

AP Psychology Summer Assignments 2022-2023

Congratulations on your course selection of AP Psychology! Although this course is an elective, it is still an AP class, which means I have high expectations, and demand students who are willing to put in the required effort necessary to succeed. **My goal is for every student enrolled in the class to pass the AP Exam in May, and to earn college credit.** This requires dedication, enthusiasm, and hard work on both our parts. I will do my job to the best of my ability, and I expect you to do yours. Because of the short amount of time before the AP Exam and the extensive material we must cover, the work must begin now. I am looking forward to an outstanding year with you!

**** Your first assignment, due on (or before) Friday, July 15th (7/15) via e-mail, is an introduction to yourself.** Please send this email from an address you will check often over the summer. Draft an e-mail using the following rules:

a.) Use well written, complete sentences! Do not abbreviate words. Use spell check. This is a professional communication similar to what you would use with a college professor or boss (this is an AP class, after all).

b.) Address it to lschwinge@upatoday.com, and make the subject: “**AP Psychology: Introduction to <Your name here >**” Please begin your e-mail with Ms. Schwinge or Dear Ms. Schwinge.

c.) Introduce yourself by telling me your name, and tell me a little about yourself. Please choose **at least 5** of the following possible questions to answer in your letter (you may answer more if you wish, or create additional ones).

- What do you like to do (hobbies, music, sports, instruments played, other interests)
- Tell a bit about family (Mom? Dad? Guardian? Siblings? Pets?)
- What was the last book you read FOR FUN?
- What do you think you want your college major to be? Why?
- Are you taking any other AP classes?
- Are you active in extracurricular activities? What are they? How are you involved?
- Any addition information you would like to share, or things I should know about you?

MANDATORY QUESTIONS:

- Why did you choose to take this class? What things about psychology interest you or puzzle you? What is something you would like to see covered in our year together? Is there anything in particular that you are looking forward to in this class?

d.) Include a picture of you doing something that you enjoy (or just a picture that you like of yourself)

e.) End your email with a formal closing, and sign with the name you would prefer me to call you by.

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**** Your second and third assignments are due the first day of school in hard copy**

**** Unit One Notes:**

You will **handwrite** notes in a notebook under the appropriate section headings, shown in green in your textbook (i.e for Unit 1 the first section is “Psychology’s Roots”). You are a senior now, which means you are responsible for knowing which style of notes works best for you. Bullet point or paragraph style are both acceptable, you just need to indicate understanding of major concepts and vocabulary (a vocabulary list is **not** an acceptable form of notes). We will continue to build on this notebook throughout the year, and I request handwritten notes to help with the memory process; I’m not doing this to create busy work.

**** Book Assignment OR Podcast Assignment:**

In order to complete this assignment, you must choose either ONE of the books from the list on the next page, or listen to FOUR of the podcasts (but feel free to listen to/ read more!). I know not everyone can buy a book, so I have included a link to a downloadable e-pub version of the book (I promise no viruses, just click the blue “Get” button at the top of the page and it will download into your phone library). You are responsible for **reading the book or listening to the podcasts and writing a 3-4 page paper** on the book, following the below requirements:

Book Requirements:

Your paper will be **organized** in the following manner:

- 1.) **Summarize the book, setting, characters, plot, key events, etc. 1-2 paragraphs (10%)**
- 2.) Discussion of **two (2) examples of how your own experiences** reflect or illustrate some of the subject matter and specific details of the book you’ve chosen (40%)
- 3.) Discussion of **two (2) thoughtful questions** you have about the subject of the book, based on what you’ve read (40%)
- 4.) The remaining 10% will be for following the format guidelines below.

Podcast Requirements:

Break your paper down by podcast (e.g. answer each requirement for one podcast before moving on to the second and third):

- 1.) **Summarize the podcast (4 total). What was it about? What stories were used to illustrate the concepts? How is it connected to daily life?**
- 2.) Discussion of **one example (4 total) of how your own experiences** reflect or illustrate some of the subject matter and specific details of the podcast(s) you’ve chosen (40%)
- 3.) Discussion of **one thoughtful question (4 total)** you have about the subjects of the podcasts based on what you’ve listened to (40%)
- 4.) The remaining 10% will be for following the format guidelines below.

Format:

- Title page (does not count as one of the 3-4 pages)

- Typed, 12pt Times New Roman, double-spaced, 1” margins
- Please do not exceed 4 pages. Three is the minimum, but there will be no bonus given for going longer!
- **Obviously, all work must be your own! Plagiarism will result in a grade of zero (0) for the assignment.**

BOOKS ARRANGED BY TOPIC AREA

Used copies of most of these books are currently available at Amazon.com for discounted prices, and most are widely available wherever books are sold. Be sure to check your public libraries, or use the free e-pubs I've linked in blue. Click the blue “Get” button at the top of the page, and it will download into your phone library

General Psychology

- Lilienfeld, S. O., Lynn, S. J., Ruscio, J., & Beyerstein, B. L. (2010). [*50 Great Myths of Popular Psychology. Shattering Widespread Misconceptions About Human Behavior.*](#) (1 ed.). Singapore: Blackwell Pub.

Research and Famous Experiments

- Hock, R. R. (2009). [*Forty Studies that Changed Psychology. Explorations Into the History of Psychological Research.*](#) Prentice Hall.

Neuroscience

- Sacks, O. (1970). [*The Man Who Mistook His Wife For A Hat.*](#) New York, NY: Vintage Books.

Memory and Cognition

- Foer, J. (2012). [*Moonwalking With Einstein: The Art and Science of Remembering Everything.*](#) Penguin Books.
- Gladwell, M. (2007). [*Blink: The Power of Thinking Without Thinking.*](#) Back Bay Books.

Social Psychology

- Fine, C. (2011). [*Delusions of Gender: How Our Minds, Society, and Neurosexism Create Difference.*](#) W. W. Norton & Company
- Linstorm, M. (2011). [*Brandwashed Tricks Companies Use to Manipulate Our Minds and Persuade Us to Buy.*](#) New York: Crown Business.
- Orenstein, P. (2011). [*Cinderella Ate My Daughter: Dispatches from the front lines of the new girlie-girl culture.*](#) HarperCollins Publishers

Psychological Disorders and Treatment

- Smoller, J. (2013). [*The Other Side of Normal: How Biology Is Providing the Clues to Unlock the Secrets of Normal and Abnormal Behavior.*](#) William Morrow Paperbacks.

- Cheney, Terri (2009) [Manic: A Memoir](#). William Morrow Paperbacks

PODCASTS

All of these podcasts come from my favorite Psychology series: Choiceology.
I have linked each of the podcasts with a brief description of what they are about.
You must select four (4) from this list to write about for your paper.

- [The Price of Your Vice](#) – Giving in to temptation is all too easy in the moment. But raising the stakes just might bolster your resistance.
- [A Spoonful of Sugar](#) – Why is it so hard to just buckle down and do the tasks we know are important? Making them appealing in the short term might be the ticket
- [A Bundle of Nerves](#) – Can adverse emotional reactions be reframed to diminish their negative consequences? How changing the way you view a situation can change your feelings
- [I Don't Want To Know](#) – Have you ever ignored unpleasant information, hoping it would just go away? Why we need to confront what we're avoiding
- [Happiness](#) – Giving: It's one simple behavior that's been shown to increase happiness. What we can do to make the most of it
- [Everybody's Doing It](#) – You're an independent-minded person. You make choices for yourself based on the best information available. You own your decisions, right or wrong... Right?
- [Hold That Thought](#) – Forgetting can be a significant barrier to achievement with real consequences. How can reminders help improve our memory?
- [The Devil's Advocate](#) – In a world of data, you'd think it would be relatively easy to make informed, objective decisions. But not if you only see what you want to see.
- [How Tomorrow Feels Today](#) – Whether expecting joy or despair, we tend to overestimate the long-term emotional impact of life events. How can being mindful of this help us move through life?
- [So Close To The Prize](#) – Whatever the goal, we often increase our level of effort when the finish line seems near. How can we make the most of this tendency?
- [A Successful Failure](#) – Using a checklist: it's such a simple idea, but it's one of the best ways to bring order to complexity and achieve results.