

AP PSYCHOLOGY REQUIRED SUMMER READING LIST

Students must read three books from the following list. Students may choose books from one or varied categories. Students are to write a brief one to two page double spaced review summary of their understanding of the subject matter and what the book addressed. The three reviews will be due by the end of the first week of school.

- **NEUROSCIENCE**

A Child Called Noah: A Family Journey, Josh Greenfield. A story of a family's day-to-day life living with and loving a brain-damaged child.

Receptors, R.M. Restak Thorough and readable exploration of synapses and neurotransmitters and their links to drugs, moods, behavior, personality and mental illness.

The Science of Happiness: How our Brains Make Us Happy and What We Can Do to be Happier, Stefan Klein. Leading science journalist explains how happiness is generated in our brains and what is required to foster the "pursuit of happiness".

Stumbling on Happiness, Daniel Gilbert. The book describes the foibles of imagination and illusions of foresight that cause each of us to misconceive our tomorrows and misestimate our satisfaction.

- **HISTORY**

Cassandra's Daughter, A History of Psychoanalysis, Joseph Schwartz. History of psychoanalysis from its origins in 19th century medical science to the present day. From the couch to Prozac.

Opening Skinner's Box: Great psychological Experiments of the Twentieth Century, Lauren Slater. Ten examples of experiments by psychology's innovative thinkers. Traces the evolution of the century's pressing concerns.

- **CONSCIOUSNESS**

Sleep Thieves: an eye opening exploration into the science of sleep, S. Coren The need for sleep is real. Most of us know very little about sleep. Recently researchers have shown the damage sleep deprivation causes.

How the Mind Works, S. Pinker Wide ranging discussion of how we process information.

- **MEMORY**

Witness for the defense: the accused, the eyewitness, and the expert who puts memory on trial. E. and K. Ketcham Loftus. Lively, personal, and informative examination of the eight court cases that centered on disputed eyewitness identification in light of what psychology has to tell us about human memory.

- **SOCIAL ADOLESCENCE**

Don't Ask Miranda, Lila Perl Miranda has an unstable home life and must change schools frequently. She is never in one place long enough to develop relationships with her peers. When she is finally asked to join a group, she learns that she must cheat and steal for acceptance.

I Am The Cheese, Robert Comier. Follows the life of a young boy whose happy, if somewhat unusual life with his friends and family gradually starts to unravel, until the truth of the boy's situation is finally revealed. He seeks to uncover the secret he knows is locked in his subconscious mind that will allow him to locate his parents who mysteriously disappeared during his childhood.

The Other Wes Moore, Wes Moore. One name two fates. Two kids with the same name, born blocks apart in a decaying city, within a year of each other. One grew up to be a Rhodes Scholar, combat veteran, White House Fellow and business leader. The other is serving a life sentence for murder. Stories about both appear in a newspaper the same day. One asks himself of the other, "who are you? How did this happen?"

- **ABNORMAL**

I Never Promised You A Rose Garden, Hannah Green. An adolescent girl's successful struggles with depressive and psychotic symptoms at a psychiatric hospital.

The Quiet Room, Lori Schiller and Amanda Bennett. Offers a powerful look into a young woman's descent into and coping with schizophrenia.

Brilliant Madness, Patty Duke. Actress, Patty Duke, writes about having bipolar disorder and how it both destroys her as well as allows her a measure of "brilliance"

A Beautiful Mind, Sylvia Nasar. There can be a fine line between brilliance and illness, between genius and madness. This biography of John Forbes Nash, Jr., explores the life of a man who emerged from the torture of paranoid schizophrenia, which he suffered for 30 years, to accept the Nobel Prize for economics, honoring work accomplished in the 1950s, before madness obscured his mathematical genius.

An Unquiet Mind, Kay Redfield Jamison. Memoir of a leading researcher of manic-depressive illness based on her experiences as a researcher, clinician, and as a person ravaged (and enriched) by the disease.

Girl Interrupted, Susanna Kaysen. Autobiographical account of psychological decompensation during late teens. The subsequent psychiatric hospitalization for two years, and the later understanding of the process.

Nobody's Child, Marie Balter & Richard Katz. Marie Balter spent twenty-five years of her life in mental hospitals, then went on to attend Harvard University and to assume a role as spokesperson for the mentally ill.

Tales From A Traveling Couch, Robert U. Akeret. A New York psychotherapist sets out to find his most memorable patients and discover what has become of their lives.

The Minds Of Billy Milligan, Daniel Keyes. Story of Billy Milligan's 24 personalities. Milligan was the first person acquitted of a crime due to multiple personalities.

There's A Boy In Here, Judy and Sean Barron. Account of a mother and her autistic son written alternately from the viewpoint of the mother and then the son.

- **ABNORMAL DEVELOPMENTAL**

Dibbs, In Search Of Self, Victoria Axline. Dibbs presents as a child locked away in his own world...withdrawn and antisocial, unable to relate to anyone. This is a true story, written from his case notes, classified as educationally subnormal...and then he enters therapy.

- **INTELLIGENCE**

Creating minds, H. Gardner. Applies the theory of multiple intelligences to understanding creativity in such people as Freud, Einstein, Picasso, Stravinsky, T.S. Eliot, Martha Graham, and Mahatma Gandhi

Wisdom, Intelligence, and Creativity Synthesized, Robert Steinberg. A Critical review and summarization of the best research on human intelligence. He goes beyond the standard pencil and paper tests currently in use.

- **STEREOTYPING**

Whistling Vivaldi, Claude Steele. The story of a young black man who realizes that he can defuse the fears of others by whistling melodies from Vivaldi. The book sheds light on how stereotypes perpetuate themselves.

- **DECISION MAKING**

Mistakes Were Made But Not by Me, Carol Tavaris and Elliot Aronson. The book offers an explanation of self-deception, how it works, the harm it can cause and how we can overcome it. How do individuals pull the wool over our own eyes.