

Starting with confidence >>

Psychology

The following is a list of activities you may like to do during your summer holidays, in preparation for studying Psychology.

- Are you someone who always likes to have a book 'on the go' and would not mind a few recommendations as to what might be worth reading?
- Are you applying to study Psychology (or a related subject) at University and want to do some extra reading to beef up your Personal Statement?
- Are you someone who just enjoys the subject and wants to find out more?

Reading any (or all) of the following books will not necessarily enhance your chances of getting a better grade in A Level Psychology, but they would take your knowledge and understanding of the subject in general a bit further; they would also be interesting and enjoyable.

Academic

Author(s)	Book Title	Subject Matter
David Canter	<i>Criminal Shadows</i>	Offender profiling
Malcolm Gladwell	<i>Outliers</i>	The secrets of success
Oliver James	<i>Affluenza</i>	The effects on mental health of a certain form of capitalism
Paul Martin	<i>Counting Sheep</i>	Sleep and dreaming
Daniel Nettle	<i>Personality</i>	The 'Big 5' personality dimensions
Lauren Slater	<i>Opening Skinner's Box</i>	The stories behind some of the classic studies in Psychology
Richard Wiseman	<i>Quirkology</i>	Offbeat research in Psychology
Philip Zimbardo	<i>The Lucifer Effect</i>	How situational pressures can make good people do bad things

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Biographical

Author(s)	Book Title	Subject Matter
Bill Buford	<i>Among the thugs</i>	The psychology of crowds
Carol Lee	<i>To die for</i>	Anorexia
Oliver Sacks	<i>The man who mistook his wife for a hat</i>	Case studies of abnormal behaviour
Marcus Trescothick	<i>Coming back to me</i>	Depression

Fiction

Author(s)	Book Title	Subject Matter
Jonathan Coe	<i>The house of sleep</i>	Sleep abnormalities and obsessions
Fyodor Dostoevsky	<i>Crime and punishment</i>	Guilt
Sebastian Faulks	<i>Human Traces</i>	The early days of psychiatry and psychoanalysis
Mark Haddon	<i>The curious incident of the dog in the night-time</i>	A fictional account of a boy on the autistic spectrum
Ken Kesey	<i>One flew over the cuckoo's nest</i>	Life inside a mental hospital in the USA in the late 1950s / early 1960s
David Lodge	<i>Thinks...</i>	A novel with consciousness as its theme
Lionel Shriver	<i>We need to talk about Kevin</i>	The psychology of high-school killings
Jed Rubinfeld	<i>The interpretation of Murder</i>	Freud visits New York and gets caught up in an interesting murder case