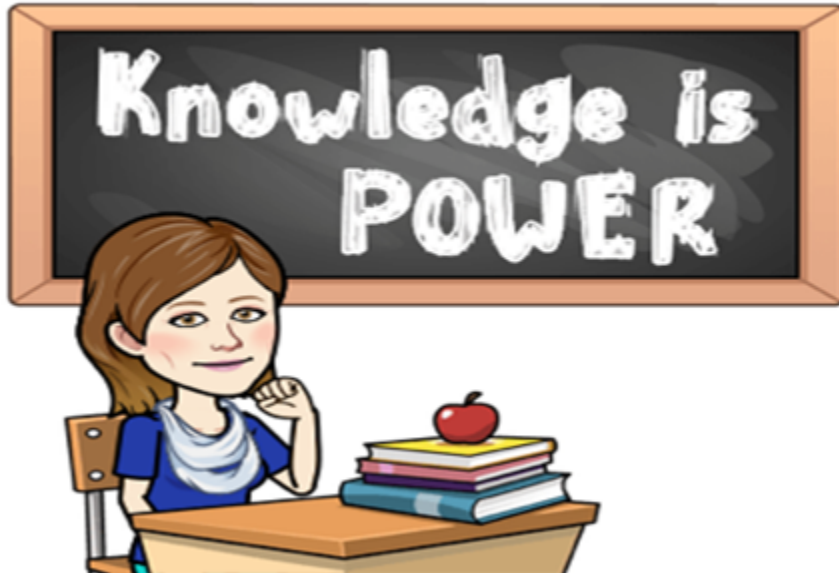


Mrs. Bernstein's AP Psychology



Welcome!

I am so very excited that you have chosen to further pursue your interest in the field of psychology, and are committing to take on the challenge of AP Psych! (*My very favorite class in the whole entire universe and hopefully it will end up being yours too*)

This is a RIGOROUS, COLLEGE LEVEL COURSE, and is run as such. We will be training like athletes and I will be coaching you every step of the way; we are in this together. I make myself available as much as possible to ensure that you are comfortable with the material. *That being said, please keep in mind that fifty percent of the success in this course comes from the teaching of the material, and 80 percent comes from what you are willing to put into it.* (Just wait til we get to statistics:) Like an academic athlete; I expect you to exercise your psychology brain **EVERY NIGHT**. This class is definitely a huge commitment, but at the end, something that will be well worth the effort that you put into it. *You will have to do work every single day until the AP test.* Students who are disciplined and dedicated, and who put in the required effort, tend to do well on the AP exam. Up for the challenge? Good! Then welcome!!

It will be necessary for you to complete your summer assignments so the very second that we meet again in September we can begin. Buckle up, and get ready for the ride!



***** If for some reason you are unwilling or unable to do your summer work, I will assume that you are not ready for the rigors of this course, and you will be dropped from AP the first week of school. If this assignment changes your mind about taking the class, please let guidance know as soon as possible so they can fix your schedule.*****

First things first:

Make sure that you are qualified by guidance to take this course

Sign into our google classroom; the code is **2bhcn5**

Sign up for Remind; (Send a text to 81010) and the code is @4eeac2c

- It's the easiest way to get in contact with me; especially over the summer.

Make sure you get your AP Text. The school will be making arrangements to do so. This book will be your constant companion and BF this year. *Do not lose it...it's worth a small fortune!* Treat it with care and love; it's going to act like your second brain!!!

SUPPLIES:

Failing to prepare is preparing to fail. Please make sure you have all the supplies for this class.

*A LARGE ringbinder notebook with an endless paper supply. (Even in the event that this is an online class; you will be taking a lot of notes. (Not kidding...endless notes.)

*Colored Pens, pencils, markers, crayons for charts and illustrations

***** **AN AP PREP BOOK.** I prefer Barron's book, and have always worked out of it. However, there are several out there, pick one. You can find them cheaply on-line, and they don't have to be the most current year. (Did I mention I really like Barron's version???) **YES YOU NEED TO HAVE THIS.** (You+all things psychology= BFF's who never,ever separate.)

Drum roll please....here is your assignment. It is due on the very first day of school with **NO EXCEPTIONS FOR ANY REASON,** and will count as your first test grade. The school policy on plagiarism is clear, and I adhere to it strictly. Any work that is not your own will be considered plagiarism, and you will receive a zero for the entire assignment.

ASSIGNMENT : YOU ARE GOING ON A SCAVENGER HUNT!



Scavenger Hunt (Getting to Know Psychology) Directions: Complete the following questions as an introduction to the subfields of psychology. Use the suggested websites to answer the questions. *If a link does not work, feel free to explore for the answers due to links expiring over time.*

If you have any questions, please feel free to email me/Remind throughout the summer. Each question is to be answered in complete sentences that are your own words. Explain each to the best of your ability. **Please make sure that you read/ watch each link. I Do not expect you to memorize everything there, that is silly. I DO expect that you will familiarize yourself with enough of the topic so when we cover it in class you will understand what we are talking about.**

Biological Psychology • This emphasizes the relationship between biology and behavior. Here we will examine the nervous system.

<http://www2.estrellamountain.edu/faculty/farabee/BIOBK/BioBookNERV.html>

- * What are neurons?
- How do they work?

- What is the function of the peripheral nervous system?
- What is the function of the central nervous system?

ENDOCRINE SYSTEM

GO HERE:

https://www.emedicinehealth.com/anatomy_of_the_endocrine_system/article_em.htm

- What is the function of the peripheral nervous system?
- What is the function of the central nervous system?

GO HERE: <https://www.radiologyinfo.org/en/info/fmribrain>

- What does MRI stand for?
- What are MRI of the brain used for?

GO HERE: <https://www.radiologyinfo.org/en/info/pet>

- What does PET stand for?
- What functions can a PET scan monitor?

*Search the internet for a diagram of “Brain Structures and their functions”. The APP 3D Brain (free) is pretty awesome and fun to use:)

- List and explain 3 parts of the brain and their functions.

Take this right and left brain test:

GO HERE: <https://openpsychometrics.org/tests/OHBDS/>

- Are you right brained or left brained?
- Do you agree with the description of your dominant side? Explain.
- List the tasks of the left hemisphere.
- List the tasks of the right hemisphere.

Sensation and Perception

- **This subfield involves processing the information gathered by the nervous system and the brain into meaningful experiences and feelings.**

GO HERE:

https://www.youtube.com/watch?v=YL_6OMPywnQ

Watch the above on phantom limb syndrome.

- What is phantom limb syndrome?
- Explain how it is treated.
- Why do you think it is effective?

Consciousness • The focus in this field is on states of mind and how they are altered through experiences, sleep, and biological functions.

Go here: <http://psychology.about.com/od/statesofconsciousness/a/SleepStages.htm>

- What are the 5 stages of sleep?
- What is the difference between stages 1-4 and stage 5 sleep?
- List the stages of sleep and their associated brain waves.

Go Here:

<https://casapalmera.com/blog/top-8-drug-categories/>

- Identify the types of drugs and explain their effects on consciousness. Include at least one example of each category.

Learning • There are several types of learning which psychologists focus on. Research and practice can center on the way the brain retains information as well as how learning can impact and change behavior.

GO HERE: <https://www.youtube.com/watch?v=qSqWiTG-o2Y>

- Describe the Pavlov's Dog experiment.
- What was he trying to investigate?

Go Here: <https://www.simplypsychology.org/operant-conditioning.html>

- What is operant conditioning?
- Watch the video under reinforcement.
- * What is the purpose of reinforcement?
 - What is the purpose of punishment?

- How have you seen operant condition in your own lives? How have your parents tried to employ it?

Go HERE: <http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

- In the space below, analyze the quiz questions and results.
- What types of questions were asked?
- Do you think the description of the results could help you in your study habits?
- Why do you think people learn in different ways?

Cognition and Memory • Information and research here will focus on memory, thinking, language and intelligence

GO HERE: <https://www.simplypsychology.org/memory.html>

- List the 3 important aspects of memory processing and give an explanation of each.

Go Here: <https://www.simplypsychology.org/short-term-memory.html>

- Explain the key factors in short term memory.

Watch this episode on Endless memory.

- Explain autobiographical memory.
- Do you think this would help or hinder a person in life?
- Explain why

Go Here: <https://davidmyers.org/articles/do-we-fear-the-right-things?pageID=65>

- In the space below, discuss one of your own fears that might seem illogical to others. What are the influences on our intuitions about risk?

Motivation, Emotion, and Stress • Here psychologists focus on the influences of motivations, and the causes and impacts of human emotions.

GO HERE: https://allpsych.com/psychology101/motivation_emotion/emotion/

- What are the parts of the James-Lange theory?
- How does the Cannon-Bard theory look different?
- Which of the theories do you feel is most accurate? Explain your answer.

Development • Focus on changes in behavior, emotion, cognition and perception throughout the lifespan.

GO HERE:

<https://www.psychom.net/social-media-teen-mental-health>

Read the article as an introduction to some of the current issues of developmental psychology.

- In the space below discuss the extent to which you agree with the author's point of view. Overall, is Social Media more helpful or harmful to kids? Explain.

Personality • Focus on our underlying patterns of thinking, feeling, and behaving.

GO HERE:

<https://www.proprofs.com/quiz-school/personality/quizshow.php?title=type--b-personality-test&q=1>

Take the 'Type A/B' Personality Test

- Describe your results. Do you think they are accurate?
- What could be some problems with this type of test?

Disorders and Treatments • Focus of the causes and definition of mental disorders as well as appropriate ways to treat these conditions.

<https://www.health.com/condition/depression/10-things-to-say-and-10-not-to-say-to-someone-with-depression#view-all>

• Choose 3 of the “10 Things to Say (and 10 Not to Say) to Someone with Depression” and **explain** why you think sometimes people give the wrong advice in this area.

1.

2.

3.

• How can we help educate people on how to help friends and family that might be suffering from depression?

Social Psychology • Deals with social interactions, including their origins and their effects on the individual

GO HERE: <https://www.verywellmind.com/the-milgram-obedience-experiment-2795243>

Milgram's Study:

- Summarize the experiment.
- What percent of the participants were willing to administer the highest level of shock?

GO HERE: <https://www.simplypsychology.org/asch-conformity.html>

Solomon-Asch Study:

- Summarize the experiment.
- What are the conditions necessary to facilitate conformity?
 - Explain why they facilitate conformity.

Note Taking; It is VERY important to learn to take good notes, because we cover so much material. Go here and submit:

<https://edpuzzle.com/media/5ca7d35c1d6b0140a59327c5>

When you are done with the note taking edpuzzle, please watch this one, and take notes in your notebook Modules 1-3 (you can use your text and/or watch the video here:) and then screenshot and submit.

<https://edpuzzle.com/media/60c0f4169fc187414c107ee9>

Again, If for some reason you are unwilling or unable to do your summer work, I will assume that you are not ready for the rigors of this course, and you will be dropped from AP.

You have two months to complete this; please read and answer carefully. , DO NOT WAIT until the last minute and if you have any questions at all, don't hesitate to contact me through Remind. If I do not hear or speak to you until September, **have a fantastic summer, and enjoy every minute!!!!!!**

Best wishes for a safe and happy summer:) Mrs. Bernstein

