

## AP Psychology Summer Assignment 2026

Mrs. Martineau: [kmartineau@bmhs.us](mailto:kmartineau@bmhs.us)

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. This will count as your first test grade.

1. You will make **handwritten** annotations in the book. There need to be enough annotations to reflect that you have read your book in a thoughtful way. They should be consistently throughout the book, with no large gaps between annotations (at least every few pages), and in your own handwriting. They should include reactions to events and ideas, questions or ideas that come from your reading, summaries of big ideas, highlighting interesting quotes, and ways that you personally connect to the information in your book. They do not have to be in complete sentences.
2. You will be given a written assessment on your book on the first Friday after we return.

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). Students tend to prefer memoirs.
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 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 about whether your book meets these requirements, please email me for confirmation that the book is acceptable.** [kmartineau@bmhs.us](mailto: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. Choose a book that interests you 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
- 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 Sellars
- The Man Who Mistook His Wife For A Hat by Oliver Sacks
- Brain on Fire: My Month of Madness by Susannah Callahan
- Educated by Tara Westover

- Moonwalking With Einstein: The Art and Science of Remembering Everything by Joshua Foer
- Maybe You Should Talk to Someone by Lori Gottlieb