

AP Psychology Summer Reading Assignment

Choose one of the following five books. Due at the end of the first quarter grading period.

***Room*** by Emma Donoghue. 2010. Also a major motion picture. 2016.

Read the fictional account of an abducted woman and the psychological consequences of her and her son's experience of a world composed of a single room.

Write a 2 page response to some or all the 'Questions and topics for discussion' at the end of the novel.

***Men are from Mars, Women are from Venus*** by John Gray, Ph.D. 1992

Read about how to improve communications from this notable relationship expert without having to pay for one of his seminars. The book is a useful tool to understanding the opposite sex. I have been married for 24 years and it gave me insight in appreciating the motivations of my wife and myself.

Write a 2 page paper outlining the male and female perspective that can cause relationship difficulties and steps to avoid them.

***This is your Brain on Music*** by Daniel Levitin. 2006

Learn how your brain takes in music and processes it by this musician turned neuroscientist. If you are into music you will understand the technical terms better than I and should love it. I am not a musician but I came away with greater knowledge about timbre, pitch, chords and how songs are constructed.

Write a 2 page paper summarizing the process of sensation and perception described in the book.

***Mindset: The New Psychology of Success*** by Carol Dweck, Ph.D. 2006

There are two ways of looking at yourself; either you feel you are always the same (fixed) or you can change (growth). This self-perception can have a big impact on your ability to face the challenges of life. Which are you?

Write a 2 page paper outlining why people have these mindsets and how changing the way you think about yourself can have a big impact on how much effort you put forward and the releasing of your full potential.

***Opening Skinner's Box: Great Psychological Experiments*** by Lauren Slater, 2005

The books listed above are designed to spark an interest in psychology and help you try to understand why people behave the way they do. This book is a broad overview of a lot of experiments and would truly better prepare you for success on the AP Exam.

Write a 2 page paper comparing an experiment or experiments with an everyday example of how you see the phenomenon in real life.