

A.P. Psychology 2019-2020
Summer Assignment Requirements

DUE DATE- All WORK IS DUE THE FIRST DAY OF CLASS!

Requirement One & Two: Select a Book/Take Notes/Write Book Review

- 1) Select one book from the list below. This will be your required summer reading assignment for AP Psychology.
- 2) Keep a Journal of your reaction and questions brought about by your reading of the book you chose. Use the following questions as a guide and create your four of your own questions. To respond to as you read.
 - **Characters:** Are there characters in the work? Who are the principle characters? How do they affect the story? Do you empathize with them? Why? Explain.
 - **Themes/Style:** What themes stand out? What psychological issues are presented within the book.
 - **Key ideas:** What is the main idea of the work? How does it inform our study of psychology?
 - **Quotes:** What quotes stand out (choose five)? How do the quotes highlight or develop important themes within the novel.
- 3) **Requirement Two: Write a Book Review** - You must compose a book review based on your reading. Use the following book review guidelines to earn full credit for your work.
 1. Your book review should be typed and double spaced. You need to use 12 point font, Times New Roman, and one inch margins. **Be sure your book review has a title page containing the title of the book, the author, and your name.**
 2. The book review should be two pages.
 3. Your book review must encompass the following topics:
 - **Background:** What are the main points and main characters? What are the themes?
 - **Pressing Issue/Event:** What was one issue/event that stands out above all others? Why?
 - **Your Evaluation:** What impact did the book have on your life? What was one meaningful quote from the book? Why was this quote meaningful to you?
 4. You also must include a reference page. The **reference page must be written in APA style.** Here is a link to go to for help; <http://owl.english.purdue.edu/owl/resource/747/01/>
 5. In total the book review will be 4-5 pages, counting the cover page and reference page.
 6. You are to email me the paper question answers at: oxb9122@lausd.net
 7. Beware of **Plagiarism!!!** If any form of plagiarism is found, it will impact your grade enormously.

Choices of Novels:

When Rabbit Howls – Truddi Chase: For almost her entire life, 92 different personalities, known as the “troops, protected Truddi Chase from horrible memories recounting unspeakable acts of violent abuse and incest.

The Invisible Gorilla: How Our Intuitions Deceive Us - Christopher Chabris , Daniel Simons: Reading this book will make you *less* sure of yourself—and that’s a good thing. In *The Invisible Gorilla*, Christopher Chabris and Daniel Simons, creators of one of psychology’s most famous experiments, use remarkable stories and counterintuitive scientific findings to demonstrate an important truth: *Our minds don’t work the way we think they do.* We think we see ourselves and the world as they really are, but we’re actually missing a whole lot.

The Psychopath Inside: A Neuroscientist's Personal Journey into the Dark Side of the Brain – James Fallon: While researching serial killers, he uncovered a pattern in their brain scans that helped explain their cold and violent behavior. Astonishingly, his own scan matched that pattern. And a few months later he learned that he was descended from a long line of murderers. Fallon set out to reconcile the truth about his own brain with everything he knew as a scientist about the mind, behavior, and personality.

Incognito: The Secret Lives of the Brain – David Eagleman: If the conscious mind, the part you consider to be you, is just the tip of the iceberg, what is the rest doing? This book is an account of the relationship between consciousness and the brain.

Blink – Malcolm Gladwell: *Blink* is a book about how we think without thinking, about choices that seem to be made in an instant—in the blink of an eye—that actually aren't as simple as they seem. Why are some people brilliant decision makers, while others are consistently inept? Why do some people follow their instincts and win, while others end up stumbling into error? How do our brains really work—in the office, in the classroom, in the kitchen, and in the bedroom? And why are the best decisions often those that are impossible to explain to others?

The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism by Naoki Higashida (led by Ms. Monahan) “Like millions of parents confronted with autism, Mitchell and his wife found themselves searching for answers and finding few that were satisfactory. Help, when it arrived, came not from some body of research but from the writings of a Japanese schoolboy, Naoki Higashida. *The Reason I Jump* . . . is a book that acts like a door to another logic, explaining why an autistic child might flap his hands in front of his face, disappear suddenly from home—or jump.”

The Psychology of Harry Potter - Neil Mulholland Ph.D.: Harry Potter has provided a portal to the wizarding world for millions of readers, but an examination of Harry, his friends and his enemies will take us on yet another journey: through the psyche of the Muggle (and wizard!) mind. In *The Psychology of Harry Potter*, leading psychologists delve into the ultimate Chamber of Secrets, analyzing human mind and motivation by examining the themes and characters that make the Harry Potter books the bestselling fantasy series of all time.

The Psychology of Superheroes - Robin S. Rosenberg: Almost two dozen psychologists get into the heads of today's most popular and intriguing superheroes. Why do superheroes choose to be superheroes? Where does Spider-Man's altruism come from, and what does it mean? Why is there so much prejudice against the X-Men, and how could they have responded to it, other than the way they did? Why are super-villains so aggressive?

The Walking Dead Psychology: Psych of the Living Dead - Travis Langley: By understanding the psychological forces that drive the series' action, fans can better grasp Robert Kirkman's compelling fictional universe. Which characters suffer PTSD, which show the most hope for recovery, and which instead show posttraumatic growth? Has Rick Grimes lost his mind? What's it like for kid like Carl growing up during the zombie apocalypse? Is the Governor a psychopath, a sociopath, or something even worse? What does that make Negan? What is the emotional cost of killing a walker or even another living person? What does Terror Management Theory tell us about what it means to fight constantly or survival? What is groupthink and how does it affect the decisions made by the people of Woodbury, Terminus, Alexandria, and Rick's "family"? How do they find hope? *The Walking Dead Psychology: Psych of the Living Dead* answers these and many other questions in a way sure to fascinate the millions of passionate graphic novel readers and TV viewers. What does it take to stay human when humanity has lost the world?

The Tell-Tale Brain: a Neuroscientist's Quest for What Makes Us Human: - V.S. Ramachandran - In this landmark work, V. S. Ramachandran investigates strange, unforgettable cases—from patients who believe they are dead to sufferers of phantom limb syndrome. With a storyteller's eye for compelling case studies and a researcher's flair for new approaches to age-old questions, Ramachandran tackles the most exciting and controversial topics in brain science, including language, creativity, and consciousness.

Divided Minds: Twin Sisters and Their Journey Through Schizophrenia. Wagner, P.S. and C. S. Spiro (2006). Divided Minds is a dual memoir of identical twins, one of whom faces a life sentence of schizophrenia, and the other who becomes a psychiatrist, after entering the spotlight that had for so long been focused on her sister.

Requirement Three: Inside the Teenage Brain Video Frontline

Are teenagers from another planet? Are they really aliens? What goes on inside the teenage brain? Is the teenage brain any different from the adult brain? Let's take a closer look!

Your assignment is to watch the video entitled, "Inside the Teenage Brain" and to complete the study guide questions below. The video on the teenage brain is absolutely fascinating because it contains many facts explaining how our brain chemistry changes while we are teenagers. To access the Teenage Brain Video...Please go to the following websites:

<https://www.pbs.org/video/frontline-inside-teenage-brain/>
<https://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

1. Parents may feel that for a brief period of time that their teenager is inhabited by.....?
2. a) When are parents 'thrown for a loop'?
- b) What do parents need to recognize?
3. When will the period of rapid brain growth occur again for baby Natalie?
4. What is the transition of entering puberty analogous to?
5. What does Dr. Jay Giedd investigate?
6. a) What unexpected discovery was found just behind the frontal cortex?
- b) When does it occur?
7. What brain function is associated with gray matter?
8. What did most people mistakenly believe about brain development?
9. At what age has the brain reached 95% of its development?
10. Explain what the brain grows like?
11. It is the skills that Charlie learns and practices that will develop parts of his brain and not others. True or False?
12. Explain the "use it or lose it" principle in relation to brain development
13. Where is the pre-frontal cortex located in the brain?

14. Describe what the pre-frontal cortex is in charge of (ie. what it does)
15. Explain 'cognitive flexibility'
16. Where in the brain does the change occur that helps teens to regulate their emotions, solve problems effectively, and be more playful in behavior?
17. In the study conducted at McLean hospital, how did teen brains compare to adult brains? (ie. describe the differences)
18. What do the results of the McLean hospital study suggest about teen brains?
19. Based on the findings from the McLean study, explain why miscommunication between teens & adults might occur?
20. Explain why teens read emotions differently than adults
21. How much sleep does an average teen get?
22. What is the optimal amount of sleep that a teenager needs?
23. What is the concern about teens with regards to their sleep patterns?
24. Describe three things that lack of sleep affects in teens
25. What does your brain do while sleeping after learning a new skill?
26. How much did Charlie & Nicole improve on the ball and cup task?
27. How much did Charlie & Nicole improve on the mirror task?
28. Explain why Nicole performed better on the tests
29. What is the significance of the sleep study?
30. Name 3 benefits of a late school start time
31. Describe the downside to late school start times
32. What makes the biggest difference in a teen's life?

AP Psychology Preparation Guides for your information

<https://studypexam.com/best-ap-prep-books-by-subject/ap-psychology-textbook/>