

AP Psychology Summer Assignment:

Due: First day of class.

Brief writing sample (500-750 words)

Purpose: To begin thinking like a Psychologist

Background: In order to understand what we are thinking/ feeling and doing at any given time, and why we are having such thoughts, it is important for us to explore ourselves in a way that our masks, and our personal deceptions do not interfere with our own understandings.

There are several techniques for us to begin to understand our subconscious ideas and impulses that have such a large influence on our own behaviors. One of those techniques is call stream-of-consciousness writing.

In stream-of-consciousness writing we let our thoughts flow freely, and just keep writing. It may make no sense, be you are “free” and encouraged to write whatever you are thinking. Grammar, punctuation etc... are discouraged, and there is value in everything you put down.

Assignment: Using the steam-of-consciousness technique, write two to three pages (500-750 words) with the following prompt as a starting point. (It doesn't ,matter where it leads)

“What makes you angry? How do you react when you are angry? What biological changes occur in your body when you are angry?”

This assignment is designed to be enjoyable and revealing. If you have any questions over the summer, please email me at Chris.Brennan@new-haven.k12.ct.us