

AP Psychology Summer Assignment

Welcome to AP Psychology! I am glad that you have decided to challenge yourself by taking this course and I am certain that you will find this course useful and relevant to your personal life. This course offers a window into the biological, cognitive, and social factors of human behavior. Keep in mind that psychology is everywhere. Everything we do, think, and feel can be related back to psychology.

Goal: The goal of this assignment is to become familiar with some of the life applications of psychology as well as to understand how far reaching the topic of psychology really is. Psychology encompasses a broad range of topics that are all personally relevant. I challenge you to choose TED talks that you find interesting as well as topics that might be outside your comfort zone. The goal is to broaden your understanding of the term psychology and deepen your understanding of how psychology influences all aspects of human behavior.

Assignment: TED TALKS

TED is an acronym for technology, entertainment, and design. The following list contains talks from the psychology section of TED. As the term progresses you will recognize that many of the terms used in these talks also appear in your textbook and our discussions.

You must choose **FOUR** talks from the following list. After listening to these four lectures, you will provide a one-page **HANDWRITTEN** summary of each.

Summaries should include:

- the name of the lecture
- the main points from the talk
- your opinion on the topic (Consider how the topic may impact your own life and select a quote or a main point from the talk to analyze.)
- This assignment is due on the FIRST day of class!

TED Talks:

Martin Seligman: *New Era of Positive Psychology*
Elizabeth Loftus: *How Reliable Is Your Memory*
Susan Cain: *Power of Introverts*
Angela Lee Duckworth: *The Key to Success - Grit*
Amy Cuddy: *Body Language Shapes Who You Are*
Dan Gilbert: *Surprise Science of Happiness*
Pamela Meyer: *How to Spot A Liar*
Shawn Achor: *The Happy Secret to Better Work*

Berical, Brielle. *Psych Summer Assignment. 10 June 2019*, www.barnstable.k12.ma.us/cms/lib/MA01001935/Centricity/Domain/211/Psych-explanation.pdf.