

# AP Psychology

## Summer Assignment 2019

Dear AP Psychology Student,

Welcome to AP Psychology! I am very excited about our upcoming year in AP Psychology. To help prepare you for this year, I have selected three books, of which you need to choose **ONE** to read. The following paragraphs detail the books and the assignments. **Please choose a book that interests you!!!** It will make the Summer Assignment much more enjoyable.

Choice #1—The Man Who Mistook His Wife for A Hat by Oliver Sacks. This is a famous book of short stories regarding neurological disorders. Please choose one story from each section and respond to the following:

1. The book is divided into four sections. Explain how the book is divided and give a brief summary of one story in each of the sections.
2. Write a conversation or dialogue (in the form of a script) that takes place between two different characters in the book as they examine each other's neurological problem.

Or

Choice #2—Brain Rules by John Medina. This newly published book is about 12 principles for surviving work, home, and school. **Please choose 4 chapters/principles** and respond to the following:

1. Briefly summarize each chapter and what you learned about the brain from the chapter.
2. At the end of each chapter are short "Brain Rules." Choose two rules and discuss how they might apply to your life currently.

Or

Choice #3—An Unquiet Mind by Dr. Kay Redfield Jamison. This book is a memoir of her struggle with manic depression otherwise known as Bi-polar Disorder. Please read the book and respond to the following:

1. The book is divided into four sections; explain the theme or point of each section.

2. Write a letter to the author reacting to what you have read. In your letter, reference and discuss at least 3 specific events or challenges experienced by the author while she battled her disorder.

All assignments should be approximately *2-3 pages long* and are due on **Monday, September 16<sup>th</sup>**. If you are choosing Option 1 or 2, you may want to partner up to share a book. You may purchase a book or find them at the White Plains Public Library and White Plains High School Library.

As befits an AP course, this assignment is to be written *individually* and will be read thoroughly to ensure that this, as well as all other aspects of the assignment, has been followed as outlined above.

Enjoy your summer and I look forward to seeing you in September.

Sincerely,

Ms. Mahood