

## AP Psychology Summer Assignment

2019

Mr. Haberman

### INTRODUCTION

AP Psychology is a college-level course designed to take the place of a two-semester, Introduction to Psychology offering. As such, 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).

### SUMMER ASSIGNMENT

**NOTE: Summer Assignment HELP is available!! Mr. Throckmorton & Ms. Coleman will be at DHS in the AP Support Center to help with any/all AP summer assignments.**

Obtain a copy of John Medina's Brain Rules, 2014 (earlier, 2008 version is also OK for this assignment), 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 not exceed \$15, including shipping. ***If price is an issue for you, there are copies of Brain Rules in Guidance for you to sign out.*** 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*). **Outlines will not be turned in, but can be used during the school year provided they are hand written.**
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, double-spaced (font 11), 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 is due at the end of our second full week of classes in the fall (*the outline you made in step #1 above is NOT TURNED IN*). All papers must be submitted through turnitin.com. No paper copies will be accepted. Your paper will be scanned for originality – be sure that it is! Directions, including class ID numbers and passwords, will be available on the instructor’s web page. Go to the web page for Dominion High School, click on staff, then Mr. Haberman, and follow the steps in the “turnitin instructions” link.
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 (can use hand written outline, from step #1 above, for these HW assignments). Use your outline from step #1 above to help with these assignments during the year.

Mr. Haberman is eager to work with you this fall, and is looking forward to a dynamic and challenging journey together! Mr. Haberman will be checking his email periodically through the summer, so do not hesitate to email questions about your paper, or from your reading, as needed.

For updates, reminders, or to ask a question, you may also follow Mr. Haberman on Twitter: **@habes59**  
**Also, on Zero Day, Mr. Haberman will give you the codes needed to join Remind for your class.**  
(He will be using this actively ALL YEAR – be sure to sign up!)

**Outlining Example** *You will be outlining ALL YEAR – a key skill!* (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.”

WHAT YOU COULD OUTLINE:

Posner’s Model: brain function/attention

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

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

“We don’t see things as they are, we see them as we are.” Anais Nin