



## OMS Reading List for Cambridge Psychological and Behavioural Sciences Tripos

### Checklist of Actions for Oxbridge preparation

- Complete the course and college research booklet which covers entry requirements for your course (e.g. admissions tests during interviews). Use it to help you make informed choices.
- Respond and maintain email contact with your OMS Mentor and do not hesitate to ask questions which may help your Oxbridge preparation.
- Practise critical thinking by reading broadsheets i.e. The Daily Telegraph, The Independent or The Guardian preferably every day (or else at weekends). Think critically about what you have read what issues are raised? What assumptions are being made? What information is being relied on to draw which conclusions? How would you frame a counter-argument?
- Make notes of subject-related terminology to look up definitions with the aim of working them into future academic discussions on your chosen Oxbridge course.
- Keep a "Learning Log". Note down (i) book titles/ articles (ii) author (iii) your thoughts, feelings and observations (iv) context and relevance of the book/article (v) whether you agree with what you have read.
- You do not have to read suggested books from cover to cover, rather read chapters alongside and try to put into practice the critical tools and theories you are discovering.
- Cambridge does not require that students should read specific books before interview and isn't looking to test knowledge gained from particular texts. Reading is recommended, however, for learning beyond horizons, and gaining a sense of what subjects are available in the various HSPS components.
- The examples below are introductory and you shouldn't try to cover them all, but pick a subject or several subjects that interest you and use that list. Also, you could select a sample from the various areas of study that the Tripos covers.

### PBS Suggested Reading

- Carter, R. (2010). Mapping the mind. Weidenfeld & Nicolson.
- Clore, G.L. (2009). Affect as information. In D. Sander & K. Scherer (Eds). The Oxford companion to emotion and the affective sciences. Oxford: Oxford University Press.
- Damasio, A. (2010). Self comes to mind: constructing the conscious brain. (Vintage Books).
- Damasio, A.R. (1994). Descartes' error: emotion, reason and the human brain. Putnam.
- Eysenck, M. W. and M. T. Keane (2010). Cognitive psychology: a student's handbook. Psychology Press.
- Foster, J.L.H. (2007). Journeys through mental illness: clients' experiences and understandings of mental health. Basingstoke: Palgrave.
- Fraser, C. and Burchell, B. (2001) (Eds.). Introducing social psychology. Cambridge: Polity.
- Freud, S. Totem and taboo: resemblances between the mental lives of savages and neurotics
- Funder, D. C. (1999). Personality judgment: a realistic approach to person perception. San Diego, CA: Academic Press.
- Funder, D. C. (2013). The personality puzzle (6th ed.) New York: W. W. Norton & Company.
- Goleman, D. (1996) Emotional Intelligence: why it can matter more than IQ. London: Bloomsbury Publishing.
- Gottman, J.M. (1994). What predicts divorce? The relationship between marital processes and marital outcomes. Hillsdale, NJ, England: Lawrence Erlbaum Associates, Inc, Hillsdale, NJ.
- Harris, S. (2012). Free will. The Free Press.
- Hines, M. (2004). Brain Gender. Oxford University Press.
- Hogg, M. A. and G. M. Vaughan (2010). Essentials of social psychology. London, Prentice Hall
- Hardy, S (2011). Mothers and others: the evolutionary origins of mutual understanding (Harvard University Press).
- John, O.P., Robins, R.,W. & Pervin, L. (2008). Handbook of personality, theory and research (3rd ed.) New York: Guilford Press.

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- Johnson, M. (1987). *The Body in the mind: the bodily basis of meaning, imagination, and reason*. Chicago: University of Chicago Press.
- Kahneman, D. (2011). *Thinking, fast and slow* (Farrar, Strauss and Giroux).
- Keltner, D. & Lerner, J. S. (2010). In D. T. Gilbert, S. T. Fiske, & G. Lindsay (Eds.), *The handbook of social psychology* New York: McGraw Hill. 5th ed.
- Kenny, D. A. (1994). *Interpersonal perception: a social relations analysis*. New York: Guilford Press.
- Kövecses, Z. (2000). *Metaphor and emotion: language, culture, and body in human feeling*. New York: Cambridge University Press.
- Lakoff, G. & Johnson, M. (1980). *Metaphors we live by*. Chicago, IL: The University of Chicago Press.
- Lakoff, G. & Johnson, M. (1999). *Philosophy in the flesh: the embodied mind and its challenges to western thought*. New York: Basic Books.
- LeDoux, J (2003). *Synaptic self: how our brains become who we are* (Penguin).
- Maccoby, E. (1998). *The two sexes: Growing apart and coming together*. Harvard University Press.
- Milgram, S. (1974). *Obedience to authority*. Harper & Row.
- Nolen-Hoeksema, S., B. Fredrickson, et al. (2009). *Atkinson and Hilgard's introduction to psychology*. Andover, Cengage Learning.
- Nutt, D., Robbins, T.W., Stimson, G.V., Ince, M. & Jackson, A. (2007). *Drugs and the future: brain science, addiction and society*. Academic Press, Inc.
- Pease, A; Pease, B. (2006). *The Definitive book of body language: how to read others' attitudes by their gestures*. London: Orion.
- Pennebaker, J.W. (1997). *Opening up: the healing power of expressing emotion*. New York: Guilford Press.
- Pinker, S (2011). *The Better angels of our nature: why violence has declined* (Viking).
- Read, J. (2009). *Psychiatric drugs: key issues and service user perspectives*. Basingstoke: Palgrave.
- Samuel, D. (1999). *Memory: how we use it, lose it and can improve it*. London: Weidenfeld & Nicolson
- Sapolsky, R.M. (2004). *Why zebras don't get ulcers: a guide to stress, stress-related diseases, and coping* (3rd ed.). New York: W.H. Freeman.
- Saul, H. (2001). *Phobias: Fighting the fear*. London: HarperCollins.
- Schaffer, H. R. (2006). *Key concepts in developmental psychology*. London: Sage.
- Ward, J. (2010). *The student's guide to cognitive neuroscience* (2nd ed.). Hove: Psychology Press.
- Winston, R. (2003). *The Human mind and how to make the most of it*. London: Bantam Press.
- Zimbardo's Prison Experiment <http://www.prisonexp.org/>

### **Insight into the PBS course**

PBS Course Handbook - Yr1

[http://www.pbs.tripos.cam.ac.uk/Documents/part1\\_handbook](http://www.pbs.tripos.cam.ac.uk/Documents/part1_handbook)

Papers covered – Yr1

[http://www.pbs.tripos.cam.ac.uk/Documents/paper\\_guides/pbs1](http://www.pbs.tripos.cam.ac.uk/Documents/paper_guides/pbs1)

### **Useful resources**

The British Psychological Society: <http://www.bps.org.uk/>

Blog: <http://digest.bps.org.uk/>