

2020 Summer Assignment for AP Psychology

The textbook and online learning component for AP Psychology:

Karen Huffman and Katherine Dowdell, Psychology in Action, 11th edition, **textbook and WileyPLUS Learning Space**. The ISBN for the Print (Binder Ready Version) and WileyPLUS Learning Space (1 year access) card combo is 978-1-119-03318-9

You do not need to purchase a hard copy of the textbook. You may use the online textbook. **However, in addition to either a hardcopy or online version of the textbook, you will need WileyPlus Learning Space, the online component that supplements the textbook.**

The summer reading and writing assignments based on the textbook are as follow:

Please read the *Prologue* (xvii-xxi) and Chapter 1, *Introduction and Research Methods*, pp.2-43. Please make sure you take the time to answer the “Test Yourself” and “Try this Yourself” sections found throughout the chapter as well as “The Chapter Review Application Quiz” at the end of the chapter.

1. Please write a response approximately one paragraph in length for each question that answers questions 1 and 2 on page 39 (“Identify how you might improve your current time management” and “What do you think prevents you or other students you know from fully employing strategies for student success presented in this chapter”)

Please read Chapter 3, Stress and Health Psychology, pp. 82-113. Please make sure you take the time to answer the “Test Yourself” and “Try this Yourself” sections found throughout the chapter as well as “The Chapter Review Application Quiz” at the end of the chapter.

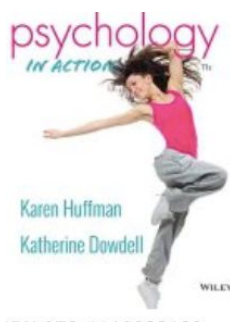
1. Please write a response approximately one paragraph in length for the two questions found in the “Test Your Critical Thinking” section found on page 105. (“Health Psychologists often advise personal and lifestyle changes like the ones in this table (Concept Organizer 3.2 found on page 105). Do you think this is important? If so, what changes do you plan to make that would improve your own health and longevity?” and “Why do you think most people are so reluctant to make these lifestyle changes?”)

There are two additional reading and written assignments. Please read the following two books:

1. Virginia M. Axline, Dibs in Search of Self (Ballantine Books, 1986)
2. John Medina, Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School, Second Edition (Pear Press, 2014)

For each book, please write a two page (minimum) free response that highlights what you learned from each book. In addition, in your response, please apply the principles you learned from the chapters of the textbook to each of these additional books.

- Which psychological perspectives (for example, psychodynamic, behavioral, cognitive or socio-cultural) were explored in each book? What research methods are employed or discussed in each book (descriptive, correlational, or experimental)? What are some of the advantages and disadvantages of each method?
- What questions were left unanswered by each book and how would you go about answering such questions?



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+ WileyPLUS Learning Space Registration Card
(11th Edition)**

by Karen Huffman, Katherine Dowdell
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