

Reading Assignment

- Spielman, R., Dumper, K., Jenkins, W., Lacombe, A., Lovett, M. & Perlmutter, M. (2017). *Psychology*. OpenStax College, Rice University. Download for free at <https://openstax.org/details/books/psychology>.

Read the following:

- Chapters 3 and 4

Video Resources

- Hari, J. (2015, June). *Everything you think you know about addiction is wrong* [Video]. TEDGlobalLondon. https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong
 - Substance abuse is covered in a new way with a focus on what psychologists have learned from studies about what environments lead to addiction (in particular social isolation and loneliness), and then examples from Portugal where they have been successful using an almost opposite approach to treatment. Other addictions are mentioned though substance abuse is the main focus.
- Walker, M. (2019, April). *Sleep is your superpower* [Video]. TED2019. https://www.ted.com/talks/matt_walker_sleep_is_your_superpower
 - The brain-related aspects of sleep are explained in detail as well as the effects of sleep deprivation on memory and learning. A study is explained where comparisons were made using fMRI and a learning test between an experimental and control group. The adverse effects of sleep deprivation on health are also explained.

