	Full-length Practice Tests
May	Exam

Here is a detailed outline on what has worked for me and my students:

1. Watch [Crash Course's Introductory Psychology videos](#) in order and then *read the chapter unit*.
2. Take notes on the chapter, utilize [PowerPoint Slides](#).
3. Try the practice questions at the end of the chapter.
4. Extra step: find two (or more) [Free Response Questions](#) related to the chapter you are learning and try them.

Bonus: I also suggest using resources like [audiobooks](#) (you can listen along as you do other things), [Quizlet](#), [Kahoot](#), and [AP Psychology Review](#) videos on YouTube.