



## AP PSYCHOLOGY

Psychology is the study of the mind and behavior.

The 4 goals of Psychology are to describe, explain, predict and sometimes control the mental processes and behavior of individuals.

AP Psychology is a unique opportunity to study such topics as: **personality, dreams and consciousness, psychological disorders and therapies, stress and health, thinking and problem-solving, memory, learning, personality, love and attraction**, and more subjects that are immediately applicable to your own life.

Most colleges and universities offer or require an Intro Psychology class as a general education course.

Note: The Medical College Admissions Test (MCAT) features a section where 65% of the questions come from Introductory Psychology.

### FAST FACTS:

- AP means Advanced Placement
- AP Classes = Weighted Grade (A=5.0, B=4.0, C=3.0)
- No Summer Homework
- College Credit avail = with a score of 3+ on the AP Exam in May
- Homework Required: Readings, Experiments, and memorization of terms/concepts
- Classes consist of: Lectures, Activities, Discussions
- Experiments/Observations: Usually one per unit as homework (alone or w/partners)
- Online Portals to help learn material and test yourself
- AP Exam: multiple choice questions and free response questions (bullet point answers only)
- No Essays!



## **HOW MUCH DO YOU KNOW???**

**HOW MANY THOUGHTS DOES THE AVERAGE HUMAN EXPERIENCE A DAY?**

**CAN YOU DREAM ABOUT FACES YOU'VE NEVER SEEN?**

**WHO CHANGES THEIR MINDS MORE OFTEN - MEN OR WOMEN?**

**HOW MUCH OF YOUR DREAMS DO YOU REMEMBER 10 MIN AFTER WAKING?**

**HOW FAST DO NEURAL MESSAGES TRAVEL IN YOUR BRAIN?**

**DO WE ONLY USE 10% OF OUR BRAINS?**

**HOW OFTEN DOES THE AVERAGE HUMAN'S MIND "WANDER"?**

**HOW ABOUT WHEN WE DRIVE?**

**WHO IS BETTER AT RECOGNIZING FACES? MEN OR WOMEN?**

**WHO FALLS IN LOVE FASTER? MEN OR WOMEN?**

**CAN SUBLIMINAL MESSAGES PERSUADE YOU TO BUY PRODUCTS?**

**DOES PLAYING MOZART TO INFANTS BOOST INTELLIGENCE?**

**FUN FACT: PEOPLE TEND TO PICK ROMANTIC PARTNERS WITH EYES SAME WIDTH APART AND SAME SIZE NOSE AS THEIR OWN**

## **ANSWERS:**

1. 70,000 thoughts per day
2. No we can only dream about faces we have already seen - active or not.
3. Men - 2-3 times more often
4. Forget 50% after 5 min, 90% after 10 min.
5. 268 miles per hour
6. No, we use it all
7. up to 30% of the time
8. 70%
9. Women, especially of other women
10. Men
11. No
12. No