



AMITY REGIONAL HIGH SCHOOL

BETHANY • ORANGE • WOODBRIDGE

25 NEWTON ROAD, WOODBRIDGE, CT 06525 (203) 397-4830

Mr. Roy and I hope that your summer is going well so far!

All students enter this course with preconceived notions about the field of psychology. Not only is that fine, but it is also expected. Most are based on what is learned through family, friends, the media, and for some of you some first-hand experience with psychologists. So, what do you know about psychology right now? What do you think you know? What do you want to know?

There are some specific purposes of the AP Psychology summer work. Mr. Roy and I want to introduce you to some contemporary issues in the field and give you the opportunity to reflect on these issues while comparing them to your current attitudes regarding psychology. In addition, we want you to walk into school ready to discuss your thoughts on these issues so we can hit the ground running during the first days of class.

Assignment

There are three parts to this assignment. Historically, together they take about four to six solid, non-distracted hours to complete.

FIRST answer the following two prompts. Please do this before you read any of the articles.

- a. As of right now, what do you know (or think you know) about the field of psychology?
- b. What do you hope to learn about in the upcoming year in AP Psychology?

THEN read the articles linked below. You should analyze these readings carefully and reflect on what the authors are communicating. Annotate/take notes as you see fit.

- "What Is Stigma?", from VeryWellHealth. Posted in February 2024.
<https://www.verywellhealth.com/stigma-5215412>
- "Stigma, Prejudice and Discrimination Against People with Mental Illness", from the American Psychiatric Association. Last reviewed in March 2024.
<https://www.psychiatry.org/patients-families/stigma-and-discrimination>
- "Mental Health By The Numbers" from the National Alliance on Mental Illness. Last updated April 2023.
<https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>
- "Unwell and unashamed", an article from the June 1, 2016 edition of the Washington Post.
<https://www.washingtonpost.com/sf/local/2016/06/01/unwell-and-unashamed/>
- "Survey: Americans Becoming More Open About Mental Health", from the American Psychological Association. Posted in May 2019
<https://www.apa.org/news/press/releases/2019/05/mental-health-survey>



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FINALLY, answer the four prompts below. Only respond to the prompts after you have read and considered all of the readings. A key to success on this part of the assignment is to consider specific aspects in the readings, reflect, think, and then write.

- c. List some stigmas that have historically been associated with mental illness. Then choose ONE and elaborate on it. Why do you think this stigma became prevalent? Is this stigma grounded in some truth or is it TOTALLY unfair? Why?
- d. What attitudes did YOU have about people with mental illnesses before reading these articles? Be honest -- we won't judge, we swear :)
- e. Pick TWO main points made in the reading. Do you agree or disagree with these points? Explain.
- f. Did you find any of the articles biased? Explain.

Your responses will be evaluated based on the degree of critical/analytical/reflective thought. We expect one comprehensive paragraph for EACH one of the prompts, so you are going to be writing six (or more if you want) comprehensive paragraphs total for the entire summer work assignment -- one paragraph for each of the two prompts before the readings, and one paragraph for each of the four prompts immediately above.

You will be asked to upload this to Schoology during the first week of school. You should also be prepared to discuss the articles and your responses in class. If you have any questions about any of this, my students can email me at rick.bourdeau@amityregion5.org. If you are a student of Mr. Roy, email him at claudio.roy@amityregion5.org.

We hope you enjoy the rest of your summer and look forward to a great year!

Mr. Bourdeau