

## AP PSYCHOLOGY SUMMER ASSIGNMENT

Students will be expected to show understanding of the full range of foundational topics in the field of psychology – from research methods and early history, to the biological basis for behavior, to cognitive, developmental and abnormal psychology, to the processes of sensation/perception, and finally to specific studies in memory, intelligence, personality, language and therapy.

To be successful, AP Psychology students must be able to keep up with assigned reading, to take notes independently on the key understandings from both textbook and independent sources, and to then be able to apply the content to real-world situations, accurately using the terminology and concepts learned to support your position (in both free-response test questions and during independent research).

There are three parts to the AP Psychology Summer Assignment. The three assignments listed are MANDATORY. They are due on the first day of school and are *pledged assignments*.

**• To ensure academic integrity for all students involved, ALL work for the summer assignment must be handwritten!**

**If you cannot or will not do the summer work it is advisable for you to see Mrs. Sue Meehan or Mrs. Tracy Carter in the Guidance Office and drop this class now! If you wait until next August to drop the summer work will count against you.**

# PART I

## Summer Reading Assignment

Obtain a copy of John Medina's **Brain Rules**, 2008, Pear Press. It is available in paperback form through online booksellers, and is also available in electronic format for e-readers such as Nook and Kindle. Total cost should be around \$15. If price is an issue for you, please contact me for assistance with your purchase. Once you have the book:

1. Read and outline the "12 principles for Surviving and Thriving at Work, Home, and School", focusing on the ways that Medina's "rules" each illustrate one of the overarching themes we will study all year in psychology: everything psychological is simultaneously biological (see outlining example below)
2. Using your notes from step 1 above, choose 5 of the rules to include in your reflective essay. This essay should be a minimum of 2 - 3 pages in length, **handwritten**, and should address the following:
  - A. For each rule you choose, give an example from your own life that serves to illustrate the validity of this rule. Explain the events/persons involved, and describe the connection between the behaviors in your example and the underlying brain processes/functions and/or structures that made this example possible. What happened, and then how can this example be explained by the new things you are learning about the brain from Brain Rules?
  - B. In your final paragraph, provide a couple of specific ways that you plan to use the things you have learned from one or more of the 12 rules to become more effective at school and/or home. In other words, knowing what you know now, how will you make better use of your own brain?
3. Your paper will be scanned for originality – be sure that it is!
4. Finally, be sure to keep your copy of Brain Rules handy for a series of homework readings, assignments and quizzes during the year, as we delve into the topics of specific chapters, such as cognition, memory, brain anatomy and perception.

Outlining Example (from Brain Rules, 4, Attention, page 79)

WHAT YOU READ: "So we have the ability to detect a new stimulus, the ability to turn toward it, and the ability to decide what to do based on its nature. Posner's model offered testable predictions about brain function and attention, leading to neurological discoveries that would fill volumes. Hundreds of behavioral characteristics have since been discovered as well. Four have considerable practical potential: emotions, meaning, multitasking, and timing."

OUTLINE:

Posner's Model:

1. Detect the stimulus
2. Turn toward it
3. Decide what to do

Impacts behavioral characteristics such as: emotions, meaning, multitasking and timing.

*"We don't see things as they are, we see them as we are."*

Anais Nin

## AP PSYCHOLOGY SUMMER ASSIGNMENT

### PART II

#### Summer Research Assignment

Psychology is a discipline that relies substantially on the comprehension of the vocabulary and the theorists that have paved the way for psychological research and understanding. Below are the terms and theorists core to the class. We will be working with them throughout the course. You are to make flashcards using notecards and researching and defining these terms and identify these key theorists (the person and why they are important in psychology). You must turn in these definitions in **handwritten** form (typed definitions will not be accepted and they must be in **your** handwriting). I will return these to you to use during the year.

#### **TIPS:**

The links below provide quiz-like study of the vocabulary and theorists. Some can even be printed to be used as flash cards.

<http://www.studystack.com/Psychology>

<http://www.flashcardmachine.com/ap-psychology-vocab.html>

Use the web to search for "AP Psychology Test Terms" for definitions. DO NOT rely on miscellaneous web sites or phone apps. Those definitions may not correlate with what is expected for the course.

## AP Psychology Terms for Summer Assignment

Define and identify all of these but include at least 30 of the terms listed below in your autobiography in Part III of your summer assignment

### Biology

Action potential  
Afferent  
All-or-none response  
Amygdala  
Broca's area  
Corpus Callosum  
Efferent  
Endocrine system  
Endorphins  
Frontal lobe  
Hippocampus  
Hormones  
Left brain vs. Right brain  
Monozygotal vs. Dizygotal twins  
Myelin sheath  
Neurotransmitters  
Occipital lobe  
Parasympathetic Nervous System  
Parietal lobe  
Reticular Activating System  
Reuptake  
Sympathetic Nervous System  
Temporal lobe  
Terminal buttons  
Thalamus  
Ventromedial hypothalamus  
Wernicke's Area

### Memory

Anterograde amnesia  
Echoic  
Explicit  
Iconic  
Implicit  
Long Term Memory  
Proactive memory interference  
Recognition vs. Recall  
Sensory  
Serial position effect (primacy/recency)  
Short Term Memory

### Personality

Allport's personality trait theory  
Antisocial personality disorder  
Displacement  
Dream analysis  
Histrionic personality disorder  
Id, ego and superego  
MMPI  
Narcissistic personality disorder  
Nomothetic v. idiographic  
Oedipus Complex  
Projection  
Psychometrics  
Reaction formation  
Rorschach inkblot test  
Sublimation  
The Big Five personality theory  
Thematic Apperception Test  
Transference  
Type-A v. Type-B personality

### Consciousness

Alpha/delta sleep waves  
Effects of drugs and alcohol  
Hilgard's hypnosis theory  
Parapsychology  
REM sleep

### Learning

Conditioned stimulus  
Conditioned taste aversion  
Conditioned/Unconditioned Response  
Discrimination  
Extinction  
Generalization  
Latent learning  
Negative reinforcement  
primary and secondary reinforcers  
Shaping  
Spontaneous recovery  
Structuralism  
Systematic desensitization  
Unconditioned stimulus

### Disorders

Agoraphobia  
Anxiety disorders  
Dissociative disorders  
Hans-Selye (GAS)  
Mood disorders  
OCD  
Schizophrenia  
Somatoform disorder

### Emotion/Motivation

Aggression  
Cannon-Bard theory  
Drive reduction theory  
James-Lange theory  
Lateral hypothalamus  
rational-emotive theory  
Secondary drive  
Ventromedial hypothalamus

## Research

APA ethical guidelines  
Central tendency (the 3 Ms)  
Correlation coefficient  
Dependent variable  
Double blind  
Experiment  
Fixed interval schedule  
Illusory correlation  
Independent variable  
Informed consent  
Longitudinal  
Negative correlation  
Placebo effect  
Positive correlation  
Reliability  
Standard deviation  
Validity  
Variance

## Sensation/Perception

Absolute threshold  
Aphasia  
Color blindness  
Gestalt perception theory  
Habituation  
Homeostatic  
JND (just noticeable difference)  
Monocular depth cues  
Motion parallax  
Phi phenomenon  
Rods and Cones  
Selective attention  
Semicircular Canals  
Sensory adaptation  
Signal Detection Theory  
Transduction  
Vestibular System  
Weber's Law

## Developmental

Accommodation  
Assimilation  
Imprinting  
Object permanence  
Parenting styles  
Stranger anxiety

## Thinking/Language

Achievement vs. Aptitude  
Availability heuristic  
Broca's area  
Divergent thinking  
Fluid vs. Crystallized  
Intelligence  
Functional fixedness  
Morpheme  
Overgeneralization  
Phoneme  
Prototype  
Representative Heuristic  
Schema/Schemata  
Stanford--Binet test  
Werncke's Area  
Wechsler IQ tests

## Social Psych/Humanistic

Cognitive dissonance  
Diffusion of responsibility  
Egocentrism  
Group polarization  
Groupthink  
Intrinsic vs. Extrinsic  
Learned Helplessness  
Locus of Control theory  
Self-actualization  
Self efficacy  
Self---fulfilling prophecy

## Therapies

Avoidance approach  
Client---centered therapy  
Conditioned taste aversion  
Electroconvulsive therapy  
Free association  
Gestalt therapy  
Group/family therapy  
Psychometrics  
Systematic desensitization

# AP WORLD PSYCHOLOGY SUMMER ASSIGNMENT

## PART III

### Summer Writing Assignment

The AP Psychology course is designed to introduce students to the systematic and scientific study of the behavior and mental processes of human beings and other animals. Students are exposed to the psychological facts, principles, and phenomena associated with each of the major subfields within psychology. They also learn about the ethics and methods psychologists use in their science and practice.

AP Psychology should help you understand yourself, your peers, and the world in which you live in new ways. We will cover topics including: The History of Psychology; Research Methods in Psychology; The Brain and Nervous System; How our Senses Work; Consciousness, Sleep and Drugs; The Psychology of Learning; How We Think; How Emotions and Motivation Work; Personality Types; Abnormal Behavior; Social Psychology.

We will begin, though with you. This summer assignment should give you an opportunity to begin analyzing what makes you who you are while you get to know psychological terminology. Here's what you should do: **Handwrite** a 1500 word autobiography (in APA format) that includes at least **30** of the Psychology terms used on Part II (Research) of your Summer Assignment. Correctly use each term. **Bold and underline** each term. Include the following sections in your autobiography (use APA format for section headings):

- Early Childhood and Adolescence up to this point (include at least 2 anecdotes)
- Family Members and Experiences
- Mentors/Individuals of Influence in Your Life
- Academic Background and Personal Goals
- Personal Philosophy
- Three Pivotal (life changing) Experiences in Your Life
- Key Aspects of Your Personality that a Teacher Should Know About You

This assignment will allow me to evaluate your writing skills, examine the way you perceive and process information, as well as provide a way to get to know you on a personal level which we will then apply throughout the course.