

**Advanced Placement  
Psychology**  
**Alexis I. DuPont High School**  
**2019 Summer Assignment**

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**Welcome to AP Psychology!**

I am looking forward to an exciting year of understanding who we are and why we do what we do. Although this is a simplified definition of Psychology, you will find everyday uses for what we explore in this course. Beyond an increased understanding of human nature, I expect most of you will be taking the AP exam in May. This is a college-level course so it makes sense to get college credit.

You will receive a syllabus on the first day of class. Until then, here is an overview of the topics we will cover this year:

1. *History of Psychology*
2. *Research Methods*
3. *Physiology of Behavior*
4. *Sensation and Perception*
5. *Human Development*
6. *Motivation and Emotion*
7. *States of Consciousness*
8. *Thought and Language*
9. *Learning*
10. *Memory*
11. *Intelligence and Assessment*
12. *Personality Theory*
13. *Psychological Disorders*
14. *Treatment of Disorders*
15. *Social Behavior*

Over the summer, you will be required to complete the following assignments:

**1. Read ONE of the following books:**

Goleman, Daniel. Social Intelligence

Sacks, Oliver. The Man Who Mistook His Wife for a Hat

Kindlon, Dan. Raising Cain: Protecting the Emotional Life of Boys

Simmons, Rachel. Odd Girl Out: The Hidden Culture of Aggression in Girls

Gladwell, Malcolm. The Tipping Point

***You will write a book review which will answer the following questions:***

**1. Summary**

main ideas, themes, concepts, or plot

**2. Author biography**

Achievements, background, current studies

**3. Reflection/Reaction**

What did you learn? What did you find interesting? With which parts did you agree/disagree? Are there questions left unanswered? Can you apply this book to your life in any way? How might the information be useful in your study of human thought/behavior?

**4. Overall Assessment of book**

Ranked 1-10 (1= awful, 10=phenomenal) with a detailed explanation why.

\*Papers are to be typed, double-spaced, and in 12 point font. Student names must be on the top right side of the first page. No cover page is necessary. Please spell check and grammar check. **You need to have a works cited page and use in-text citation for any information gathered.**

**It is strongly recommended that you purchase the following books:**

***\*Baucum, Don. EZ-101 Psychology (Barron's study guides)***

***\*Barron's or Princeton Review's AP Psychology Study Guide (book with/without CD)***

**2. Choose one movie from the list.**

After viewing the film, write a brief summary of the plot, the characters, and major events. The remainder of the paper should provide an analysis of the psychological topic presented and how realistically the concepts are portrayed, including at least five specific examples of accuracies, inaccuracies, or a combination of both. If there are other films that you would like to see included in this list, please email me for approval.

1. *A Beautiful Mind*- intelligence/schizophrenia
2. *As Good as it Gets*- obsessive-compulsive disorders
3. *Awakenings*- neurological disorders/mental institutions
4. *I am Sam*- mental retardation
5. *One Flew Over the Cuckoo's Nest*-mental institutions in the past
6. *Ordinary People*- Post traumatic stress disorder
7. *Rain Man*- autism/savant syndrome
8. *Rudy*- motivation
9. *Sybil*- dissociative identity disorder
10. *When a Man Loves a Woman*- substance abuse disorder

**3. Read and outline Chapter 1 AND Chapter 13 from your textbook**

Outlines must be handwritten. Please take your time so they are legible. Outlines need to have plenty of detail and be studied. **There will be a summer work test on these 2 chapters on the first meeting of our class. BE PREPARED!!!**

**4. Choose one of the books from the AP Psychology booklist.**

This assignment is optional and may be used for extra credit on an “as-needed” basis throughout the year).

Write a review for this book as well. If you found a book that seems to fit in with our study of Psychology and it's *not* on the list, email me for approval first.

**For many of you, this is not the only summer assignment you have. Please pace yourself! Enjoy your vacation but don't squander opportunities to use the time wisely either. Assignments can follow you on vacation and be discussed with family and friends.**

If you finish your assignments before the first day and want to turn them in early, you may drop off your work in the main office. Make sure any work is enclosed in a large envelope with “Mr. Blum” clearly visible. If you include your email address, I will email you when I've received it. It's always good policy to save your work on a flash drive.

# AP Psychology Booklist

## Alexis I DuPont HS

### 2019-2020

*\*Book choices are not limited to this list. This is a preliminary list. Email [Zebulun.blum@redclay.k12.de.us](mailto:Zebulun.blum@redclay.k12.de.us) to suggest additions and get approval for others.*

*\* Some books can be found in a public library or all can be purchased from any good bookstore.*

## History of Psychology

*Forty Studies that Changed Psychology+*  
by Roger Hock

- Roger Hock recounts and illuminates forty of the most elegant and influential studies that have shaped our understanding of human behavior during psychology's brief past.

*Opening Skinner's Box: Great Psychological Experiments of the Twentieth Century*  
by Lauren Slater

- "Through ten examples of ingenious experiments by some of the psychology's most innovative thinkers, Lauren Slater traces the evolution of the century's most pressing concerns – free will, authoritarianism, conformity, and morality."

*The Social Animal*  
by Elliot Aronson

- Excellent introduction to social psychology, including conformity, mass communication, propaganda, persuasion, aggression, prejudice, attraction, and loving.

## Theories

*Freud for Beginners*  
By Richard Appignanesi

- A perfect introduction to the life and thought of the man whose discovery of psychoanalysis revolutionized our attitudes towards mental illness, religion, sex, and culture. This documentary cartoon book plunges us into the world of late-nineteenth-century Vienna in which Freud grew up. We explore his early background in science, his work as a therapist, his encounter with cocaine, and his theories on the unconscious, dreams, the Oedipus Complex, and sexuality.

*Man's Search for Meaning*  
By Viktor E. Frankl

- Based on his own experience and the experiences of those he treated in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory—known as logotherapy, from the Greek word logos ("meaning")—holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful.

*Mind in Society: Development of Higher Psychological Processes*  
By L. S. Vygotsky

- The mind, Vygotsky argues, cannot be understood in isolation from the surrounding society. Man is the only animal who uses tools to alter his own inner world as well as the world around him.

## Evolutionary Psychology

### *Evolutionary Explanations of Human Behavior*

By J. Cartwright

- Deals with three main areas: human reproductive behavior, evolutionary explanations of mental disorders and the evolution of intelligence and the brain. *Introducing*

### *Evolutionary Psychology*

By Dylan Evans

- Using evolutionary biology and cognitive psychology as well as anthropology, primatology and archaeology, characters such as Dawkins, Gould and Dennett are beginning to piece together the first truly scientific account of human nature.

## Biology and Behavior

### *Musicophilia: Tales of Music and the Brain*

by Oliver Sacks

- Oliver Sacks's compassionate, compelling tales of people struggling to adapt to different neurological conditions have fundamentally changed the way we think of our own brains, and of the human experience. In *Musicophilia*, he examines the powers of music through the individual experiences of patients, musicians, and everyday people.

### *Receptors*

by R.M. Restak

- Thorough and readable exploration of synapses and neurotransmitters and their links to drugs, moods, behavior, personality and mental illness.

### *The man who mistook his wife for a hat*

by Oliver Sacks

- Tells the stories of individuals afflicted with fantastic perceptual and intellectual aberrations: patients who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people and common objects; who are stricken with violent tics and grimaces or who should involuntary obscenities; whose limbs have become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents.

### *The Science of Happiness: How Our Brains Make Us Happy and What We Can Do to be Happier*

By Stefan Klein

- Now, in *The Science of Happiness*, leading science journalist Stefan Klein ranges widely across the latest frontiers of neuroscience and psychology to explain how happiness is generated in our brains, what biological purpose it serves, and the conditions required to foster the "pursuit of happiness."

## Sensation and Perception

### *The Scent of Desire: Discovering Our Enigmatic Sense of Smell*

By Rachel Herz

- Herz explores the relationships between scent, emotion and behavior, emphasizing that scent is an important component of sexual attraction and thus crucial for the survival of our species

## Consciousness

*Sleep Thieves: an eye opening exploration into the science*

by S. Coren

- The need for sleep is real. An obvious conclusion for a book on sleep and surely (yawn), something we already know? Coren gives us the wake up call - most of us know very little about sleep, including our own. It is only recently that researchers have shown the damage sleep deprivation causes.

*The Interpretation of Dreams*

By Sigmund Freud

- Introducing the id, the superego, and their problem child, the ego, Freud advanced scientific understanding of the mind immeasurably by exposing motivations normally invisible to our consciousness.

## Learning

*Raising Cain: Protecting the Emotional Life of Boys*

by Dan Kindlon

- The emphasis of male experience and the cruelty of boys to one another. Stories of boys interacting with one another including mother and fathers. Also, daughters interacting with mothers and fathers and other girls of their ages.

*Supernanny: How to Get the Best From Your Children*

By Jo Frost

- She offers her "top ten rules" for setting boundaries, managing mealtimes, even surviving toilet training, and it's mostly rock-solid, and peppered liberally with British wit

## Cognition

*How the mind works*

by S. Pinker

- Wide ranging discussion of how we process information.

*Learned optimism*

by M.E.P. Seligman

- Highly regarded book on optimism, pessimism, and positive thinking based on research and theory in cognitive psychology. The author believes optimism and pessimism are learned explanatory styles.

*Prisoners of Hate: The Cognitive Basis of Anger, Hostility, and Violence*

By Aaron T. Beck

- Noted as the founder of cognitive psychotherapy, Beck (emeritus, Pennsylvania State Univ.) here applies his work to greater social problems, from domestic violence to bigotry, crime, and war.

## Memory

*Witness for the defense: the accused, the eyewitness, and the expert who puts memory on trial*

by E. and K. Ketcham Loftus

- Lively, personal, and informative examination of the eight court cases that centered on disputed eyewitness identifications in the light of what psychology has to tell us about human memory.

## **Motivation and Emotion**

*How we know what isn't so: the fallibility of human reason in everyday life*

by T. Gilovich

- An excellent and readable summary of the major difficulties people have in reasoning well, with a wealth of everyday examples.

*Predictably Irrational: The Hidden Forces that Shape our Decisions*

by Dan Ariely

- Dan Ariely refutes the common assumption that we behave in fundamentally rational ways. Blending everyday experience with groundbreaking research, Ariely explains how expectations, emotions, social norms, and other invisible, seemingly illogical forces skew our reasoning abilities.

*The Paradox of Choice: Why More Is Less*

By Barry Schwartz

- We normally assume in America that more options ("easy fit" or "relaxed fit"?) will make us happier, but Schwartz shows the opposite is true, arguing that having all these choices actually goes so far as to erode our psychological well-being. Part research summary, part introductory social sciences tutorial, part self-help guide, this book offers concrete steps on how to reduce stress in decision making.

*Blink*

By Malcolm Gladwell

- It's a book about rapid cognition, about the kind of thinking that happens in a blink of an eye. When you meet someone for the first time, or walk into a house you are thinking of buying, or read the first few sentences of a book, your mind takes about two seconds to jump to a series of conclusions

*The balance within: The science connecting health and emotions*

By E.M. Sternberg

- Recent review of what is known about the "mind-body connection" and its implications for mainstream and alternative medicine.

## **Intelligence**

*Creating minds*

by H. Gardner

- Applies the theory of multiple intelligences to understanding creativity in such people as Freud, Einstein, Picasso, Stravinsky, T.S. Eliot, Martha Graham, and Mahatma Gandhi.

*Social Intelligence*

by Daniel Goleman

- Goleman explained that research into neuroscience was exploding, and that researchers had recently discovered biological, chemical and structural aspects of the brain that correspond to fluency in social interactions. When people strongly connect in social situations, the chemical activity in each person's brain actually synchs up with the other participants'. This causes a ripple effect throughout the body, causing greater and greater physiological connections.

*Why Smart People Can be So Stupid*

by Robert Sternberg

- Attempts to understand the psychological basis of stupidity. They succeed admirably, and while doing so, reveal the limitations of our field's traditional and rather narrow models of intelligence. By revealing the many ways in which smart people behave maladaptively and the social conditions that give rise to such bungling, the contributors to his volume stimulate new direction for theory, research, and practice with respect to human intelligence.

*Wisdom, Intelligence, and Creativity Synthesized*

by Robert Sternberg

- Sternberg critically reviews and summarized the best research available on human intelligence. He argues that any serious understanding of intelligence must go beyond the standard paper and pencil tests currently in use. Intelligence must also account for wisdom and creativity.

## Language Development

*Genie: A Scientific Tragedy*

by Russ Rymer

- In the process of telling the poignant story of one desperately unfortunate little girl, raises profound questions about both the origins of language and the ultimate source of what we call 'human nature.' At once a scientific detective story and an examination of professional ethics.

*The Stuff of Thought: Language as a Window into Human Nature*

By Steven Pinker

- According to the Harvard psychologist, people are "verbivores, a species that lives on words." If you want to understand how the brain works, how it thinks about space and causation and time, how it processes emotions and engages in social interactions, then you need to plunge "down the rabbit hole" of language. The quirks of our sentences are merely a portal to the mind.

## Human Development Across the Life Span

*Odd Girl Out: The Hidden Culture of Aggression in Girls*

by Rachel Simmons

- A wake up call to all of us who care deeply about girls' development. Simmons has given voice to the girls who struggle every day with friends. She has uncovered a hidden world of aggression that unfolds behind adults' backs.

*Reviving Ophelia: Saving the Selves of Adolescent Girls*

by Mary Pipher, PhD

- Dr. Mary Pipher discusses the social and cultural pressures faced by today's adolescent girls. She analyzes the case histories of her young patients in an attempt to understand them and make

recommendations for change. She explains why girls suffer from eating disorders, the desire to hurt or even kill themselves, friction with their parents, and problems in school. Dr. Pipher discusses the changes that occur when girls enter adolescence. Her observations provide valuable insight into the reasons why many confident, well-adjusted girls suddenly become sad and angry.

## Personality Theory

### *Childhood and Society*

By Erik H. Erikson

- Containing accounts of the author's field work among Sioux and Yurok Indians, and an examination of the American, German and Russian characters, this is an interpretation of human life on psychological lines

### *Galen's prophecy: Temperament in human nature*

by J. Kagan

- Evidence for inborn personality temperaments, specifically the evidence that some children are born inhibited and others are born uninhibited and the implication of this for understanding shyness and other personality traits.

### *Identity: youth and crisis*

by E. Erikson

- Classic study of the personality and social development of adolescents.

### *The High Price of Materialism*

by Tim Kasser

- "Drawing on a decades worth of empirical data, Kasser examines what happens when we organize our lives around materialistic pursuits. He looks at the effects on our internal experience and interpersonal relationships, as well as on our communities and the world at large. He shows that materialistic values actually undermined our well-being, as they perpetuate feelings of insecurity, weaken the ties that bind us, and make us feel less free. Kasser not only defines the problem but proposes ways we can change ourselves, our families, and society to become less materialistic."

## Psychological Disorders

### *The Minds of Billy Milligan*

By Daniel Keyes

A portrait of a tortured young man, arrested for a series of kidnappings and rapes, explores the world of a multiple personality, whose traumatic childhood shattered his mind into twenty-four distinct personalities.

### *An Unquiet Mind: A Memoir of Moods and Madness*

by Dr. Kay R. Jamison

- "Dr. Ray Redfield Jamison is one of the foremost authorities on manic-depressive illness. She also experienced it firsthand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilaration highs and catastrophic depressions that afflicted many of her patients."

# Social Psychology

## *Aggression: its causes, consequences, and control*

by L. Berkowitz

- "Overview of what science tells us about aggression. Includes discussion of violence-prone personalities, domestic violence, gun control, violence in media, and control of aggression."

## *How we know what isn't so: the fallibility of human reason in everyday life*

by T. Gilovich

- An excellent and readable summary of the major difficulties people have in reasoning well, with a wealth of everyday examples.

## *Influence: the psychology of persuasion*

by R.B. Cialdini

- Best selling book on six basic principles of influence and persuasion. Readable, engaging account of what psychology has to tell us about selling and marketing, persuasion, and influence.

## *Obedience to Authority: An Experimental View*

By Stanley Milgram

- In the 1960s, Stanley Milgram carried out a series of experiments in which human subjects were given progressively more painful electro-shocks in a careful calibrated series to determine to what extent people will obey orders even when they knew them to be painful and immoral - to determine how people will obey authority regardless of consequences. These experiments came under heavy criticism at the time but have ultimately been vindicated by the scientific community. This book is Milgram's vivid and persuasive explanation of his methods.

## *Stranger in the Nest*

by D.B. Cohen

- Do parents really shape their child's personality, intelligence or character? Account of the extent to which biology and prenatal influences affect human development, and a discussion of the social and moral implications of those influences.

## *The design of everyday things*

by D. Norman

- Introduction to the relationship between psychology and product design, one of the many professions you might not have realized were open to graduates in psychology.

## *The Lucifer Effect: Understanding How Good People Turn Evil*

by Philip Zimbardo

- Zimbardo summarizes more than 30 years of research on factors that can create a "perfect storm" which leads good people to engage in evil actions. This transformation of human character is what he call the "[Lucifer Effect](#)," named after God's favorite angel, Lucifer, who fell from grace and ultimately became Satan.

## *The Psychology of Hate*

by Robert Sternberg

- "This past APA president and editor of Contemporary Psychology introduces 11 views by US colleagues on the nature of hate: its conceptualization, role in racism and violence, assessment, and ways to combat it.

Aaron Beck, the founder of cognitive therapy, observes that disproportionate thoughts of being wronged trigger emotions in individuals and nations that can be change... A provocative examination of genocide differentiates hatred from dehumanization.”

### *The Tipping Point*

By Malcolm Gladwell

- It's a book about change. In particular, it's a book that presents a new way of understanding why change so often happens as quickly and as unexpectedly as it does.

The psychology of Harry Potter

Edited by [Neil Mulholland PhD](#)

- Leading psychologists delve into the chambers 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 the Simpsons

Edited By

- From behavioral analysis to communication patterns, from self-esteem to how anger can destroy your health, the psychology of The Simpsons takes it all on. This is the only book you will find that takes the modern themes of psychology and applies them to The Simpsons, one of the most popular television series ever made.

### *The psychology of Survivor*

Edited By Richard J. Gerrig, PhD

- Survivor has proven to be one of the most popular shows to ever hit television screens. What has this pop culture phenomenon shown us- by placing a few hundred people on islands around the world – about the psychological make-up of the average American?