

# AP Psychology Exam Readiness: Metacognitive Term Audit

**Course:** AP Psychology

**Grade Level:** 11–12

**Best Use:** First day of AP exam review

**Assessment Type:** Completion / Formative

## Lesson Overview

Students are given a comprehensive list of key AP Psychology terms. Using a color-coding system, students evaluate their own level of understanding for each term:

- **Color 1:** I know this well and could explain it to someone else
- **Color 2:** I recognize this, but I need to review it
- **Color 3:** I do not understand this and need focused review

Students are graded on **completion only** to encourage honesty.

## Learning Objectives

Students will:

- Accurately assess their own understanding of AP Psychology content
- Identify strengths and weaknesses across all major AP units
- Create a personalized review strategy targeting weak areas
- Practice metacognitive skills essential for college-level learning

## Student Instructions

1. Review the entire list of AP Psychology terms
2. Highlight each term using **three different colors**:
  - **Green (or Color 1):** Know it well
  - **Yellow (or Color 2):** Familiar, needs review
  - **Red (or Color 3):** Do not know / need deep review
3. Be honest — this is a **completion grade only**
4. Identify at least **three “Red” terms**
5. Create a **specific plan** to become confident with those terms



## Required Reflection: Review Strategy

Students must respond to the following:

Choose **three terms** you marked as needing significant review.

For each term:

- Explain why it is difficult for you
- Describe **how** you will review it (notes, videos, practice questions, peer explanation, etc.)



## Assessment

- ✓ Completed highlighting
- ✓ Review strategy created
- ✓ Thoughtful effort

*(No accuracy grade — honesty is essential.)*



## Why This Lesson Works

- Promotes **active, intentional studying**
- Prevents wasted time reviewing what students already know
- Encourages **ownership of exam preparation**
- Mirrors college-level self-assessment expectations
- Reduces anxiety by replacing vagueness with clarity