

Welcome to AP Psychology

During your summer break you will need to do a few things in preparation for this class.

Please read and carefully consider

AP Psychology is a college-level class in which you will be expected to do a great deal of independent reading and note-taking to prepare for class and understand the material. You must be highly motivated and focused to do well in this class. If you are not prepared to work, consider whether or not you truly belong in this class. Your success or failure in this course is up to you; you are responsible for your own learning, or lack thereof. You can succeed and pass the AP exam if you put in the sustained effort.

Reading Assignment:

First, you will have to choose ONE book from the list provided for your summer reading. There are a lot of interesting topics that cover many disciplines of psychology. I'm pretty sure you'll find a book that interests you. You can find the books online (Amazon etc.), your local book store (B & N) or possibly at a library. If you have chosen your book and lose interest after starting it, don't force yourself to get through it. Simply choose another one. As you're reading, you should annotate or take some form of notes. You don't have to turn these notes in, however, your notes will guide you through the writing process.

Written Assignment:

Write three "reflections" which convey your thoughts on specific passages in the book. Each of the three reflections should be at most a page in length. Begin with a quote or a synopsis of an issue taken from the book, one that gets you thinking. Then create a well-written response, developing your ideas carefully. Your responses can include critiques, questions, disagreements, ideas you like (explaining why), comparisons to other things you have read, connections to your personal experiences, etc. Have fun with this, but develop your thoughts and express them clearly. This exercise is designed to get you thinking more deeply as you read (and frankly to give me as your teacher a sense of who you are and how you think). Credit will relate to the quality of your writing and the views you express. It would be a good idea, as you read, to journal several possible reflections, i.e. to take a note of passages that seem interesting, and your reasons for thinking so. Then choose the best three to write up formally when you are finished with the book. In all papers and essays- not just this one, is that I am a big fan of using specific examples in writing. This is also true of the essay portion of the *AP exam*, using specific examples is the best way to get points (and not using them is the best way not to get points). Be sure that you use examples in your writing, your grade will thank you. **You must have a title page, 12 font, Times New Roman, APA style format, and double spaced.** Also, on the first day back you will briefly share with the rest of the class what you thought of your book.

AP Psychology Summer Reading List 2016/2017

Chabris, C. and D Simons. (2010). **The invisible gorilla: and other ways our intuitions deceive us.** NY: Harmony. Combine the work of other researchers with the authors' findings on attention, perception, memory, and reasoning to reveal how faulty intuitions often get us into trouble.

Cheever, S., J. Hoffman, S. Froemke and S. Nevins. (2007). **Addiction: why can't they just stop?** NY: Rodale Books. Companion book to an HBO documentary assesses our current understanding of addiction, combining expert opinions with personal narratives of impact of this epidemic on addicts, their friends and family, and our society.

Fallon, James. (2013). **The Psychopath Inside:** A neuroscientist's personal journey into the dark side of the brain. NY: current

Gladwell, Malcolm:

-**Blink:** The power of thinking without thinking

-**Outliers:** The story of success

Jamison, K.R. (1995). **An unquiet mind.** NY: Knopf. A beautifully written account of manic bipolar disorder (manic depression) written by a professor of psychiatry who is a victim of the disorder. A central theme is her reluctance to take the drug lithium even though it will be beneficial because she is afraid to lose the creative energy that comes with the disorder.

Kaysen, Susanna. (1993). **Girl Interrupted.** Turtle Bay Books. Author Susanna Kaysen, relates her experiences as a young woman in a psychiatric hospital in the 1960s after being diagnosed with borderline personality disorder.

LeDoux, J. (2002). **Synaptic self How our brains become who we are.** NY: Penguins Books. Synthesis of recent research in neuroscience to explain how the interactions between nerve cells in the brain creates what we experience as personality.

Lyubomirsky, S. (2007). **The how of happiness: a scientific approach to getting the life you want.** NY: Penguin Press. Lyubomirsky argues that personal happiness is not entirely dependent on biological predispositions or life's circumstances. Concepts from cognitive and motivational psychology suggest that "mindfulness" and "intentional activity" will allow us to identify "happiness strategies" that she claims will give us the ability to achieve greater happiness.

Nasar, Sylvia. (1998) **A Beautiful Mind.** A story about a Nobel Prize-winning economist and mathematician John Forbes Nash. This is an interesting book that takes you through the journey of Nash's battle with Paranoid Schizophrenia.

Pinker, S. (1997). **How the mind works.** Well-known M.I.T. cognitive psychologist offers a wide-range discussion of how we process information.

Sacks, O. (2008). **Musicophilia: Tales of music and the brain**. NY: Vintage. Sacks explores the place music occupies in the brain and how it affects the human condition. He shows us a variety of what he calls “musical misalignments,” neurological conditions which affect a person’s experience of music and reveal something of the importance of music to human behavior.

Sacks, O. (2010). **The mind’s eye**. NY: Alfred A. Knopf. Sacks tells the stories of people who are able to navigate the world and communicate with others despite losing what many of us consider indispensable senses and abilities: the power of speech, the capacity to recognize faces, the sense of three-dimensional space, the ability to read, the sense of sight.

Sacks, Oliver (December 1985). **The Man Who Mistook His Wife for a Hat, and Other Clinical Tales**. Summit Books. The book comprises twenty-four essays split into four sections which each deals with a particular aspect of brain function such as deficits and excesses in the first two sections (with particular emphasis on the right hemisphere of the brain) while the third and fourth describe phenomenological manifestations with reference to spontaneous reminiscences, altered perceptions, and extraordinary qualities of mind found in mentally handicapped people.

Sacks, O. (2012). **Hallucinations**. NY: Knopf. Sacks latest book weaves together stories of his patients and of his own mind-altering experiences to illuminate what hallucinations tell us about the organization and structure of our brains, how they have influenced every culture’s folklore and art, and why the potential for hallucination is a vital part of the human condition.

Schreiber, Flora. (1973). **Sybil**. Shirley Ardell Mason as “Sybil” was known to have 16 different personalities. The book reveals the treatments of Sybil Dorsett for dissociative identity disorder (D.I.D) and the path to come to terms with her past by her psychoanalyst, Cornelia B. Wilbur.

Zimbardo, Philip. (2007). **The Lucifer Effect**. What makes good people do bad things? How can moral people be seduced to act immorally? Where is the line separating good from evil, and who is in danger of crossing it?