Ludlowe AP Psychology: Summer Application 2026-27

AP Psych Unit 0: Psychological Science Practices	Modules: 0.1-0.6
Unit Question:	• In what ways do psychologists use different approaches, scientific practices, research methods and data interpretation to study behavior and mental processes?
Learning Target(s):	• I am able to differentiate the psychological perspectives. • I can evaluate the approaches and successfully explain my behaviors through a variety of psychological perspectives.

Background

The extent to which we are all influenced by our nature (genetic predispositions), versus nurture (our environment), is a long standing debate in the field of psychology. When analyzing the behavior and mental processes of individuals, psychologists carefully consider the impact of the biological makeup of a person along with the social-cultural, environmental, and psychological forces a person may be exposed to. As a new student of psychology it is important to consider the extent to which nature and nurture have contributed to your own personal development.

Task

You are to design a collage by creating a Google Slide and sharing this slide on our Google Classroom Discussion Board. Your slide contribution should demonstrate how a psychologist might attempt to explain your behavior, through three of the seven perspectives (Psychoanalytic, Behavioral, Cognitive, Humanistic, Biological, Evolutionary, Sociocultural). *Please refer to the following article for reference on the perspectives: The 7 Major Perspectives in Modern Psychology*

**Be sure to carefully look over the Model provided as well as the rubric below BEFORE you complete the assessment. As always, feel free to reach out if you have any questions or need additional support.*

Approaching	**Objectives**	**Meet/Exceeding**
	• I can accurately describe and detail three of the six psychological perspectives.	
	• I can accurately and thoroughly apply three of the six psychological perspectives to my life. Appropriate detail is provided that directly draws connections between the perspective chosen and my personal example.	

Suggested/Optional Resources:

Below are a variety of additional resources that you are welcome to look through this summer to aid in your exploration of psychology topics of interest and content that we will be discussing throughout the course. 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
- 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.

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: Getting Stuck in the Negative (and How to Get Unstuck)/ Alison Ledgerwood
- 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.

Fiction and Nonfiction Books:

These books can be found in the Fairfield Public Library, on Amazon and some within the Fairfield Ludlowe Learning Commons's catalog. Pick a book and explore how psychology can be applied within literature.

Title	***Author***	***Synopsis***	***Topic***
Icy Sparks	Gwyn Hyman Rubio (fiction)	A ten year orphan in rural Kentucky begins to reveal the secrets of her life with Tourette's syndrome.	Tourett's Syndrome
The Glass Castle: A Memoir	Jeannette Wells (nonfiction)	A young woman comes to grips with her extremely dysfunctional family life.	Alcoholism Bipolar disorder Poverty
Life of Pi	Y. Martel (fiction)	A 16 year old boy from India finds himself in a lifeboat with a Bengal tiger	Positive Psychology, Spirituality, Hope, Survival
Set This House in Order	M. Ruff (fiction)	A fascinating and creative look into the life of multiple personalities.	Dissociative Identity Disorder (multiple personality disorder).
Born on a Blue Day: *Inside the Extraordinary Mind of an Autistic Savant*	Daniel Tammet (nonfiction)	A boy with Autism Spectrum Disorder has intellect beyond his own understanding and his journey through life.	Autistic Savant Autism
Opening Skinner's Box: Great Psychological Experiments of the 20th Century	Lauren Slater (2005) nonfiction	A modern interpretation of experiments and a debunking of myths related to the psychologists and their experiments.	Variety of psychological concepts
Forty Studies that Changed Psychology	Roger Hock (nonfiction)	Description of studies that were considered turning points in psychological research	Variety of psychological concepts
Prozac Diary	Lauren Slater (nonfiction)	The author describes what it was like to spend most of her life feeling "crazy"–and then to wake up one day and find herself in the strange state of feeling well.	Psychological Disorders and Treatment

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**