

AI acknowledgment

I acknowledge the use of Copilot (<https://copilot.microsoft.com/>) on 02 November 2025 to check my work using the prompt(s): Check the following text for readability and grammar. I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

Article summary

How to succeed in your degree, with psychology by Paul Penn is written to offer evidence-based methods to help university students to have more success with their studies and to improve their study skills. Penn begins by challenging common study habits like re-reading and offers alternative methods such as retrieval practice, implementation intentions, and elaborative interrogation. These are all evidence based, psychological methods that Penn (2019) suggests will lead you to succeed at degree level. Each section of the article is broken down into subcategories like procrastination, metacognition, academic integrity, and giving presentations. This summary will focus on the sections Metacognition and Academic integrity to help give an idea on what Penn is trying to achieve with this article.

Metacognition or our metacognitive ability is how we can gauge our deeper understanding of a topic. Retrieval practice is used to help improve our metacognitive ability by recalling information and using our memory to encourage a deeper knowledge. (InnerDrive n.d.). Failing to use this method can lead to what is called the Dunning-Kruger effect. Penn uses the study by Kruger and Dunning (1999, as cited in Penn, 2019) which showed that individuals who thought they would achieve the highest levels of competency presented lower scores than their peers. This suggests that if we do not have a strong grasp of a topic, we can be subject to a false sense of security in how well we will perform based off our understanding of the given topic.

Academic integrity is key to how we develop our own abilities. Penn uses the Read, Recite, Review (3R) method (McDaniel et al., 2009, as cited by Penn, 2019). This method promotes the importance of putting things in our own words to not accidentally plagiarise and helps improve our paraphrasing skills. To achieve this, the method suggests that we first read our source, put it out of sight, recite to our best ability, and then review for accuracy. By

practising this psychological method students should achieve a vital skill in writing in their own words and gaining the ability to understand topics on a deeper level. (Penn, 2019)

In conclusion, this article by Paul Penn highlights ways students can improve their study methods and replace ineffective strategies with more evidence-based alternatives to achieve better results. Penn does this by using psychological methods such as above-mentioned retrieval practice to improve our metacognitive ability and read, recite, review.

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[04/May%20Newsletter%20-%20Retrieval%20Practice%20%20What%20it%20is,%20Why%20it%20Works%20and%20How%20to%20Do%20It%20Better.PDF](https://www.education-ni.gov.uk/sites/default/files/2025)

Discuss how trait theories of personality account for individual differences

Introduction

- Brief explanation of personality theories - the goal is to understand the basis of human behaviour, human nature and how categories of personalities predict our behaviour (Maltby, J)
- How do personality theories explain individual differences? The essay will be trying to answer that question by discussing different theories such as cognitive, humanistic, and biological theories.

Main Body

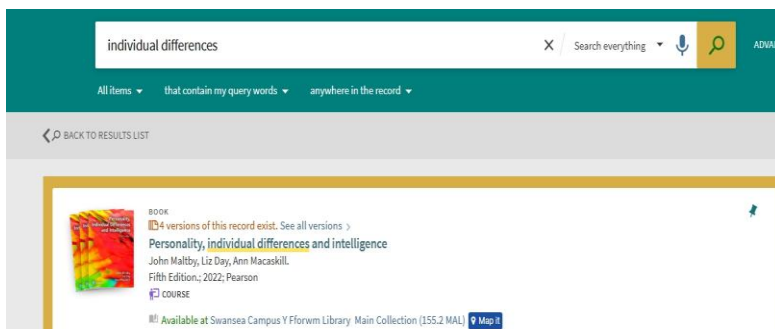
- Structured into 3 parts for each theory.
- **Cognitive:** What is it? specifically cognitive adaptive theory, I will touch on this theory by citing Gerald Matthews' article. Paraphrase an example relating to individual differences.
- **Biological:** How genetics play a part in who we are, evolution, does this account for individual differences? I will use John Maltby's book for information.
- **Humanistic:** Discuss personality changes, the studies used in the article I will use will help explain individual differences and how they are subject to change with this theory.

Conclusion

- In the conclusion I will summarise all the theories mentioned.
- Does it answer the original question?
- By using these theories an example, we can have a wider understanding of the question.
- In conclusion, trait theories account for individual differences by taking into consideration all the numerous factors mentioned by x, y, and z.

Research

- *Personality, individual differences, and intelligence* by John Maltby, 2022 –
- I searched the topic on the online library service; this is the book I have found, and I will use it for my assignment. It is peer reviewed which means it is appropriate to use.
- Gerald Matthews' journal article, article on humanistic view of personality change



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