**Psychology – Prove Your Passion**

Some great ideas for you to consider if you want to demonstrate your passion for Psychology. There will of course be many other good ideas which you can investigate independently.

**Reading List** (There are many others for you to choose from)

- “The Essential Jung: Selected Writings” by Anthony Storr
- "I'm OK, Your OK" by Thomas A. Harris (Transactional analysis)
- "Counselling for Toads – A Psychological Adventure" by Robert de Board
- “The Social Animal: The Hidden Sources of Love, Character and Achievement” by David Brooks
- “The Man Who Mistook His Wife for a Hat” by Oliver Sacks
- “As Nature Made Him: The Boy Who Was Raised as a Girl” by John Colapinto
- "I Never Promised You a Rose Garden" by Joanne Greenberg (Schizophrenia)
- "The Talented Mr. Ripley" by Patricia Highsmith (Psychopath)
- "The Curious Incident of the Dog in the Night Time" by Mark Hadam (Asperger's)
- "Sybil" by Flora Rheta Schreiber (Dissociative Identity Disorder)
- "Silence of the Lambs" or "Red Dragon" by Thomas Harris (Serial killers)

**Trips and Visits**

- Try to attend some university style lectures and Open Days.
- Look out for theatre productions with a Psychological theme and analyse their content.
- Organise a trip of Psychological relevance.

**Groups**

- Join or start a club or pressure group such as Greenpeace or Amnesty International.
- Become involved with a local or national charity.
- Volunteer at the local hospital or Youth Club.

**Debating Skills**

- Get involved in the debating matters competition to hone your analytical skills.

**On-Line**

- Prove your Commitment Lectures. Go to [www.ted.com](http://www.ted.com) and put Psychology into the search engine. Listen to some of these lectures on topics of current interest.

**Competitions**

- Enter competitions, e.g. essay writing competitions on Psychological topics (look out for posters).

**Magazines**

- Subscribe to Psychology Review magazine (Philip Allan Publishers) to keep up to date with current psychological issues.

**News / Radio 4 / Newspapers / Film / TV**

- Regularly watch the news and look out for related programmes on Radio 4 as issues related to Psychology are constantly changing and you need your knowledge to be fresh.
- Read quality newspapers and keep a record of relevant articles which you can analyse from a Psychological perspective.
- Look out for documentaries related to your subject choice, e.g. Panorama and Horizon
- Watch films and analyse for psychological content/messages: perhaps write a review from a Psychological perspective.
- Read quality newspapers and keep a record of relevant articles which you can analyse from a Psychological perspective.
- Listen to Radio 4 and keep a look out for Psychology related programmes.