

AP Psychology Summer Assignment 2025

Mrs. Martineau

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For your summer assignment, you will read a book about psychology. You will be assessed in 2 ways and each will be 50% of the grade.

1. You will make hand-written annotations in the book. There need to be enough annotations to reflect that you have read your book in a thoughtful way.
2. You will be given a written assessment on your book on the first Friday after we return.

You will choose the book you want to read. I want you to choose something that is interesting to you and that you want to read. I hope it will pique your interest in psychology and the topics we will discuss.

There are 3 requirements that your book must meet.

1. A book of nonfiction (memoirs, scientific writing, biographies- no self-help books)
2. At least 200 pages (citations do not count as pages and if your book is longer than 200 pages, you must read the entire book)
3. A book about a topic in psychology, which is pretty broad but includes: disorders and mental health, sleep, cognition, neuroscience, happiness, stress, motivations, emotions, drugs and addiction, personality, therapy, memory, sensation and perception,

If you are concerned whether your book meets these requirements, please email me for confirmation that the book is acceptable. kmartineau@bmhs.us

Below is a list of possible books. **YOU ARE NOT LIMITED TO THIS LIST.** Go to a bookstore, and look around in the non-fiction section. Keep in mind that many psych subjects can include sensitive topics. Again, choose a book that interests and feels appropriate to you!

- Anxious Generation by Jonathan Haidt
- Blink by Malcolm Gladwell
- Brain Rules by John Medina
- Thinking Fast and Slow, by Daniel Kahneman
- Drive, by Daniel Pink
- Stumbling on Happiness by Dan Gilbert
- Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain
- This Is Your Brain on Music: The Science of a Human Obsession by Daniel J. Levitin
- Serial Killers: The Method and Madness of Monsters by Peter Vronsky
- Inside the Criminal Mind (Newly Revised Edition) by Stanton Samenow
- Opening Skinner's box by Lauren Slater
- Dopamine Nation by Dr Anne Lembke
- An Unquiet Mind by Kay Redfield Jameson
- The Quiet Room by Lori Schiller
- The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought by David Adam
- My Life Among the Serial Killers : Inside the Minds of the World's Most Notorious Murderers by Morrison, Goldberg
- Hidden Valley Road by Robert Koller
- Look Me In the Eye by John Elder Robinson
- Born on a Blue Day by Daniel Tammet
- Passing for Normal by Amy Wilensky
- Sickened by Julie Gregory
- The Day the Voices Stopped: A Schizophrenics Journey From Madness to Hope by Ken Steele
- Crazy: A Father's Search Through America's Mental Health Madness by Pete Earley
- Tweak: Growing up on Methamphetamines by Nic Sheff
- Beautiful Boy by David Sheff
- The Glass Castle by Jeanette Wells
- Thin by Lauren Greenfield
- You Don't Look Like Anyone I Know by Heather Sellers
- The Man Who Mistook His Wife For A Hat by Oliver Sacks