WESTCHESTER
COUNTRY DAY SCHOOL

AP Psychology
Summer Assignment: A Four Part Introduction to Psychology
Mrs. Singer

Welcome to AP Psychology! I am ecstatic that you have decided to join this class and have chosen to challenge yourself with the fascinating world of psychology. I am certain that you will find this course worthwhile and personally relevant. Although it is the summer, there is work to be done. **Please note, AP Psychology is a college-level course with higher student expectations than most courses taken by high school students. Please do not consider it an elective.**

With that being said, it is imperative that we get a jump start on the AP Psychology curriculum. Your summer assignment consists of **FOUR** mini-assignments; worth a total of 100 points. The first assignment can be forwarded to me whenever it is complete. Some students in the past have even sent it before school was out for the current year! Although it is suggested, there will not be a penalty for turning it in on the first day of class but when you see the assignment, you will understand why I would like it before the first day of class. Please hang onto the latter three assignments until the first day of class. Each assignment will serve a specific purpose that will assist you throughout the school year and aid in your preparations for the AP Exam in May.

*****You must come by my classroom before leaving for the summer to pick up your reading guide and textbook in order to complete the assignments.***

Assignment #1 - "Allow Me To Introduce Myself" (suggested due date 8/24) - (10 points) This assignment is designed for me to get to know you prior to the school year beginning. In this email, you are to use well written, complete sentences, do not abbreviate words (i.e. language you would use on Snapchat, text messages, the hallway, etc.), and lastly, use spell check. This is a professional communication similar to what you would use with a college professor or employer. (** If you are also taking AP Business with Personal Finance, you only have to answer the questions that pertain to AP Psychology rather than AP Business in this email.)

* Send the letter **to:** heather.singer@westchestercds.org
* Subject of email: Introduction to [Your Name], AP Psychology Student" * In the **body** of the email, answer the following...
* Introduce yourself.
* What are your hobbies? What do you like to do for fun?

* What extracurricular activities are you involved or planning to be involved in? Any sports? Fine arts?

* Do you have a job? What is it? Do you like it? Is this something you would like to continue as a career? * What are your goals/plans post-high school?

* Why are you taking AP Psychology? What are you looking forward to in this class? What areas of psychology interest you? How do you learn best? What have you heard, if anything, about the class from peers?

* Are you enrolled in other AP courses? If so, which ones? Have you taken other AP courses throughout your high school career or is this your first? What have you learned that you believe will help you in AP Psychology this year?

* How will you manage your time throughout this upcoming school year?

*What is your experience with mental health whether it be with a family member, friend, or personally? Please only share what you feel comfortable sharing and do not feel obligated to share names or
specifics, confidentiality is respected. Due to your experiences are there any topics that may be "triggers" that I should know about.

* What else should I know about you so that I have insight into you as a person before the next school year begins.

Assignment #2 - "TED" (suggested due date 8/26) - (30 points)

The second assignment will incorporate some technology. TED is a nonprofit organization devoted to spreading ideas in short, powerful talks in 18 minutes or less. TED is an acronym for technology, entertainment, and design. I have sifted through the psychology section of TED and found 13 "talks" that could be of interest. Of these thirteen, you are to watch any **FIVE** of your choosing. After listening to these lectures, you will provide a one paragraph summary **OF EACH LECTURE** consisting of at least **seven** sentences. Feel free to incorporate your opinion of the talk and discuss terms you were interested in, as well as terms you were unsure about. **This assignment should be shared with me in a Google Doc on the first day of class.**

- Jeffrey Kluger: The Sibling Bond
- Martin Seligman: New Era of Positive Psychology
- Keith Barry: Brain Magic
- Matt Killingsworth: Want to be Happier? Stay in the Moment
- Susan Cain: Power of Introverts
- Michael Shermer: The Pattern Behind Self-Deception
- Angela Lee Duckworth: The Key To Success Grit
- Ben Ambridge: 10 Myths About Psychology Debunked
- Pamela Meyer: How To Spot A Liar
- Brene' Brown: Vulnerability OR Listening to Shame
- Chimamanda Ngozi Adichie: The Danger of a Single Story
- Malcolm Gladwell: Choice, Happiness and Spaghetti Sauce
- Alison Gopnik: What do Babies Think?

Assignment #3 - "Textbook Time" - (due 8/26) - (30 points)

This assignment was created to allow you time to begin using your text. We will cover every page in the textbook throughout the course of this year. It will behoove you to familiarize yourself with it before the first day of class. **This assignment is due on the first day of school.**

- Read over the "Contents" pages to familiarize yourself with the topics we will be covering this year.

- Read pages 0-3 through 0-21 of Unit 0 and I really mean "read" the text, do not jump in answering the reading guide until after you have read the unit.
- Complete the Reading Guide for Modules 0.1-0.3 in your notebook. **This must be HANDWRITTEN and legible.** *I will not accept typed Reading Guides*.

Assignment #4 - "Psychological Studies" - (due 8/26) - (30 points)

This assignment was created in order to introduce you to the research side of psychology. Most of what we know and have come to understand in psychology is due to a study or experiment that was done. This will help you better understand an article analysis question (AAQ) and an evidence based question (EBQ) for the AP exam in May. **This assignment is due on the first day of school.**

- Click here and it will take you to an online copy of "Forty Studies that Changed Psychology".
- You should read and study Reading 3: "Are You a Natural?" on page 19
- Click here to fill out the summary/analysis form. **YOU MUST MAKE A COPY OF IT.**

Extra Credit- "Taking Care of Business" (due 8/26) - (5 bonus points)

This assignment is easy. Your supplies for this class will be purchased for you by the school; however, this is for extra credit.

* A book cover for your textbook (**5 bonus points**).

Due dates are non-negotiable. If you do not complete your summer assignment on time, you may be asked to move to another class. I can be reached at heather.singer@westchestercds.org if you have any questions and/or concerns over the summer. I look forward to working with all of you this year!

Keep in mind that psychology is everywhere. Everything we do, think, and feel can be related back to psychology. Have a great summer!

— Mrs. Singer