

**Fairfield Ludlowe/Warde High School**  
**AP Psychology Students**  
**2015-16**

The study of psychology involves an exploration of the behavior and mental processes of both humans and animals. Over the next school year, through your study of psychology, you will better understand the possible reasons for why people think and behave the way they do. In order to get you to think more like a psychologist, you are going to apply the psychological approaches, that are currently believed to influence human behavior, to one or more characters in a novel of your choosing from the list below. Then, during the first days of school, you will be placed into discussion groups to analyze the possible causes for the characters' behaviors in your book. You will be expected to think and discuss these characters just as a psychologist would think about and discuss with colleagues the behaviors of a particular client. In order to prepare for this discussion, you are expected to complete the following:

1. Read one of the books listed below.
2. Apply **FIVE** of the psychological perspectives, (attachment provided) by explaining how a psychologist emphasizing each of the different perspectives might explain the lead or other character's behaviors. You may need to do some outside research. **25 formative points**
  - a. Formatting for the perspectives: Each perspective should be highlighted, defined, in your own words, and applied by providing at least 2 specific annotated details from the book you have chosen. Each should be no more than 5 sentences.
3. Diagnose a character with **ONE** psychological disorder based on the specific behaviors and mental processes that were demonstrated in the novel. **75 formative points**
  - a. Locate **THREE ARTICLES** that address the causes of the behaviors and mental processes of the character you have chosen to focus on.
  - b. Highlight and annotate in the margins or on separate paper each of the three articles. These must be gathered from credible sources. You may reference the online databases (such as Proquest located on the school library webpage) to locate relevant articles.
  - c. Type your 1 page explanation of the diagnosis.
  - d. Type and attach a works cited list in APA format.
4. Arrive on the first day of class with your novel and all parts of the assignment completed in entirety with written parts typed and printed out. This assignment is worth 100 formative points.

**Choose one of the books listed below. When deciding on a book, check**

**Amazon.com for summaries.** The library at each high school has a limited number of copies of each book. You may also check the town libraries, or purchase the book if you choose.

1. *The Eden Express*, Mark Vonneget
2. *I Never Promised You a Rose Garden*, Joanne Greenberg
3. *Jay's Journal*, Beatrice Sparks
4. *All Around the Town*, Mary Higgins Clark
5. *Sybil*, Flora Schreiber
6. *Girl, Interrupted*, Susannah Kaysen
7. *Silence of the Lambs/Red Dragon*, Thomas Harris
8. *Zombie*, Joyce Carol Oates

9. *Catcher in the Rye*, JD Salinger
11. *Bartleby the Scribner*, Herman Melville
12. *Is There No Place in the World for Me?*, Susan Sheehan
13. *The Crack-Up*, F. Scott Fitzgerald
14. *A Child Named It*, David Pelzer
15. *The Judgement*, Kafka
16. *Darkness Visible: A Memoir of Madness*, William Styron
17. *Macbeth*, Shakespeare
18. *She's Come Undone*, Wally Lamb
19. *I Know This Much Is True*, Wally Lamb
20. *David and Lisa*, Dr. T.I. Ruben
21. *Nobody's Child*, M. Balter and R. Katz
22. *One Child*, Tory Haydn
23. *Fight Club*, Chuck Palahnuik
24. *Best Little Girl In The World*, Steven Levenkron
25. *Prozac Nation*, Elizabeth Wurtzel
26. *Prozac Diary*, Lauren Slater
27. *Birdy*, Edith Warton
28. *Smashed*, Koren Zailackas
29. *Perks of Being a Wallflower*, Stephen Chbosky
30. *Just Checking*, Emily Colas
31. *The Quiet Room*, Lori Schiller
32. *Icy Sparks*, Gwyn Hyman Rubio
33. *A Glass Castle: A Memoir*, Jeannette Wells
34. *Extremely Loud and Incredibly Close*, Johnathan Safran Foer
35. *Life of Pi*, Y. Martel
36. *Born on a Blue Day: Inside the Extraordinary Mind of an Autistic Savant*, M. Ruff
37. *Set This House in Order*, Matt Ruff

Any questions, please do not hesitate to email:

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Have a great summer!

**Table 2.1 Psychology's Approaches**

Perspective	Focus	Sample Questions
<i>Behavioral</i>	How we learn observable responses	How do we learn to fear particular objects or situations? What is the most effective way to alter our behavior, say, to lose weight?
<i>Biological</i>	How the body and brain enable emotions, memories, and sensory experiences; how genes combine with environment to influence individual differences	How do pain messages travel from the hand to the brain? How is blood chemistry linked with moods and motives? To what extent are traits such as intelligence, personality, sexual orientation, and depression attributable to our genes? To our environment?
<i>Cognitive</i>	How we encode, process, store, and retrieve information	How do we use information in remembering? Reasoning? Solving problems?
<i>Evolutionary</i>	How the natural selection of traits has promoted the survival of genes	How does evolution influence behavior tendencies?
<i>Humanistic</i>	How we meet our needs for love and acceptance and achieve self-fulfillment	How can we work toward fulfilling our potential? How can we overcome barriers to our personal growth?
<i>Psychodynamic</i>	How behavior springs from unconscious drives and conflicts	How can someone's personality traits and disorders be explained by unfulfilled wishes and childhood traumas?
<i>Social-cultural</i>	How behavior and thinking vary across situations and cultures	How are we alike as members of one human family? How do we differ as products of our environment?

**AP® Exam Tip**

These perspectives will come up again and again throughout your AP® Psychology course, and they will be on the exam. You need to become very comfortable with the meaning of terms like cognitive, behavioral, and psychodynamic. Ask your teacher for clarification if you are the least bit unclear about what the perspectives mean.

**behavioral psychology** the scientific study of observable behavior, and its explanation by principles of learning.

**biological psychology** the scientific study of the links between biological (genetic, neural, hormonal) and psychological processes. (Some biological psychologists call themselves *behavioral neuroscientists*, *neuropsychologists*, *behavior geneticists*, *physiological psychologists*, or *biopsychologists*.)

- Someone working from the **behavioral** perspective might attempt to determine which external stimuli trigger angry responses or aggressive acts.
- Someone working from a **biological** perspective might study brain circuits that cause us to be “red in the face” and “hot under the collar,” or how heredity and experience influence our individual differences in temperament.
- Someone working from the **cognitive** perspective might study how our interpretation of a situation affects our anger and how our anger affects our thinking.
- Someone working from the **evolutionary** perspective might analyze how anger facilitated the survival of our ancestors' genes.
- Someone working from the **humanistic** perspective (a historically important approach) might have been interested in understanding how angry feelings affect a person's potential for growth. As we will see, modern-day *positive psychology* incorporates humanistic psychology's emphasis on human flourishing.
- Someone working from the **psychodynamic** perspective (which evolved from Freud's psychoanalysis) might view an outburst as an outlet for unconscious hostility.
- Someone working from the **social-cultural** perspective might explore how expressions of anger vary across cultural contexts.

*The point to remember:* Like two-dimensional views of a three-dimensional object, each of psychology's perspectives is helpful. But each by itself fails to reveal the whole picture.