

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>.

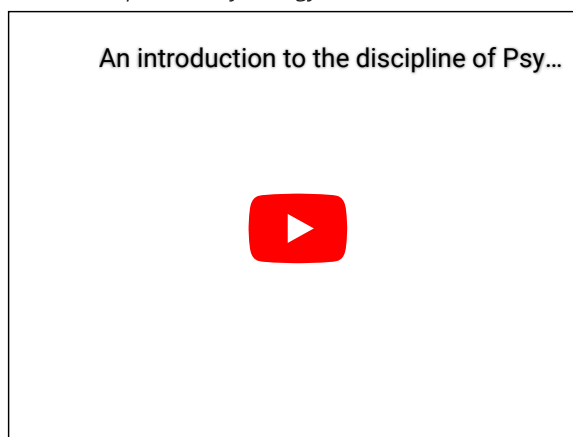
Read the following:

- Chapters 1 and 2

Smith, E. (2019). Thinking like a psychological scientist. In R. Biswas-Diener & E. Diener (Eds), *Noba textbook series: Psychology*. DEF publishers. <http://noba.to/nt3ysqcm>

Video Resources

- Macat. (2016, April 14). *An introduction to the discipline of Psychology* [Video]. YouTube.



- This video defines what the field of psychology is, why it is important to study, and how it informs all other fields with some examples. It also goes through a very simplified history of some of the main psychologists from Freud, Skinner, Maslow, and the basics of the Stanford Prison studies and Milgram's Experiments. All in 5 minutes.
- Suzuki, W. (2017, November) *The brain-changing benefits of exercise* [Video]. TEDWomen2017. https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise

