

AP Psychology Summer Assignment

APA Podcast Reflection Project

This summer, you will explore real-world psychological concepts by listening to podcasts produced by the American Psychological Association. The goal of this assignment is to help you connect psychology to current research, human behavior and everyday life before we begin the AP Psychology course.

Assignment Directions

1. Visit the [American Psychological Association Podcasts Page](#). The choices go on for several pages so please don't feel like you must choose from the first page.
 2. Choose **three different podcast episodes** that interest you.
 3. Listen carefully and take notes while listening.
 4. For each episode, write a thoughtful summary and reflection using the format below. It should be between 300-400 words each.
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Written Requirements

For **each** podcast episode, submit the following:

1. Podcast Information

- Title of the episode
- Main topic discussed

2. Summary (1–2 paragraphs)

Include:

- The main ideas discussed
- Important psychological concepts or studies mentioned
- Key points made by the speaker(s)
- Why the topic matters

3. Personal Reflection (1 paragraph)

Respond to questions such as:

- What did you find most interesting or surprising?
- How does this topic connect to everyday life?

- What questions do you still have?
 - How might this relate to something you have experienced or observed?
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Formatting Requirements

- Typed
 - 12-point font
 - Double spaced
 - Each podcast response should be approximately **300-400 words**
 - Total assignment length: approximately **3–6 pages**
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Suggested Podcasts

You may choose any episode you like, but here are a few strong and relevant options: stress and mental health, sleep and the brain, social media and behavior, motivation and habits, anxiety in teens and memory in learning.

Grading Criteria (100 points total)

Criteria	Points
Complete summaries of 3 podcasts	45
Thoughtful reflections	25
Accurate psychology connections	20
Organization, grammar, and effort	10

Academic Integrity

Your summaries and reflections should be written in your own words. Do not copy podcast descriptions or use AI-generated summaries as they will be run through an AI checker.