

## Reading List for potential psychology students

This is a list of resources recommended by first year module co-ordinators. None of these are required reading, just things that you may be interested in.

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### Becoming a psychologist

Dr. Samantha McCormick has put together a series of academic links about getting ready for university. See the link below, which takes you to a collection of resources.

<https://wke.lt/w/s/3AMHwc>

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### Introduction to Mental Health and wellbeing

#### 1. The hidden links between mental disorders

<https://www.nature.com/articles/d41586-020-00922-8>

This recent Nature News Feature discusses some of the issues that we tackle on the course – defining what a mental health disorder is, and issues around the co-occurrence of disorders.

#### 2. Bad Science – Ben Goldacre

This book by Ben Goldacre is terrific, presenting compelling stories that unpick dodgy evidence. In doing so, you will get an intuitive overview of concepts you will encounter on the course – evaluating evidence, the placebo effect, understanding confounds as so on.

#### 3. Books by Oliver Sacks (but especially “An Anthropologist on Mars” and “The Man Who Mistook His Wife For a Hat”)

Oliver Sacks is a neurologist who covers medical histories of interesting neuropsychological cases, which is one of the approaches you will hear about.

#### 4. Into the Silent Land - Paul Broks

A book by a neuropsychologist who discusses memory and identity. A less well-known alternative to Sacks.

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### Understanding Neuroscience

#### 1. A Conversation piece about the brain

<https://theconversation.com/five-amazing-facts-about-your-brain-132621>

Although this course draws heavily on the textbook, this piece might get you thinking about why we are all so interested in the brain.

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## Lifespan Development

### *Links to Baby Lab videos:*

- <https://www.youtube.com/watch?v=IJlMcttq5XE>
- [https://www.youtube.com/watch?v=v\\_hKhB1lxbo](https://www.youtube.com/watch?v=v_hKhB1lxbo)

### *Links to Baby Lab articles:*

- <https://theconversation.com/babies-can-learn-about-the-real-world-from-pictures-25971>
- <https://theconversation.com/why-cant-we-remember-our-early-childhood-62325>
- <https://www.sciencedaily.com/releases/2016/09/160914090452.htm>

### *Interesting TED Talks*

- [https://www.ted.com/talks/alison\\_gopnik\\_what\\_do\\_babies\\_think](https://www.ted.com/talks/alison_gopnik_what_do_babies_think)
- [https://www.ted.com/talks/kang\\_lee\\_can\\_you\\_really\\_tell\\_if\\_a\\_kid\\_is\\_lying](https://www.ted.com/talks/kang_lee_can_you_really_tell_if_a_kid_is_lying)
- [https://www.ted.com/talks/sara\\_valencia\\_botto\\_when\\_do\\_kids\\_start\\_to\\_care\\_about\\_other\\_people\\_s\\_opinions](https://www.ted.com/talks/sara_valencia_botto_when_do_kids_start_to_care_about_other_people_s_opinions)
- [https://www.ted.com/talks/wendy\\_chung\\_autism\\_what\\_we\\_know\\_and\\_what\\_we\\_dont\\_know\\_yet](https://www.ted.com/talks/wendy_chung_autism_what_we_know_and_what_we_dont_know_yet)
- [https://www.ted.com/talks/meg\\_jay\\_why\\_30\\_is\\_not\\_the\\_new\\_20](https://www.ted.com/talks/meg_jay_why_30_is_not_the_new_20)

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## Understanding individuals and groups

Milgram's Obedience Studies and Zimbardo's Stanford Prison Experiment are two of the most famous psychological studies ever conducted. Both studies suggest that we can easily be swayed by situations to commit evil. However, do current psychologists still agree? The below TEDTalk is a good example of how modern psychologists think about their work.

The Psychology of Tyranny: Did Milgram Get It Wrong? | Alex Haslam | TEDxUQ  
<https://www.youtube.com/watch?v=HxXMKg8-700>

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## Miscellaneous

1. **The Seven Deadly Sins of Psychology – Chris Chambers**

### *Other TED Talks you might enjoy:*

- **Why we laugh – Professor Sophie Scott**  
[https://www.ted.com/talks/sophie\\_scott\\_why\\_we\\_laugh?language=en](https://www.ted.com/talks/sophie_scott_why_we_laugh?language=en)
- **The science inside our hearts - Prof Sarah Garfinkel**  
[https://www.ted.com/talks/dr\\_sarah\\_garfinkel\\_the\\_science\\_inside\\_our\\_hearts\\_and\\_minds](https://www.ted.com/talks/dr_sarah_garfinkel_the_science_inside_our_hearts_and_minds)