

AP Psychology: Course Overview and Suggested Resources
Summer 2024

Suggested Resources:

Use the following resources to begin your exploration into the content of Psychology. **These are optional resources and you will not have a traditional summer work submission in the fall.** This said, these sources provide an introduction and glimpse into key concepts and themes of psychology that we will be studying throughout the school year. Reviewing these resources can enrich your understanding of content and connections throughout our study of psychology. Additionally, these sources will provide you with the opportunity to see how psychology is applied to your everyday life.

Articles:

- [Why Do We Need Sleep?](#) by Veronique Greenwood
- [Corona Virus Takes Toll on Mental Health](#) by Ruth Bender in Berlin and Rachel Pannet
- [Can You Train Your Brain to Develop Super Senses?](#) by Beth Daily
- [Coping with Stress in 30 Minutes or Less](#) by Christal Yuen
- [How Social Media Can Influence Your Memories](#) by Marlynn Wei M.D., J.D.
- *Forty Studies that Changed Psychology* by Roger Hock (nonfiction)
 - Description of studies that were considered turning points in psychological research

Video Clips:

- [Overview on the Brain](#)
- Crash Course: [Aggression vs. Altruism](#)
- [Where Joy Hides and How to Find it](#)
- [How Stress Affects your Brain](#)
- Dr. Lori Santos from The Happiness Lab: [7 Ways to Be Happier](#)
- TedTalk: Alison Ledgerwood- [Getting Stuck in the Negative \(and How to Get Unstuck\)](#)
- TedTalk: Ted Urban- [Inside the Mind of a Procrastinator](#)
- Brain Games Seasons (1-6): Available through Classroom Video database from the Library Learning Commons

Podcasts:

- “[The Psychology Podcast](#)” with Dr. Scott Barry Kaufman - This episode review Maslow’s hierarchy of needs in a new light
- “[The Hidden Brain Podcast](#)” with Shanker Vedantam - This series is one of my all time favorites and discusses studies on a variety of different psychological topics

including: the power of laughter, the nurture of empathy, anger and the frustration aggression principle, implicit biases, and classical conditioning to quiet the mind. Check some out, you won't be disappointed!

- [“The Happiness Lab Podcast”](#) with Laurie Santos- Check out any of her podcasts and develop a better understanding of your thought patterns and behaviors and the tricks to finding happiness and maintaining it in your life.

General Websites

These sites will be used throughout the course both in class and independently to best support you in researching and learning about the different topics that will be discussed in AP Psychology.

- [AP Central College Board](#)
- [National Institute of Mental Health](#)
- [Psychology Today](#)
- [Simply Psychology](#)