



# ST. JOSEPH'S ACADEMY

## 2024 Summer Reading

### ACP PSYCHOLOGY

Teacher: Dr. Jacob Yorg

#### ASSIGNMENT #1:

Directions: Choose one of the following books and complete the assignment that goes with it.

Book:

*You are Enough* by Cassie Mendoza-Jones

*I Thought It Was Just Me (But It Isn't)* by Brene Brown

*Why Has Nobody Told Me This Before?* by Dr. Julie Smith

#### Assignment:

- Create eight video logs describing aspects of the book that you can apply to your life.  
You may choose which chapters to include in each Vlog.
- Each Vlog needs to be a minimum of 3 minutes.
- You need to discuss how you can apply, connect, or extend what you have read to your life, school, etc.