

# AP Psychology Summer Assignment 2025

Ms. Renn ([jrenn@summit.k12.nj.us](mailto:jrenn@summit.k12.nj.us))

All students of AP Psychology will be required to complete a summer assignment, which is to be completed over the course of the summer, and will be due on the first day of class, **Tuesday, September 2 (-10pts per day late)**. The purpose of this assignment is to jumpstart our course by diving into Positive Psychology and to help you understand the psychological science of happiness to learn strategies to increase your own well-being.

You will be completing a modified version of the course The Science of Well-Being for Teens by Dr. Laurie Santos from Yale University. The videos from the course will be posted as 6 separate assignments in Formative. You must complete all 6, as well as an additional reflection.

## Accessing the Course

Go to [app.formative.com/join](https://app.formative.com/join) and join using this code **7H5R89**

## Requirements:

### Part One: Videos and Notes

1. Watch all videos in the 6 modules. (can be done on your own schedule).
2. Take **handwritten** notes on each video, organized by module and number. Focus on the term or topic discussed and give an example of how it applies to your life. One or two sentences per video is sufficient.

### Part Two: Journal

1. Choose a concept or idea from the videos that resonates with you and commit to practicing it over the course of a week.
2. **Create a handwritten journal to document your experiences.** You should have at least five journal entries and each one should describe how you attempted to use what you learned and how it made you feel (about 2 paragraphs each entry).
3. At the end of the week, **reflect on your overall experience.** Use the following questions as a guide: Do you feel like you successfully implement the new thoughts or behaviors? Do you think you will continue to include these practices in your life? Did the new practices make an impact on your perception of your life and your well-being? Minimum of one page, handwritten, with your journal entries.

**All notes will be collected on the first day of school and expect to have a discussion about what you learned.**

The goal of this assignment is not to bog you down with work, but to engage you in psychology in a way that can have a positive impact on your daily life, which is especially helpful for the start of your senior year! Your commitment and engagement are key to maximizing the benefits of this learning experience. Enjoy!

# Course Outline

## Module 1: Misconceptions

- 1.1 Why Take Yale's Most Popular Course?
- 1.2 What Does It Even Mean to Be Happy?
- 1.3 Is Becoming Happier a Selfish Thing to Do?
- 1.4 Do Life Circumstances Determine Happiness?
- 1.5 What Are the Benefits of Being Happier?
- 1.6 Our Mind Lies to Us About Happiness
- 1.7 Misconceptions: Money & Awesome Stuff
- 1.8 Misconceptions: Perfect Grades & the Best College
- 1.9 Misconceptions: Screen Time & Social Media

## Module 2: Biases

- 2.1 Our Minds Are Bad at Predicting Our Feelings
- 2.2 Problem #1: We Get Used to Stuff but Don't Know It
- 2.3 How Can We Deal with Hedonic Adaptation?
- 2.4 Happiness Problem #2a: We Compare Ourselves a Lot
- 2.5 Happiness Problem #2b, Comparing to Other People
- 2.6 How Can We Deal with Social Comparison?
- 2.7 Happiness Problem #3 - Our Attention Is Limited
- 2.8 How Can We Deal with Limited Attention?

## Module 3: Behaviors

- 3.1 What Makes Us Happier: Behaviors
- 3.2 Social Connection
- 3.3 Kindness
- 3.4 Flow & Fun
- 3.5 Signature Strengths
- 3.6 Healthy Habits (Sleep & Exercise)
- 3.7 Time Affluence

## Module 4: Thoughts

- 4.1 What Makes Us Happier: Thoughts
- 4.2 Experiencing Gratitude
- 4.3 Practicing Mindfulness
- 4.4 Fighting Your Inner Critic
- 4.5 Getting Some Perspective
- 4.6 Developing the Right Mindset

## Module 5: Feelings

- 5.1 What Makes Us Happier: Feelings
- 5.2 Accepting Negative Emotions
- 5.3 Bridging Our Empathy Gaps
- 5.4 Regulating Fight-Or-Flight

## Module 6: Habits

- 6.1 Putting These Happiness Tips into Practice
- 6.2 Realizing Situations Around Us
- 6.3 Harnessing the Power of Others
- 6.4 Understanding Habit Loops
- 6.5 Hacking the Habit Loop
- 6.6 Leveraging Associations
- 6.7 Rethink Psychological Timeline
- 6.8 Happiness Is Up to You!

Links to Formatives

[https://app.formative.com/library/6827660e52cb95409d0d5ff0?\\_rid=4vee4p](https://app.formative.com/library/6827660e52cb95409d0d5ff0?_rid=4vee4p)