**AP Psychology Summer Assignment**

Welcome to AP Psychology! I am ecstatic that you have decided to join this class and chose to challenge yourself with the fascinating world of psychology. I am certain you will find this course worthwhile and personally relevant. Although it is the summer, there is work to be done. **Please note, AP Psychology is an elective, college-level course with higher student expectations than most courses taken by high school students.**

With that being said, it is imperative that we get a jump start on thinking psychologically about the world. Your summer assignment is comprised of **TWO** mini-assignments. You may turn these in as a hard copy on the first day of class or you may submit a digital copy as an attachment via email to: [brmelhorn@henrico.k12.va.us](mailto:brmelhorn@henrico.k12.va.us).

**Assignment #1 – “Allow Me to Introduce Myself”**

This assignment is designed for me to get to know you prior to the school year. **This assignment is to be emailed to me on or before the first day of class.** In this email, you are to use well written complete sentences, do not abbreviate words (i.e. language you would use through social media or your friends), and lastly, use spell check. This is a professional communication similar to what you would use with a college professor or employer.

Send the letter to: [brmelhorn@henrico.k12.va.us](mailto:brmelhorn@henrico.k12.va.us)

Subject of the email: Introduction to [Your Name]

In the **body** of the email, answer the following…

\*Introduce yourself

\*What are your hobbies? What do you like to do for fun?

\*What extra-curricular activities are you involved or planning to be involved in?

\*Do you have a job? What is it? Do you like it?

\*Why are you taking AP Psychology? What are you looking forward to in this class? What areas of psychology interest you?

\*Are you enrolled in other AP courses? Have you taken other AP courses throughout your high school career?

\*What else should I know about you so that I have insight into you as a person?

**Assignment #2 – “TED”**

The second assignment will incorporate some technology. TED is a nonprofit organization devoted to spreading ideas through short, powerful talks in 18 minutes or less. TED is an acronym for technology, entertainment, and design. I have sifted through the psychology section of TED and found 18 TED “talks” that could be of interest. Of these 18, you are to watch **SIX** of your choosing. After watching/listening to these lectures, you will provide a one paragraph summary **OF EACH LECTURE** consisting of at least 5 to 6 sentences. Incorporate your opinion of the talk, discuss terms/concepts you were interested in, as well as terms/concepts you were unsure about. **This assignment is to be submitted to me on or before the first day of class.**

Philip Zimbardo: The Psychology of Evil Martin Seligman: New Era of Positive Psychology

Elizabeth Loftus: How Reliable is Your Memory Susan Cain: Power of Introverts

Keith Barry: Brain Magic Tony Robbins: Why We Do What We Do

Angela Lee Duckworth: The Key to Success – Grit Amy Cuddy: Body Language Shapes Who You Are

Dan Gilbert: Surprise Science of Happiness Pamela Myers: How to Spot a Liar

Ben Ambridge: 10 Myths About Psychology Debunked Shawn Achor: The Happy Secret to Better Work

Rebecca Saxe: How We Read Each Other’s Minds Daniel Kahneman: The Riddle of Experience vs. Memory

Barry Schwartz: The Paradox of Choice Dan Ariely: Are we in control of our own decisions?

MIhaly Csikszentmihayi: Flow, the secret to happiness Brene Brown: The power of vulnerability

Due dates are not negotiable and credit for each assignment will decrease each day it isn’t turned in. Again, I can be reached by email at [brmelhorn@henrico.k12.va.us](mailto:brmelhorn@henrico.k12.va.us) if you have any questions and/or concerns. I look forward to meeting and working with all of you this September!

Keep in mind that psychology is everywhere. Everything we do, think, and feel can be related back to psychology. Have a great summer!