AP Psychology | Summer Assignment 2026

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Welcome to AP Psychology - I can't wait to meet you all in September! This course will be a challenge, but at the same time fun and rewarding, as we will be learning all year why we function and act the way we do! We will dive into many aspects of psychology relative to human behavior through various approaches and psychological lenses. This year's summer assignment will be simple, but of utmost importance to gain basic psychological knowledge before the school year starts. This summer, you will be tasked with completing a Unit 0 Science Practices Guided Notes that you will then use to take an open-note quiz the first week of school.

These guided notes have been specifically designed to go along with Mr. Sinn's Unit 0 topic review videos on YouTube. These notes will help you retain all of the essential information in each video. So why use these notes?! *Well, research suggests that taking notes actively engages your brain, aids comprehension, and improves retention*. By filling in these guided notes as you watch the videos, you will be able to:

1. **Focus on Key Points:** The guided notes will help you identify the most important concepts, theories, and examples covered in the videos. This ensures you capture the core information.
2. **Organize Your Learning:** The notes are structured in a logical format, allowing you to organize your thoughts and insights as you progress through the material.
3. **Interact with the Content:** As you write down key ideas and phrases, you are actively engaging with the material. This boosts comprehension and retention, making it easier to remember the information later.
4. **Personalize Your Learning:** Feel free to add your own comments, questions, and connections to the notes. Personalization helps solidify your understanding and makes the material relatable.
5. **Study Efficiently:** When it is time to review, these guided notes will serve as a concise and comprehensive summary of the topic. This makes study sessions more efficient and effective.

Unit 0 Science Practices Ultimate Review Practice & Videos (on Google Classroom)

You are tasked with watching Unit 0 Science Practices Ultimate Review Videos by Mr. Sinn & completing the packet. All answers can be found in the videos. Your guided notes MUST be handwritten, but do not need to be in complete sentences.

Please join the Google Classroom to access the Guided Notes Assignment & Videos
Classroom Code: zehipye

Summer Assignment Due Dates

Guided Notes: to be collected on Thursday, September 10 @ the beginning of the class period.
Open Note Quiz: Monday, September 14 (I will pass back out guided notes to use on your quiz).

- ★ The Guided Notes Packet will be worth a 50-point lab grade
- ★ Open Note Quiz will be worth a 50-point quiz grade

If you have any questions, feel free to email me, and I will get back to you ASAP!
Enjoy your summer and make sure that you prioritize your mental health during these few months off :)