

Year 13 Preparation for University Material

Introductory Books for Psychology

The Little Book of Psychology by Emily Ralls and Caroline Riggs (2019)– useful for overview of psychology. Includes famous psychologists, key theories and studies.

Psychology (2005) by Hewstone M., Fincham F. and Foster J.

Psychology: The Science of Mind and Behaviour (2005) by Richard D. Gross (2005). – usually used for A Level Psychology too (more advances)

Foundations of Psychology: An Introductory Text (2000) by N Hayes

Books

Reaching down the Rabbit Hole: Extraordinary journeys into the human brain (2016) by Allan Ropper and Brian David Burrell – clinical neurology; case studies into clinical psychology; written more story-like rather than series of facts

Elephants on acid: And other bizarre experiments (2007) by Alex Boese – bizarre experiments conducted in the name of science (e.g. what happens when an elephant is given a massive dose of LSD.)

Mistakes were made (but not by me): Why We Justify Foolish Beliefs, Bad Decisions and Hurtful Acts (2007) by Carol Tavris and Elliot Aronson – deals with cognitive dissonance, confirmation bias and other cognitive biases. E.g. when people make mistakes why do they convince themselves they are right to save embarrassment?

The Happiness Hypothesis (2007) by Jonathan Haidt – mix of psychology and philosophy

The Private Life of the Brain (2002) by Susan Greenfield – can be a hard read but useful for those interested in neuroscience. Looks at the effects of neurological disorders and injuries, actions of drugs, schizophrenia amongst a range of other things such as what is the relationship between pleasure and pain?

A Day in the Life of the Brain: The Neuroscience of Consciousness from Dawn Till Dusk (2016) by S Greenfield

The Lucifer effect: Understanding how good people turn evil (2007) by Zimbardo. Looks at why good people can do evil things. Stanford Prison Experiment

Ramachandran, V.S. & Blakeslee S. (1999). Phantoms in the Brain: Human Nature and the Architecture of the Mind – watch some of Ramachandran's TED talks

The Philosophical Baby: What Children's Minds Tell Us About Truth, Love and the Meaning of Life. Bodley Head, 2009 by Alison Gopnik

The Man who Mistook his Wife for a Hat' (2011) by Oliver Sacks – bizarre short cases presented by renowned neurologist - watch some of Sacks TED talks

An Anthropologist on Mars (1999) by Oliver Sacks Similar to above but with more input from some of the patients.

Madness Explained: Psychosis and Human Nature (2004) by R Bentall and A.T Beck

Consciousness Explained (1993) by D.C Dennett

Nature via Nurture: Genes, experience and what makes us human? (2004) by M. Ridley

The Language Instinct: The New Science of Language and Mind (1995) by S. Pinker

Bad Science (2009) by B. Goldacre

How to think straight about psychology by Keith Stanovich – good for research methods

Evolution and human behaviour: Darwinian perspectives on human nature By J Cartwright (2008)

Making up the Mind: How the Brain Creates Our Mental World (2007) by Chris Frith – good for those interested in neuroscience. Uses evidence from brain imaging, psychological experiments and studies of patients to explore the relationship between the mind and the brain and demonstrates that our knowledge of both the mental and physical comes to us through models created by our brain

The Psychology Book (2012) by Nigel Benson, Catherine Collin, Joannah Ginsburg and Voula Grand – discover theories of human behaviour, key thinkers and how theories developed over time

The Human Mind: And How to Make the Most of IT (2003) By Robert Winston - Robert Winston takes us deep into the workings of the human mind and shows how our emotions and personality are the result of genes and environment.

Forty Studies That Changed Psychology (2012) by Roger R Hock - has the original studies, research & analysis about the most famous studies in psychological history. Readers will gain background knowledge of the complexities in the psychology field, learn about detailed studies in an easy, understandable manner and understand scientific research, through closer examination of major topics.

50 Great Myths of Popular Psychology: Shattering Widespread Misconceptions About Human Behaviour(2009) by Scott O. Lilienfeld *et al*

https://www.ted.com/talks/frans_de_waal_moral_behavior_in_animals - looks at primates social behaviour

Cognitive Neuroscience: The Biology of the Mind Paperback (2008) by Michael Gazzaniga, R. B Ivry and G.R Mangun - balance cognitive theory, with neuroscientific and neuropsychological evidence to reveal what we currently know about how the human mind works and to encourage students to think like cognitive neuroscientists.

What Intelligence Tests Miss: The Psychology of Rational Thought by Keith E. Stanovich

Rhythms of the Brain (2011) by Gyorgy Buzsaki- neuronal activity is the source of our cognitive abilities

Mindset by Carol Dweck – growth and fixed mindset – more for personal use maybe

Zero Degree of Empathy: A New Theory of Human Cruelty (2011) by Baron-Cohen, Simon - a very interesting book about empathy, psychological disorders, and the perennial problem of the human capacity for cruelty – whether you agree with all his conclusions or not.

Delusions of Gender: The Real Science Behind Sex Differences (2010) by Cordelia Fine

Blink: The Power of Thinking without Thinking (2005) by Malcolm Gladwell - about 'subconscious' mental processes and intuitions.

Philosophical Baby: What Children's Minds Tell Us About Truth, Love and the Meaning of Life (2009) by Alison Gopnik

A Toss of the Dice: Stories from a Paediatrician's Practice. Jessica Kingsley (2005) by Natasha Hays - a account of a doctor's experiences with dealing with children with autism, ADHD, Down's syndrome, and other neurological and cognitive disorders. Includes an account of her own experiences dealing with a seizure disorder.

The Little Class With the Big Personality: Experiences of Teaching a Class of Young Children With Autism. Jessica Kingsley (2005) by Fran Hunnisett - a very interesting account of teaching a group of young children with autism – although not intended as a research study, this is an excellent introduction to the characteristics and variability of children with autism; and a good antidote to some of the myths and stereotypes.

Personality: What Makes You the Way You Are (2007) by Daniel Nettle - interesting and readable up-to-date discussion of individual differences in personality, how they affect us, and how they might have evolved.

How the Mind Works (1997) by Steven Pinker - Cognitive psychology made interesting and easy to read!

The Language Instinct (1994) by Steven Pinker - very well-written account of the psychology of language, and how it may have evolved. Takes one side (the nativist side) of the issue; but very interesting to anyone with an interest in how language works—and provides useful background for the Language and Cognition course!

Opening Skinner's Box (2005) by Lauren Slater - an interesting collection of classic psychology experiments from all sorts of areas of the subject that every budding psychologist should know.

The Mind's Eye (2010) by Oliver Sacks - most recent book by Sacks; more specifically about patients with disorders affecting visual perception; including an account of his own experiences as a patient.

The 21st-Century Brain: Explaining, Mending and Manipulating the Mind (2006) by Steven Rose - interesting and well-written account of recent developments in brain sciences and their implications for psychology.

The Frog Who Croaked Blue (2008) by Jamie Ward - a readable and interesting account of synaesthesia. Relevant to cognitive psychology and perception in general.

Online Material

A monthly publication of The British Psychological Society has back issues freely available on its archive at <http://www.thepsychologist.org.uk> .

Also see the BPS Research Digest at <http://bps-research-digest.blogspot.co.uk/>

<https://onlinelibrary.wiley.com/journal/24761281> - to access journals

<http://faculty.washington.edu/chudler/neurok.html>

<http://www.newscientist.com/>

<http://www.newscientist.com/topic/brain>

<http://www.newscientist.com/topic/mental-health>

<https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads> - BBC Radio 4 AI In The Mind

Radio 4 podcasts <https://www.bbc.co.uk/programmes/p02nrss1/episodes/downloads>

<https://www.youtube.com/playlist?list=PL86D00256BF18C7B1> – Introduction to psychology by Paul Bloom (Yale University - 20 lectures)

<https://itunes.apple.com/gb/itunes-u/introduction-to-psychology/id341596834?mt=10> – introduction to psychology by Professor Jeremy Wolfe (MIT - 25 lectures)

<https://www.youtube.com/playlist?list=PL150326949691B199> – Human Behavioural Biology by Robert Sapolsky (25 lectures)

<https://hstalks.com/biosci/> - will need to subscribe

<https://www.wired.com/author/jonah-lehrer/>

www.sharpbrains.com/resources/encephalon-blog-carnival/ - psychology and neuroscience blogs

Children's Minds by Margaret Donaldson – those interested in child development. Background to Piaget https://www.researchgate.net/publication/291071748_Children's_Minds_by_Margaret_Donaldson_Published_by_FontanaCollins_Glasgow_1978

To access journal articles

https://www.psychologicalscience.org/publications/psychological_science - can access as members or non members

<https://www.psychologicalscience.org/publications> - filter to different subtopics within psychology

<https://journals.sagepub.com/home/pss>

Other Useful Resources

www.topdocumentaryfilms.com/category/psychology/ - useful to watch documentaries

TED talks

YouTube

Podcasts – Radio 4

www.bbc.co.uk/programmes/p01xkr8n

<https://www.edx.org/learn/psychology> - online courses. These online courses provide videos, reading lists and activities. You do not need to complete them fully.

www.futurelearn.com – online courses. These online courses provide videos, reading lists and activities. You do not need to complete them fully.

www.coursera.org – online courses. These online courses provide videos, reading lists and activities. You do not need to complete them fully.

Fiction/ Autobiography relating to psychological disorders

Depression, bipolar disorder and related conditions:

Autobiographical accounts:

Frame, Janet: An Autobiography. Women's Press, 1990. By a famous New Zealand novelist, about her breakdown, misdiagnosis of schizophrenia, and years in psychiatric hospitals. The film 'An Angel at the Table' was based on this book.

Jamison, Kay: An Unquiet Mind. Picador, 1996. About manic depression (bipolar disorder) from a famous psychiatrist who also has the condition herself.

Sutherland, Stuart. Breakdown: A Personal Crisis and a Medical Dilemma. Pinter& Merton. (First published in 1977; third updated edition published in 2008) A classic, by an experimental psychologist describing his own experience of bipolar disorder and its treatment, and discussing the wider context of treatments for psychological disorders.

Wolpert, Lewis. Malignant Sadness: The Anatomy of Depression. Simon and Schuster, 1999. Autobiographical account by a biologist.

Autobiographical novels:

Plath, Sylvia: The Bell Jar; Heinemann, 1963. Classic novel about depression by the famous poet.

Autism/ Asperger syndrome:

Personal and autobiographical accounts

Jackson, Luke: Freaks, Geeks and Asperger Syndrome. Jessica Kingsley, 2002. Personal account by 14-year-old boy with Asperger syndrome.

Williams, Donna: Nobody Nowhere. Corgi, 1993. Autobiography of early life by a woman with a diagnosis of autism.

Williams, Donna: Somebody Somewhere. Jessica Kingsley, 1999. Sequel to the above.

You may also be interested in the [website of Sue Norris](#), a poet with autism.

Novel about a teenage boy with Asperger syndrome:

Obsessive-compulsive disorder

Autobiography:

Joanne Limburg: The Woman Who Thought Too Much. Atlantic, 2010. Autobiographical account of the author's experience of the disorder and its treatment.

Psychopathy and personality disorders:

Hustvedt, Siri. What I Loved. Sceptre, 2003

Shriver, Lionel. We Need to Talk about Kevin. Serpent's Tail, 2006.