

## AP Psychology Summer Assignment 2023

In order to prepare for AP Psychology this fall, I would like for you to do the following assignment this summer. Please, read the required reading book and follow the instructions for the written portion. If you decide to do the extra credit, you will need to read the extra credit books. These books will provide a wise foundation and a deeper insight for the information we will be discussing. My hope is that you will not just complete this assignment but grow in your understanding of yourself, others, and God.

Enjoy!!

Ms. Gutermuth

### **REQUIRED READING:**

1. *Who Switched Off My Brain? Controlling Toxic Thoughts and Emotions* by Dr. Caroline Leaf. (Amazon.com).

### **EXTRA CREDIT READING:**

1. *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health* by Dr. Caroline Leaf. (Amazon.com).
2. *Boundaries: When to Say Yes, How to Say No* by Dr. Henry Cloud and Dr. John Townsend. (Amazon.com).
3. *Changes that Heal: How to Understand Your Past to Ensure a Healthier Future* by Dr. Henry Cloud. (Amazon.com)

### **Written Portion Instructions :**

1. Type up **10** insightful concepts (1-2 sentences per concept) from *Who Switched Off My Brain?*. Be sure to include the page number for each concept. ☺
2. If you decide to do the extra credit, then follow the same instructions for #1 on each of the extra credit books. ☺
3. **REMEMBER:** Use the MLA format for your heading and the name of the book for your title.

**\*These written assignments are DUE on the first day of class.**