

AP PSYCHOLOGY: Ms. Testa

2018 SUMMER ASSIGNMENT

Welcome to AP Psychology. You are about to embark on an exciting journey that explores the human self. My goal, as your teacher, is to introduce you to this exciting field of knowledge and to prepare you for the College Board AP Exam in May. In order to gain a solid understanding of psychology for class in September, you will complete a mandatory summer assignment. This assignment is due the **first day of school** in September. No late assignments will be accepted. Good luck and see you in September.

Theoretical Perspectives/Approaches: a perspective is a school of thought or a way of describing/viewing some phenomenon such as mental illness or behavior.

Many topics in psychology can be viewed in a number of ways. For example, let's consider the subject of aggression. Someone who emphasizes the *biological perspective* would investigate how the brain and nervous system impact aggressive behavior. A professional who stresses a *behavioral perspective* would investigate how environmental variables reinforce aggressive actions. Another psychologist who utilizes the *humanistic approach* might consider that behavior to be a choice with acceptable consequences.

- **READ AND COMPLETE THE READING GUIDE (NOTES) FOR CHAPTER 1 (Attached)**
- **Go onto YouTube. Type in Crash Course Psychology episode 1. Complete the Crash Course worksheet. (Attached)**
- **Using the attached worksheet provided:**
 - define each perspective IN YOUR OWN WORDS,
 - list any person(s) associated with the founding of each, if any, and
 - create a visual representation for each to help you remember it and state why you chose that particular visual representation. (See example on back).
 - After you have an understanding of the approaches, you will apply them to situations. Read the fictitious "Sammy" scenario and, using the worksheet provided, provide an explanation for Sammy's behavior. (See example)
 - create a real life example of each approach using a real life problem, with an explanation for each. See example on the back. (You may have to do some additional research to understand the approach) (See example)
- **Create Flash Cards (use index cards) for Unit 1:**
 - Side 1: Vocabulary term
 - Side 2: Definition AND an example/diagram/mnemonic device



ADDITIONAL INFORMATION/EXAMPLES:

“SAMMY” SCENARIO: Sammy was a straight “A” student, a basketball star, a track star, and a community service award winner, as well as first chair trumpet in the school band. On this particular day, Sammy lined up to compete in the State Finals in the 400-meter run; this followed a night of only three hours of sleep after having to study for both the AP Psychology and AP Government exams. As the runners accelerated out of the blocks, Sammy got a slow start and quickly fell behind. Suddenly, Sammy veered off the track, jumped the 8-foot fence enclosing the track, and hopped into a car. Sammy proceeded to scream out the window, “I quit!” and moved to Wyoming to become a cattle rancher.

EXAMPLE for the Visual representation: (for behavioral perspective): a pair of eyes because the focus for these psychologists is on what is seen

EXAMPLE for the Real life example: (for the Biological approach): Schizophrenia can be described best by the Biological approach by pointing out that research states that the ventricles of the human brain are larger in people with schizophrenia. Also, medication can help relieve symptoms of the disorder.

Theoretical Perspectives/Approaches Worksheet

(1) Biological Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

(2) Evolutionary Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

(3) Psychodynamic Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

(4) Behavioral Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

(5) Cognitive Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

(6) Humanistic Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

(7) Socio-Cultural Approach:

Definition:

Person(s):

Visual Representation:

“Sammy scenario”:

As a psychologist from the _____ perspective, you think that this happened because _____ and you would advise Sammy to _____.

Real Life Example:

Unit I Reading Guide

Introduction: In order to be successful in college courses, reading the textbook is a key to that success. AP Psychology **requires** reading and studying outside of class. Do not simply skim the readings looking for the answers or bolded vocabulary, make sure you read actively and take time to understand what you are writing. If you are willing to put in the necessary effort, you will succeed.

Directions: Read unit 1 in your textbook. The following questions/assignments must be written in your own handwriting. You should be putting the information from the book *in your own words!* (This makes you think more deeply about the information, which will help you, understand it and remember it better.)

Unit I: Psychology's History and Approaches

Psychology's History and Approaches (pgs. 1-7)

1. Identify and explain the significance of the following in the development of psychology. Pull out what is most important.

- Wilhelm Wundt

- G. Stanley Hall

- Edward Titchener

- Structuralism

- William James

- Functionalism

- Mary Whiton Calkins

- Margaret Floy Washburn

- John B. Watson (you may also have to read pg. 227)

- B.F. Skinner (you may also have to read pg. 229)

- Behaviorists

- Sigmund Freud (see pg. 480)

- Freudian Psychoanalysis (see pg. 480)

- Humanistic Psychologists

- Carl Rogers (you may have to use p. 491)

- Abraham Maslow (you may have to use p. 491)

- Cognitive Psychology

Define the following terms:

- Empiricism

- Introspection

- Experimental Psychologists

- Cognitive Neuroscience

- Psychology

- Behavior

- Mental Processes

Contemporary Psychology (pgs. 8-11)

1. Identify and explain the significance of Charles Darwin

2. What is the nature vs. nurture debate? Provide an example of a topic relating to this.

3. What is the general conclusion of the nature vs. nurture debate?

4. What are the different levels of analysis of psychology?

5. Define the biopsychosocial approach (this will come up again when we talk about disorders).

6. Summarizing the table on page 11, as well as the information in the reading, fill in the chart on the different approaches in psychology.

Psychology's Approaches

Perspective	Focus	Sample Question (just pick one)
Behavioral		
Biological		
Cognitive		
Evolutionary		
Humanistic		
Psychodynamic		
Social-cultural		

Psychology's Subfields (pgs. 12-15)

1. Explain the focus of each of the following of psychology's subfields.

- Psychometrics

- Basic research

- Applied research

- Explain the difference between psychiatrists and psychologists.

Careers in Psychology (pgs. 13-15 AND many can be found in Appendix A on pgs. A-5 to A-10 in the back of the book!)

Basic research careers:

- Cognitive psychologists

- Developmental psychologists

- Educational psychologists

- Experimental psychologists

- Psychometric psychologists

- Social psychologists

Applied research careers:

- Forensic psychologists

- Health psychologists

- Industrial-organizational (I/O) psychologists

- Neuropsychologists

- Rehabilitation psychologists

- School psychologists

- Sport psychologists

Helping professions:

- Clinical psychologists

- Community psychologists

- Counseling psychologists

Intro to Psychology - Crash Course Psychology #1

1. The word 'psychology' comes from the Latin for the study of the _____
2. Psychology is the science of _____ and _____ process
3. Who was one of the most tremendously influential and controversial thinkers of his time, maybe of all time?
4. They tried to understand the structures of consciousness by getting patients to look inward, asking them how they felt when watching the sunset, or smelled a coffee, or licked a kitten, or whatever. Titchener named this approach _____
5. William James, proposed a different set of questions, focusing on why we think and feel and smell and lick, or whatever. Basically, he focused on the function of behavior. This approach, _____
6. James published his seminal book, The Principles of Psychology, in 1890, defining psychology as the science of _____.
7. A radical kernel of psychoanalysis was the theory that our personalities are shaped by unconscious _____
8. By the late 1930s, the Nazis had taken over Austria, and Freud and his Jewish family narrowly escaped to _____
9. How did Freud die?
10. The world of psychology, how it applies to our lives, our _____, and our hearts, and how it deepens our understanding of each other, our world, and _____.