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UNIT WORKBOOK FOR  
**FUNDAMENTALS  
OF  
PSYCHOLOGY**

AN  
INTRODUCTION

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**Michael S. Gazzaniga**

**Richard Koppenaal and Barbara Freitas**

NEW YORK UNIVERSITY

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## To the Student

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*“There is little magic in this world”*

As you read the exam question for the third time, your stomach completes its drop, cold sweat sweeps over you, and your memory search becomes frantic. You studied that point just last night. You *knew* it, and would remember it. But now you painfully realize that you didn’t make sure.

We have all had this experience. One thing that a “good” student learns from that experience is that you don’t *know* you know it until you try it.

This workbook has the simple aim of helping you try and thus learn, what you do and do not know. The trying also helps, of course, in learning the material.

You don’t really need this workbook. You could make up your own set of questions as you first read a chapter, then test yourself after you’ve finished the chapter. As a matter of fact, that would undoubtedly be better than using somebody else’s questions. Keep that in mind for future use, especially for books that do not have workbooks.

There are advantages in using the questions in this workbook if you are in a course organized around a Unit Mastery system (often referred to as the Personalized System of Instruction, or PSI). In that system the instructor typically makes a commitment to you that the unit mastery tests will ask only about points specifically covered in the study questions. That can take almost all uncertainty out of the testing experience. If you can answer all the study questions, you will almost certainly be able to answer all the test questions (on unit mastery tests, 100% is typically the passing grade).

### Strategies

You may have your own studying strategies. If they are successful, ignore what follows.

1. One very important strategy is provided: the material is broken down into small units. It is simply impossible to achieve real mastery over textbook matter when it is taken 5 to 10 chapters at a time.

If you are not in a unit mastery course, your most important strategy will be to impose unit mastery tests on yourself. Do not go on to another unit until you can *write* the answers, without help, to each study question.