

2019-2020 AP Psychology—Mrs. Ridgway’s Summer Assignments

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”—William James (1842-1910)



Welcome to Advanced Placement Psychology. There is a lot of reading and learning vocabulary in this class and it is imperative that you begin this process early. Complete the list of summer work and have it ready to submit on the 1st day of school. Keep in mind that this class requires extensive reading and covers a wide range of Psychology terminology.

You will be receiving a syllabus on the first day of school and will need to read through the syllabus, sign it yourself, and have your parent/guardian sign it. By signing it, you are confirming that you have read and understand the commitment required in an advanced placement class, you agree to check google classroom on a regular basis, and you will utilize the class website regularly. Be sure to visit the website on the syllabus once class starts.

Currently visit the [College Board website \(apcentral.collegboard.org\)](http://apcentral.collegboard.org): to better understand the requirements, exam format, cost, and responsibilities you assume. You can find this on my website www.reridgway.wixsite.com/warriorhistory as well as on google classroom (**code 6wcyrk**).

Try to start the summer work immediately; especially the note-cards which you will want to keep organized throughout the year as well as part II. Then take a break. Once closer to the start of school complete the personal inventory and finish part III and any readings not already done. Then before school starts, read over your responses/notecards to refresh your memory. You will be expected to know these terms and will be taking a quiz over them during the first couple of days of class.

CLASS MATERIALS:

(TIP: you can rent textbooks on Amazon if you do not want to buy)

- **TEXTBOOK: Psychology (12th Edition)**
Author: David Myers, C. Nathan Dewall
Edition: 12th
ISBN: 978-1319050627
- **Supplementary textbook:**
 - **AP Psychology Prep Book, 5 Steps to a 5**
Author: Laura Maitland
Published by McGraw Hill.
ISBN: 978-1260123197
 - **Forty Studies that Changed Psychology (DO NOT BUY YET)**
Author: Roger Hock
ISBN: 978-0205918393

PURCHASE:

- Spiral Bound Notebook paper for lecture notes
- 5 colored Pens (Red, Blue, Purple, Green, and Black) and #2 Pencils
- Multiple Packs of Index cards-50 in a pack (4x6 or larger is suggested)
- Rubber bands
- Books required for class

SUMMER ASSIGNMENTS (4 parts):

Part I: Vocabulary

Using your AP prep book, define each of the bold terms below and give an **ORIGINAL** example of each term. Do not use the examples from the text! Please number each term and keep them in order. There are 65 terms here and close to 600 to know by the AP exam.

The first 65 terms are in this letter below:

Dear AP Psychology student,

You must be **(1) intrinsically motivated** to be in this class for there are very few **(2) extrinsic motivators**. Hopefully you'll get in the **(3) flow** even before class begins because there is a **(4) positive correlation** between **(5) happiness** and higher test scores. I'm certain that all of you did not miss the **(6) critical period**; therefore you should be able to use both **(7) fluid intelligence** and **(8) crystallized intelligence** to find answers. Additionally, you will be using your **(9) Broca's area** and **(10) Wernicke's area** to communicate with everyone in our class while using correct **(11) grammar**, proper **(12) syntax**, **(13) morphemes**, and **(14) phonemes**. There will be all sorts of **(15) transduction** and **(16) parallel processing** happening in our brains as we journey into the world of **(17) psychology**. Our **(18) hippocampi** will be very busy as we **(19) encode** and find **(20) storage** for information. New information will undergo **(21) assimilation** and **(22) accommodation** in your **(23) cognitive schemas**. You'll be asked to **(24) recall** and **(25) retrieve** for the AP exam without the use of **(26) artificial intelligence** or other assistance. Instead you can use **(27) elaborative rehearsal** techniques such as **(28) mnemonics**, **(29) chunking**, **(30) imagery**, and **(31) acronyms** to enhance your retention. Even though your **(32) hormones** may be raging and your **(33) neurotransmitters** flowing, hopefully no one in our class will be suffering from **(34) narcolepsy**, **(35) sleep apnea**, **(36) insomnia**, **(37) night terrors**, **(38) split brain**, or a **(39) lobotomy**, as that will make **(40) learning** and studying very difficult to say the least!

I can guarantee that this class will test your ideas of what is and is not a **(41) norm**. I can also guarantee that this class will at times upset you, **(42) conditioning** you into **(43) critical thinking**, **(44) self-disclosure**, and into **(45) belief perseverance**. At the same time, this class will enlighten you about those of us who may have **(46) psychological disorders** or **(47) intellectual disabilities**, and help to remove our **(48) fixations** (non- Freudian definition here please), **(49) functional fixedness**, **(50) prejudices**, and **(51) stereotypes**. But don't have a **(52) panic attack**, even though we enter the world of the abnormal, we head right into **(53) therapy** to help us solve some problems and may inspire us to be more **(54) altruistic**. Your **(55) creativity** will be valued in this class. Your **(56) attitude** is critical for success and **(57) social loafing**, slacking, procrastinating, copying or cheating are never good ideas. Working together to pass the AP Exam is one of our **(58) superordinate goals**. By the time you walk into to gym on Thursday, May 9, 2019 you will have **(59) self-efficacy** because you will have learned that if you are confident in your ability to get a 5, you will!

So, have a wonderful summer. Keep your **(60) neurons**, **(61) brainstem**, **(62) limbic system**, and **(63) cerebral cortex** safe as our brains have only so much **(64) plasticity** and I hope you create new **(65) neural networks** as you complete this summer assignment!

Part II: Free Response Question

The units we study in psychology are interrelated. In order to have a complete picture of how humans think and behave, we need to examine a topic from multiple perspectives. Below, you will find links to recent research. Please read/watch each of the studies in their entirety. Use the information you gleaned from the resource to answer the following question:

Taylor is preparing to take AP Psychology and wants to be successful academically but also wants to have fun senior year. College applications, senior activities, and the pressure of a rigorous academic schedule will make the year challenging. Explain how each of the following concepts can help Taylor be academically successful. Please write one paragraph for each of the bulleted terms. Your paragraph should define and explain how the term will help Taylor be academically successful.

• REM Sleep	• Elaborative Rehearsal
• Testing Effect	• Self-Explanation
• Distributed Practice	• Yerkes-Dodson Law
• Growth Mindset	• Brain Plasticity
• Selective Attention	• Collaborative Learning

RESEARCH:

Beck, Melinda. "What Cocktail Parties Teach Us." Wall Street Journal. Dow Jones & Company, Inc., 23 Apr. 2012. Web. 18 June 2015.

<https://www.wsj.com/articles/SB10001424052702303459004577361850069498164>.

Dunlosky, John, Katherine Rawson, Elizabeth Marsh, Mitchell Nathan, and Daniel Willingham. "Improving Students' Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology." Association for Psychological Science RSS. Sage, 2013. Web. 18 June 2015.

<https://elephantsdontforget.com/wp-content/uploads/2016/08/Learning-White-Paper.pdf>

(Download full text)

Gokhale, Anuradha. "Collaborative Learning Enhances Critical Thinking." VirginiaTech. Journal of Technology Education, 1995. Web. 18 June 2015.

<https://scholar.lib.vt.edu/ejournals/JTE/v7n1/gokhale.jte-v7n1.html>

Goleman, Dan. "The Sweet Spot for Achievement." Psychology Today. The Brain and Emotional Intelligence, 29 Mar. 2012. Web. 18 June 2015. <https://www.psychologytoday.com/blog/the-brain-and-emotional-intelligence/201203/the-sweet-spot-achievement>

Michelon, Pascale. "Brain Plasticity - How Learning Changes Your Brain | SharpBrains." SharpBrains RSS. SharpBrains, 26 Feb. 2008. Web. 18 June 2015. <https://sharpbrains.com/blog/2008/02/26/brain-plasticity-how-learning-changes-your-brain/>

"Sleep, Learning, and Memory." Sleep, Learning, and Memory. Division of Sleep Medicine at Harvard Medical School, 18 Dec. 2007. Web. 18 June 2015.

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>

Trei, Lisa. "Fixed versus Growth Intelligence Mindsets: It's All in Your Head, Dweck Says." Fixed versus Growth Intelligence Mindsets: It's All in Your Head, Dweck Says. Stanford University News Service, 7 Feb. 2007. Web. 18 June 2015. <http://news.stanford.edu/pr/2007/pr-dweck-020707.html>

Weimer, Maryellen. "Students Think They Can Multitask. Here's Proof They Can't." Faculty Focus. MAGNA, 26 Sept. 2012. Web. 18 June 2015. <https://www.facultyfocus.com/articles/teaching-professor-blog/multitasking-confronting-students-with-the-facts/>

Part III: Personal Inventory

Write 3 or more paragraphs examining the concepts you reviewed in section II. Reflect on your strengths and weaknesses as a learner and formulate specific goals you can work on as you prepare for the AP Psych exam. Go to <https://www.enneagraminstitute.com/> to testing center and take the enneagram test. Write 3 more paragraphs explaining your enneagram and how it helps you reflect on these strengths and weaknesses. You will need to be introspective and honestly examine your behaviors and thought processes. Do not just write fluff here. I want true self-evaluation and specific, personal goals. This aspect of the project MUST be hand written in blue or black ink. You may NOT type this portion. Furthermore, if I cannot read it, I cannot grade it. This is an important skill on the AP examination in May and it is essential that the College Board readers are able to grade your free response essay portion of the exam because it is written legibly.

Part IV: Textbook Reading

After either purchasing or renting the textbook read the Prologue: The Story of Psychology and Chapter One: Thinking Critically With Psychological Science. Answer ALL the LOQ's (9 questions in prologue and 10 in Chapter One) and do the terms for the prologue and chapter one (yes more vocabulary) You do not need to duplicate terms so you can skip Psychology and critical thinking which are both underlined in the letter in Part I.

****SUMMER WORK DUE ON FIRST DAY OF CLASS****

How to make Index cards for terms

(FRONT OF CARD) (top left) Term #	(1st card Only in group -TOP RIGHT) NAME:
(bottom left) Chapter #	(bottom right) Source
<u>TERM</u>	
(BACK OF CARD)	
Define Term in 7-11 words Give example	
