Task 10 – Engaging with Academic Writing

Depending on how much time you have, you can read either a non-fiction psychology book or an academic article.

In September we would love to receive as many ‘reviews’ of your reading as possible – but we understand some of you may have more time available than others, so writing the review isn’t compulsory (but the reading is).

* What was the book/article about?
* What did you learn from the book/article?
* What new words did you learn from the book/article?
* What did you enjoy about the book/article?
* What did you find hard?
* What strategies did you use to deal with parts for the book/article that you found difficult?

Bring any reviews to your first psychology lesson in September. Make them as visual as possible, like a poster advertising the book to fellow teenagers.

This task serves a few key purposes:

* To introduce you to psychological research
* To help develop your writing skills. Reading for pleasure is one of the best ways to become an excellent written communicator. Your written communication skills could be the difference between a grade ‘A’ and a grade ‘C’ at A Level. Hopefully you will develop a love for reading around the topics we study over the next two years.
* To help develop strategies for reading academic material (e.g. looking up words you didn’t understand to help you understand what an author is trying to say; summarising chapters on post-its to help you keep track of key points etc.).

Many of the books in the suggestion list below can be found in your local library or charity shop. Many will also be available second-hand from an online retailer.

Suggested websites to find articles:

* Aeon <https://aeon.co/psychology>
* BPS Research Digest <https://digest.bps.org.uk/>
* Nautilus <https://nautil.us/>

Suggested books (just a few suggestions, feel free to find your own book!):

* Inventing Ourselves: The Secret Life of the Teenage Brain (Dr Sarah-Jayne Blakemore)
* The Memory Illusion: Remembering, Forgetting, and the Science of False Memory (Dr Julia Shaw)
* [The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness](https://www.amazon.co.uk/Chimp-Paradox-Management-Programme-Confidence/dp/009193558X/ref=sr_1_1?keywords=the+chimp+paradox&qid=1560954781&s=books&sr=1-1) (Prof. Steve Peters)
* [Attached: The New Science of Adult Attachment and How it Can Help You Find - and Keep - Love](https://www.amazon.co.uk/Attached-Science-Adult-Attachment-Help/dp/1585429139/ref=sr_1_1?keywords=attachment&qid=1560954966&s=books&sr=1-1)  (Amir Levene & Rachel Heller)
* [Mind Change: How digital technologies are leaving their mark on our brains](https://www.amazon.co.uk/Mind-Change-digital-technologies-leaving/dp/1846044316/ref=sr_1_2?keywords=susan+greenfield&qid=1560955119&s=books&sr=1-2)  (Dr [Susan Greenfield](https://www.amazon.co.uk/Susan-Greenfield/e/B000APAAH8?ref=sr_ntt_srch_lnk_2&qid=1560955119&sr=1-2) )
* [Blueprint: How DNA Makes Us Who We Are](https://www.amazon.co.uk/Blueprint-How-DNA-Makes-Who/dp/0241282071/ref=sr_1_1?keywords=plomin&qid=1560955214&s=books&sr=1-1) (Dr Robert Plomin)
* [Quiet: The Power of Introverts in a World That Can't Stop Talking](https://www.amazon.co.uk/Quiet-Power-Introverts-World-Talking/dp/0141029196/ref=sr_1_1?keywords=quiet&qid=1560955328&s=books&sr=1-1) ([Susan Cain](https://www.amazon.co.uk/Susan-Cain/e/B004XVMVYK?ref=sr_ntt_srch_lnk_1&qid=1560955328&sr=1-1) )
* The laughing Baby (Dr Caspar Addyman)
* Nodding off – The science of sleep from cradle to grave (Prof. Alice Gregory)
* The Human Brain – A guided Tour (Dr Susan Greenfield)
* [Mind Change: How digital technologies are leaving their mark on our brains](https://www.amazon.co.uk/Mind-Change-digital-technologies-leaving-ebook/dp/B00JWV160G/ref=sr_1_2?dchild=1&keywords=susan+greenfield&qid=1593684989&s=books&sr=1-2) (Dr Susan Greenfield)
* Descartes’ Error (Prof. Antonio Domasio)
* [Strong Imagination: Madness, Creativity and Human Nature](https://www.amazon.co.uk/Strong-Imagination-Madness-Creativity-Nature/dp/0198605005/ref=sr_1_1?dchild=1&hvadid=79920783620301&hvbmt=bb&hvdev=c&hvqmt=b&keywords=creativity+madness&qid=1593685276&sr=8-1&tag=mh0a9-21) (Dr Daniel Nettle)