AP Psychology
2026-2027

Hello and welcome to AP Psychology! In preparation for our year together, we are asking you to listen to two episodes of **Hidden Brain**. If you aren't familiar, **Hidden Brain** is a podcast hosted by Shankar Vedantam "that explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world." According to Vedantam,

> "There are two kinds of explorers. One travels to exotic lands, ventures where no one has gone before. The other kind of explorer revels in discovering the surprising and the extraordinary in the mundane and everyday. For as long as I can remember, I have been fascinated by this second kind of exploration. Nothing delights me more than to hear an insight that transforms what I think I know already, that reshapes how I see the world, that shows me the extraordinary in the ordinary."

Use this opportunity to introduce yourself to psychology and explore the "extraordinary in everyday life." You will be listening to **TWO** episodes. **One we have selected and one you choose**. There are hundreds of episodes to choose from. Take some time to browse the website before selecting your episode. There is definitely something for everyone!

If you are stuck on which episode to listen to, take a look at the **Hidden Brain Classics** for some inspiration.

Here is the specific assignment:

1. Listen to **You 2.0: WOOP, WOOP!** https://www.npr.org/2020/08/21/904680577/you-2-0-woop-woop
2. Choose another episode to listen to
3. For both - listen and jot down some notes
4. For both - Write a ONE PAGE typed reflection that should cover:
    a. A one paragraph summary of the episode
    b. A one paragraph connection to Psychology - the study of human thought and behavior. **Pay particular attention to any research studies noted in the episode**
    c. A one paragraph impression of the episode.

Bring your typed, one page reflections (you will have TWO) to the first day of class and come prepared to discuss. We are excited to meet you and begin our exploration of psychology together!

As always, all writing must be entirely your own original work. The use of AI-generated writing or outside assistance is strictly prohibited and will be treated as an academic integrity violation. A grading rubric is on the back side of this sheet.

Should you have a question, please contact Ms. Jerutis (jerutiss@nths.net), Ms. Brennan (brennake@nths.net), Ms. Yoon (yoonc@nths.net), or Ms. Revis (revisp@nths.net)

Podcast #1: Woop! Woop!

1 paragraph summary _____/4

1 paragraph connections to
Psych with research _____/4

1 paragraph impressions _____/2

Podcast of choice: _____

1 paragraph summary _____/4

1 paragraph connections to
Psych with research _____/4

1 paragraph impressions _____/2

Work was proofread,
formatted and
Submitted correctly on time _____/5

TOTAL: _____/25