



Welcome to AP Psychology!

Psychology is the scientific study of the human mind and its functions, especially those affecting behavior in a given context. We will be studying as psychologists to understand and explain thoughts, emotions, feelings, and behavior. To be successful in this class requires intellectual focus and understanding of psychological phenomena in humans. Having an “open mind” is especially important, not just in the field of psychology, but in life!

All summer work will be due on the first day of class.

Summer Work:

For each approach listed below, complete the following **HANDWRITTEN** on index cards:

- 1) Describe each **approach to psychology**.
- 2) List prominent **psychologists associated with each approach**.
- 3) Provide an example of the type of research or a famous experiment/study associated with each approach.

1. Biopsychosocial
2. Evolutionary
3. Behavioral
4. Psychoanalytic/Psychodynamic
5. Biological
6. Cognitive
7. Socio-cultural
8. Humanistic

EVOLUTIONARY PSYCHOLOGY

<h4 style="text-align: center; background-color: #e0f0e0; border-radius: 10px; padding: 5px;">DEFINITION</h4> <p>Evolutionary psychology aims to understand how thoughts, actions, and behavior are shaped by evolutionary forces (Mealey, 2023; Workman, 2004).</p> <p>It proposes that the human brain and mind have developed in ways that were evolutionarily advantageous to our ancestors.</p>	<h4 style="text-align: center; background-color: #e0f0e0; border-radius: 10px; padding: 5px;">EXAMPLE</h4> <p>Evolutionary psychology suggests that individuals have innate preferences for certain traits in potential mates. For example, men may prefer women who have signs of youth and fertility (e.g. clear skin, large hips), while women may prefer men who have high status and resources (e.g. wealth, power).</p>
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TED Talks:

TED is a nonprofit organization devoted to spreading ideas in short, powerful talks in around 20 minutes or less. TED is an acronym for technology, entertainment, and design. Of these eleven you are to watch any **FOUR** of your choosing. After listening to these lectures, you will provide a one paragraph summary of each. Incorporate your opinion of the talk and discuss terms or ideas you found interesting or confounding.

Dan Ariely: **Are We in Control of Our Own Decisions?**

Elizabeth Loftus: **How Reliable is Your Memory**

Susan Cain: **Power of Introverts**

Emily Esfahani Smith: **There's More to Life Than Being Happy**

Kang Lee: **Can You Really Tell if a Kid is Lying?**

Angela Lee Duckworth: Grit: **The Power of Passion and Perseverance**

Amy Cuddy: **Body Language Shapes Who You Are**

Dan Gilbert: **Surprise Science of Happiness**

Pamela Meyer: **How to Spot a Liar**

Ben Ambridge: **10 Myths About Psychology Debunked**

Kelly McGonigal: **How to Make Stress Your Friend**