

AP Psychology Summer Reading

Welcome to AP Psychology! To jumpstart our exploration into the human mind and behavior, your summer assignment involves reading one of two books. Both selections offer a look into how we think, stay motivated, and navigate the world, laying a foundation for our course.

You will choose **one** of the following books to read before the first day of school:

- **Option 1: *Thinking, Fast and Slow* by Daniel Kahneman**
 - Written by a Nobel Prize winner, this book breaks down human thought into two distinct systems: System 1 (fast, intuitive, and emotional) and System 2 (slow, deliberate, and logical). It serves as a introduction to cognitive biases and the unexpected characteristics of human judgment.

- **Option 2: *Grit: The Power of Passion and Perseverance* by Angela Duckworth**
 - Psychologist Angela Duckworth explores the hidden ingredients of success, arguing that talent is vastly overrated compared to "grit," a powerful combination of long-term passion and resilience. It is a motivating read as you enter a rigorous AP year.

Summer Assignment: Psychology Journal

Reflection Essay

Write a brief, 1-to-2 page double-spaced reflection answering the following prompt:

How does the author's argument challenge or change the way you understand your own behavior, academic habits, or decision-making? Moving into a college-level course like AP Psychology, how can you practically apply the insights from this book to ensure your own academic success this year?

- **Depth:** Demonstrates a thorough reading of the text and not just a summary of the back cover.
- **Application:** Connects the book's concepts to real-life psychological behaviors.