

Recommended Resources: Chapter 4

Suggestions for further reading to extend and deepen knowledge, and to add context.

You are urged to preview recommended sources and judge their suitability for your own classroom use.

Publications

Kahneman, D. (2011). *Thinking, Fast and Slow*. London: Allen Lane.

This easy-to-follow, comprehensive work is a lively summary of Kahneman's work on cognitive bias in thinking and decision-making, leading into his work on prospect theory and happiness. It should greatly interest not only psychology students, but also economics students.

Sharot, T. (2012). *Optimism Bias: Why we're wired to look on the bright side*. London: Robinson Publishing.

The author, a leading neuroscientist, demonstrates that the human tendency to look on the bright side of life and be optimistic about the future is biologically supported, since the parts of the brain that promote optimism are more receptive than the parts of the brain that respond to bad news. This easy-to-read book exemplifies the growing use of biological methods by cognitive psychologists.

Newspaper articles

Arthur, C. (2014, June 30). Facebook emotion study breached ethical guidelines, researchers say. <https://www.theguardian.com/technology/2014/jun/30/facebook-emotion-study-breached-ethical-guidelines-researchers-say>

Using nearly 700,000 Facebook users as participants, this study investigated the degree that friends' postings influenced the emotions and moods of their readers. It is relevant to both cognition and emotion, and to cognitive processing in the digital world (HL only). It is also an invaluable demonstrator of the ethical issue of informed consent. The original study is: Kramer, A. D. I. et al. (2014). Experimental evidence of massive-scale emotional contagion through social networks, *Proceedings of the National Academy of Sciences of the United States of America*; 111(24), 8788–90. Available online at <https://doi.org/10.1073/pnas.1320040111>

Websites

[IB Psychology InThinking subject sites](#)

A paid subscription is required to view most of the materials on this site, which is constantly revised and updated.

Contains excellent, lively, up-to-date material specifically for IB requirements. The section on [emotion and decision-making](#) is especially recommended, and its HL-only section on [the digital world](#).

[Psychlotron](#)

A comprehensive website for studying psychology at this level, with recommended material on the cognitive approach, and memory. This site tends to specialise in PowerPoints and worksheets.

[Resource](#)

The psychology section of this website contains a wide range of videos on cognitive-approach topics such as memory.

[The Psychologist](#)

A regularly updated site from the British Psychological Society. Includes, for example, a study on how ageing influences the way we process emotions in ourselves and other people: [A maturing picture of emotion](#).