

Name: _____ Period: _____

AP PSYCHOLOGY SUMMER ASSIGNMENT 2024

Mrs. Ally

Welcome to AP Psychology! You are about to embark on an exciting journey that explores the human self. My goal, as your teacher, is to introduce you to the exciting field of *Psychology* and to prepare you for the College Board AP Exam in May.

In order to gain a solid foundation for psychology and for class starting in September, you will complete a mandatory summer assignment.

This assignment is due **the first day of school**

September 5, 2024

NO LATE ASSIGNMENTS WILL BE ACCEPTED.

Theoretical Perspectives/ Approaches:

A ***perspective*** is a school of thought or a way of describing/viewing some phenomenon such as mental illness or behavior. Many topics in psychology can be viewed in a variety of ways. For example, if a psychologist is studying aggression - one psychologist, like ***Charles Darwin***, may put an emphasis on the ***biological perspective*** and would investigate how the brain and the nervous system impact aggressive behavior. However, another psychologist, like ***John Watson***, may put an emphasis on the ***behavioral perspective*** and would investigate how variables in the environment impact aggressive behavior. Lastly, another psychologist, like ***Carl Rogers***, may put an emphasis on the ***humanistic perspective*** and would investigate how aggressive behavior is a choice with acceptable consequences. Each psychologist may come to their own conclusions on aggression & have differing explanations for aggressive behavior without being wrong. It all depends on the perspective/ approach you are looking at the situation from. With this in mind....

Complete the following assignments:

- Read Chapter One in the textbook: *The Evolution of Psychology*
 - Textbook must be obtained before leaving for the summer:
 - Complete the attached reading guides for Chapter 1
 - Watch Crash Course Psychology Episode 1.
<https://www.youtube.com/watch?v=vo4pMVboR6M>
 - Complete the crash course worksheet attached.
 - Complete vocabulary quiz for Chapter 1 attached
 - Scientific Journal Analysis: Choose one of the scientific journals provided and complete the guided reading questions provided.
 - All about Me Essay: write a minimum two page, Times New Roman, 12 font, double spaced, paper responding to the following questions:
 - Why are you taking AP Psychology?
 - What are you looking forward to the most in this course?
 - What do you already know about the field of psychology?
 - What are your educational strengths?
 - What are your educational weaknesses?
 - Is there anything about you that I should know as your teacher? (This will allow me to ensure that this class is as encouraging of a place that will set you up for success)
- ⇒ This entire packet and your essay should be handed in by **September 5th.**
- ⇒ All of your work (Chapter One Outline, Crash Course Video Questions, Scientific Journal Analysis) should be **hand written** in this document. Only Your All About Me Essay may be and must be typed.

**There will be a test on all of Chapter 1 information on the
SECOND DAY OF SCHOOL - September 6, 2024.**

Good luck and see you all in September.

Chapter 1 Reading Guide

In order to be successful in this course and future college courses, reading the textbook is a key to your success. AP Psychology **requires** reading and studying outside of class. Do not simply skim the readings looking for the bolded or italicized vocabulary; make sure you read actively and take time to understand what you are reading. If you are willing to put in the necessary effort, you **WILL** succeed in this class.

Directions: Read chapter 1 in your electronic textbook. The following reading guide must be written in your **own words**. Each question should be in complete sentences. If you can provide examples to support your answer - do so. This will help you when you look back at your assignment when reviewing for the AP test - the more effort you put in now, the less effort you will have to put forward when reviewing.

Chapter 1: The Evolution of Psychology p. 1-29

1. Identify and explain the significance of the following in the development of psychology.

A. Wilhelm Wundt:

B. Edward Titchener:

C. Structuralism:

D. William James:

E. Functionalism:

F. Mary Whiton Calkins:

G. Margaret Floy Washburn:

H. Leta Stetter Hollingworth:

I. Sigmund Freud:

J. Psychoanalysis:

K. Stanley Hall:

L. John B. Watson:

M. Behaviorism: M.

N. B.F. Skinner:

O. Humanism:

P. Carl Rogers:

Q. Abraham Maslow:

2. Contemporary Theoretical Perspectives in Psychology:

Perspective/ Time Period	Principal Contributors	Subject Matter	Basic Premise
Behavioral			
Psychoanalytic			
Humanistic			
Cognitive			
Biological			
Evolutionary			

3. Major Research Areas in Contemporary Psychology:

Area	Focus of Research
Developmental Psychology	
Social Psychology	
Educational Psychology (Mrs. Ally :D)	
Health Psychology	
Physiological Psychology	

Experimental Psychology	
Cognitive Psychology	
Psychometrics	
Personality	

4. Professions in Psychology

Specialty	What areas of life are they trying to improve? What do they specialize in?	How do they accomplish this?
Clinical Psychology		
Counseling Psychology		
Industrial and Organizational Psychology		
School psychology		

5. Seven Themes of Psychology: Summarize and explain the importance of each theme related to psychology. This should be written in your own words.

- Theme 1: Psychology is Empirical:

- Theme 2: Psychology is Theoretically Diverse:

- Theme 3: Psychology Evolves in a Sociohistorical Context:

- Theme 4: Behavior is determined by Multiple Causes:

● Theme 5: Behavior is shaped by Cultural Heritage:

● Theme 6: Heredity and Environment Jointly Influence Behavior:

● Theme 7: People's Experience of the World is Highly Subjective:

Intro to Psychology: Crash Course Psychology #1

Available at <https://youtu.be/vo4pMVb0R6M> or just youtube/google "Crash Course Psychology 1"

1. The word "**psychology**" comes from Latin for the "study of the _____." Today it's defined as "the science of _____ and _____."

Psychology

2. _____ was one of the most tremendously influential and controversial thinkers his time. His theories helped build our views on _____, _____, _____, and _____.

3. What were some of the characteristics of the following early schools of thought in psychology?

a. **Structuralism** -

b. **Functionalism** -

c. **Psychoanalysis** -

i. Prior to **Sigmund Freud's** work, people with mental disorders would be confined to _____ and at best given menial labor to do and at worst _____ to a bed frame.



4. **Behaviorism** and its heavy hitters (like _____, _____, and _____) focused on the study of _____.

5. The descendents of Freud's **psychoanalysis** theories were collectively known as the _____ theories. They focused on the importance of _____ in shaping the **unconscious** and how that process affects our thoughts, feelings, behaviors, and personality.

6. By the mid-20th century, other major forces in psychology were also brewing—including _____ psychology, which focuses on nurturing personal growth.

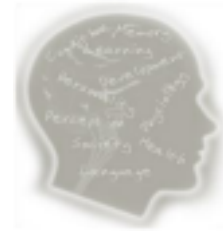
7. Psychology is an _____ science. The essence of the discipline has everything to do with creating different ways of asking interesting questions and attempting to answer them through all kinds of _____ methods.

Scientific Journal Analysis

Choose one study from the list provided and complete the following organizer. The point of this page is to not only let me know that you have, in fact, done the reading, but also to act as a brief review for you to study from. Each answer should be no more than 4 sentences– you really want to try to keep your responses as brief and straight to the answer. Select only the most important information to include.

Pick ONE of the following studies to read: (click the hyperlinks attached here or you can find them on my website)

- [Enhancing Memory Through Video Lectures](#)
- [Sex Differences in Sports](#)
- [Combat Related PTSD](#)
- [Effects of Stress on Memory](#)



Title of Study:

Name of Psychologist in Charge of the Study:

- 1. Background information (found in the introduction to the chapter and at the beginning of the study):**
- 2. Methodology (experiment, case study, survey, etc. What procedures were used?):**
- 3. Results (what did the researcher find?):**
- 4. Discussion (what do these results mean?):**
- 5. Critique (strengths and weaknesses of study):**
- 6. Relevance/Recent Applications:**
- 7. Ethical issues (discuss any issues that might have been involved or that were avoided):**
- 8. Relevant cross-cultural differences/issues (were cross-cultural issues or differences addressed?):**
- 9. Personal Discussion/Connection (write about your questions, anything interesting you learned, issues the reading make you think of, such as connections with your life, current events, etc.) (This answer can be longer than 4 sentences)**

Quiz on Unit I Psychology's History and Approaches

The answers for items 1-45 are found among the options in the column directly to their right.

Module 1: Psychology and Its History

- | | |
|------------------------------|---|
| 1) ___ critical thinking | A) using introspection to reveal the structure of the human mind |
| 2) ___ empiricism | B) exploring how mental and behavioral processes function |
| 3) ___ structuralism | C) looking inward to observe one's own psychological processes |
| 4) ___ introspection | D) idea that knowledge comes from experience |
| 5) ___ functionalism | E) examines assumptions, evaluates evidence, assesses conclusions |
| 6) ___ behaviorism | AB) emphasizes human growth potential |
| 7) ___ humanistic psychology | AC) psychology should be objective, w/ no reference to mental processes |

Module 2: Today's Psychology and Its Approaches

- | | |
|----------------------------------|--|
| 8) ___ cognitive psychology | AD) traits that enable survival and reproduction more likely passed on |
| 9) ___ nature-nurture issue | AE) study method incorporating five steps |
| 10) ___ natural selection | BC) study of the power of genetic & environmental influences on behavior |
| 11) ___ evolutionary psychology | BD) traditions shared by a group of people |
| 12) ___ behavior genetics | BE) how situations and cultures affect our behavior and thinking |
| 13) ___ culture | CD) study of mental processes |
| 14) ___ positive psychology | CE) studies how unconscious drives and conflicts influence behavior |
| 15) ___ biopsychosocial approach | DE) study of the evolution of behavior and the mind |
| 16) ___ social-cultural approach | ABC) incorporates biological, psychological, and social-cultural views |
| 17) ___ testing effect | ABD) scientific study of observable behavior |
| 18) ___ SQ3R | ABE) scientific study of human flourishing |
| 19) ___ psychodynamic approach | BCD) enhanced memory after retrieving |
| 20) ___ behavioral psychology | BCE) controversy over the contributions of genes and experience |

Module 3: Subfields in Psychology

- | | |
|--|---|
| 21) ___ psychometrics | BDE) how psychological processes affect and enhance teaching & learning |
| 22) ___ basic research | CDE) explores how people and machines interact |
| 23) ___ developmental psychology | ACD) a branch of medicine dealing with psychological disorders |
| 24) ___ educational psychology | ADE) studies change throughout the life span |
| 25) ___ applied research | ACE) scientific study that aims to solve practical problems |
| 26) ___ industrial-organizational psychology | A) optimizing human behavior in workplaces |
| 27) ___ human factors psychology | B) assesses, and treats people with psychological disorders |
| 28) ___ counseling psychology | C) the scientific measurement of human abilities, attitudes, and traits |
| 29) ___ clinical psychology | D) assists with problems in living and in achieving greater well-being |
| 30) ___ psychiatry | E) pure science that aims to increase the scientific knowledge base |

Key Contributors to Remember

- | | |
|----------------------------------|---|
| 31)___ Wilhelm Wundt | A) first female president of the American Psychological Association |
| 32)___ G. Stanley Hall | B) reformer for humane treatment of those with psychological disorders |
| 33)___ Edward Bradford Titchener | C) Russian physiologist who pioneered the study of learning |
| 34)___ William James | D) Studied how consequences shape behavior. Rejected introspection. |
| 35)___ Charles Darwin | E) created psychoanalytic psychology |
| 36)___ Mary Whiton Calkins | AB) behaviorist famous for controversial “Little Albert” study |
| 37)___ Margaret Floy Washburn | AC) early functionalist |
| 38)___ John B. Watson | AD) established 1 st psychology lab at Leipzig, Germany |
| 39)___ B.F. Skinner | AE) evolutionary theorist |
| 40)___ Sigmund Freud | BC) used introspection and introduced structuralism |
| 41)___ Carl Rogers | BD) humanistic psychologist |
| 42)___ Abraham Maslow | BE) 1 st formal U.S. psychology laboratory. Titchener’s student. |
| 43)___ Ivan Pavlov | CD) Swiss psychologist and observer of children |
| 44)___ Jean Piaget | CE) first woman to officially earn a PhD |
| 45)___ Dorothea Dix | DE) humanistic psychologist who created a needs hierarchy |

All About Me Essay

Write a minimum two page, Times New Roman, 12 font, double spaced, paper responding to the questions listed on the instructions page.