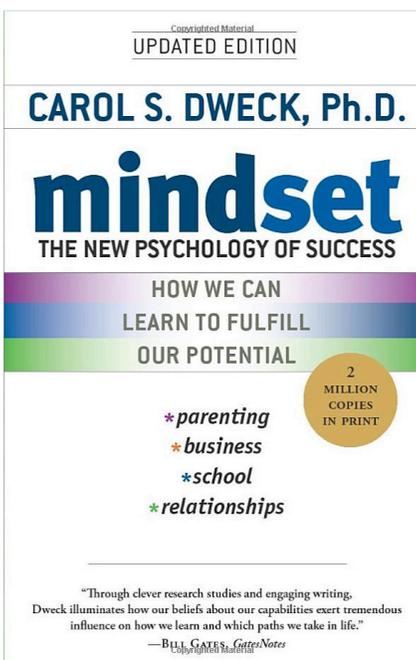




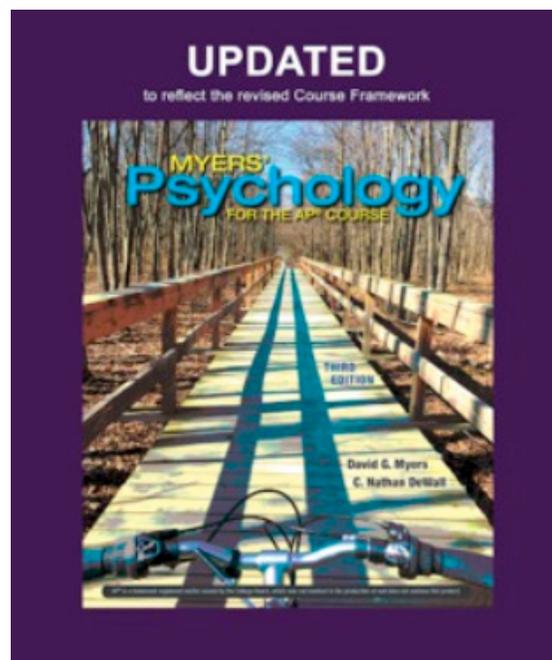
## Objectives

- To get a head start on the core content of the course
- Expose you to the use of psychological research in practical applications
- To introduce study and memorization strategies derived from concepts we will cover in this course and give you the opportunity to try them out

## Materials



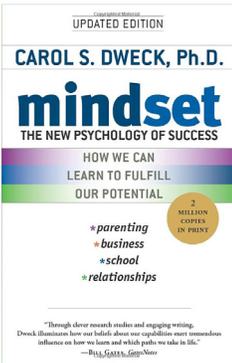
[Buy mindset >](#)



[Buy Myers' Psychology >](#)

# Assignment #1: Hello! and Growth vs. Fixed Mindsets

Due date: August 1

<b>READ</b>		<p>Mindset by Carol S. Dweck, Ph.D</p> <p>You don't need to purchase this book. Feel free to borrow it from your local library or a friend.</p>	<p>As you read, take time to consider how the ideas the author presents are relevant to your own life. Try to identify examples of growth and fixed mindsets that you may have seen in the media or in people around you.</p> <p>Dr. Dweck's ideas are based in research, but do you agree with the value judgments that are present in the book? Why or why not?</p>
		<p>Write a 2-3 page (informal) personal response.</p> <p>You do not need to provide a bibliography, assuming you are only referencing the required reading.</p> <p><b>Submit via Google Classroom by Aug 1</b></p>	<p>In this response:</p> <ol style="list-style-type: none"><li>1. Provide a header that includes a headshot (selfie is just fine) of yourself. Give me your full name, your preferred name, where you are from &amp; what year this is for you at Tilton.</li><li>2. Tell me a bit about yourself (perhaps some of your interests, aspirations, why you are taking this class). Just as this summer coursework will allow us to get a jump start on material, #s1&amp;2 will help me get a jump start in the meet and greet department too.</li><li>3. Then, and this should be the bulk of your response, spend some time identifying where you have seen fixed and growth mindsets at play in your own life. Are there differences in how you approach or function in your different interests/roles?</li></ol>

## Assignment #2: Studying Effectively & Diving Into the Text

**Due date: Prior to the first day of class**

Read and take notes on UNIT 1 of the Myers' text and prepare for a test that will be given in the first week of class. Use the Reading Guide linked in the assignment below. As you read, try to understand the "how and why" of Psychology's evolution from its roots to what it is today. What is the same? What's different?

Before you hop into the text reading, however, you will take a quiz (don't worry--it's more of a survey and won't be turned in to me) on learning myths and watch a few short videos on effective study tools and strategies. (We will talk more about these concepts in the Learning and Memory chapters.) Because this is an AP course, you will be preparing for an exam that requires, in part, a significant amount of memorization. Mnemonics, practice tests, and flashcards are useful tools for preparing for an exam like the AP, especially when attempting to commit terms to memory so you can apply them to concepts. I recommend that you purchase or make some index cards for key terms (a box or ring to keep them together and organized would be a good idea too), and work on them as we move through the material. If you stay on top of them and use them for periodic review, it will give you a jump start on your exam preparation in the spring.

OK, here we go:

FIRST	<a href="#">Take this Quick Quiz</a> on Learning Myths by NPR	How did you do? Did your reading from Assignment #1 help you out? Finish reading the article, explore any links that interest you, and then move on.
	<a href="#">Make Things Memorable</a> David Myers	This video summarizes a few of the most effective strategies (based on psychological research...go figure!) for working with your text and remembering the material. Are these things you already do in your studies?
WATCH	<a href="#">Mnemonics</a> Western Sydney University	You are probably familiar with mnemonics already and might recognize a few of the types referenced in this brief video. Consider incorporating them into your note-taking or studying, and don't be afraid to dig a little online if you want more ideas on how to apply them to psychology!
	<a href="#">How to Study Effectively with Flashcards</a> College Info Geek	This video will give you some ideas about how to design flashcards to help make them more memorable. I recommend you write or draw out your own cards, but he has some app recommendations that you could check out as well.
READ	Myers' Psychology	Read Unit 1
APPLY		Try out some of the strategies from the videos in your note-taking. We will talk about how helpful (or not) you think these were to your studying.