

## TED Talk Reflection Paper

**Due Date:** 11:59 p.m. EST, Sunday of Unit 3

**Points:** 100

### Overview:

As you delve further into Psychology, there are so many topics that can be of interest to you! A great place to explore and learn about different topics is through TED talks, as many TED talks are created by prominent researchers in their fields. For this assignment, you will choose a TED talk from the list provided below, and write a 3-page reflection paper on it.

### Instructions:

In your reflection paper, you will address the following six (6) content components:

1. Summarize the main ideas presented in the TED talk.
2. Discuss something new that you learned.
3. State whether you agree or disagree with the main ideas presented in the talk, and explain why you agree or disagree.
4. Discuss how you might apply what you've learned to your own life.
5. Research additional information related to this topic, and include a discussion of what you found most interesting. Include the link to the source you have chosen.
6. Discuss at least one idea/question for follow-up research on this topic.

### Requirements:

- This reflection paper should be a minimum of three (3) full pages in length. The page requirement does *not* include the title and reference pages.
- Writing should be in paragraph form, double-spaced, with one-inch margins on all sides.
- Reference the TED Talk you viewed using the following format:

Presenter Surname, First Initial, Second Initial. (Year of publication, Month Day). *Title of the TED talk* [Video file]. Retrieved from <http://www.ted.com/restofaddress>

## List of TED Talks to choose from:

- Alter, A. (2017, April). *Why our screens make us less happy* [Video file]. Retrieved from [https://www.ted.com/talks/adam\\_alter\\_why\\_our\\_screens\\_make\\_us\\_less\\_happy](https://www.ted.com/talks/adam_alter_why_our_screens_make_us_less_happy)
- Dunn, E. (2019, April). *Helping others makes us happier — but it matters how we do it* [Video file]. Retrieved from [https://www.ted.com/talks/elizabeth\\_dunn\\_helping\\_others\\_makes\\_us\\_happier\\_but\\_it\\_matters\\_how\\_we\\_do\\_it](https://www.ted.com/talks/elizabeth_dunn_helping_others_makes_us_happier_but_it_matters_how_we_do_it)
- Feldman Barret, L. (2017, December). *You aren't at the mercy of your emotions your brain creates them* [Video file]. Retrieved from [https://www.ted.com/talks/lisa\\_feldman\\_barrett\\_you\\_aren\\_t\\_at\\_the\\_mercy\\_of\\_your\\_emotions\\_your\\_brain\\_creates\\_them?language=en](https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them?language=en)
- Genova, L. (2017, April). *What can you do to prevent Alzheimer's?* [Video file]. Retrieved from [https://www.ted.com/talks/lisa\\_genova\\_what\\_you\\_can\\_do\\_to\\_prevent\\_alzheimer\\_s?language=en](https://www.ted.com/talks/lisa_genova_what_you_can_do_to_prevent_alzheimer_s?language=en)
- Gopnik, A. (2011, July). *What do babies think?* [Video file]. Retrieved from [https://www.ted.com/talks/alison\\_gopnik\\_what\\_do\\_babies\\_think](https://www.ted.com/talks/alison_gopnik_what_do_babies_think)
- Gorgens, K. (2018, June). *The surprising connection between brain injuries and crime* [Video file]. Retrieved from [https://www.ted.com/talks/kim\\_gorgens\\_the\\_surprising\\_connection\\_between\\_brain\\_injuries\\_and\\_crime](https://www.ted.com/talks/kim_gorgens_the_surprising_connection_between_brain_injuries_and_crime)
- Little, B. (2016, February). *Who are you, really? The puzzle of personality* [Video file]. Retrieved from [https://www.ted.com/talks/brian\\_little\\_who\\_are\\_you\\_really\\_the\\_puzzle\\_of\\_personality](https://www.ted.com/talks/brian_little_who_are_you_really_the_puzzle_of_personality)
- Longden, E. (2013, February). *The voices in my head* [Video file]. Retrieved from [https://www.ted.com/talks/eleanor\\_longden\\_the\\_voices\\_in\\_my\\_head?language=en](https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head?language=en)
- Martin, R. (2018, August). *Why we get mad — and why it's healthy* [Video file]. Retrieved from [https://www.ted.com/talks/ryan\\_martin\\_why\\_we\\_get\\_mad\\_and\\_why\\_it\\_s\\_healthy](https://www.ted.com/talks/ryan_martin_why_we_get_mad_and_why_it_s_healthy)
- TEDx Talks. (2011, December 8). *TEDxTerryTalks - Laura Bain - Living with bipolar type II* [Video file]. Retrieved from <https://www.youtube.com/watch?v=8Ki9dqG3P5M>

Be sure to read the criteria, by which your paper will be evaluated *before* you write and again *after* you write.

### Evaluation Rubric for *TED Talk Reflection* Assignment

<b>CRITERIA</b>	<b><i>Deficient</i></b>	<b><i>Development Needed</i></b>	<b><i>Proficient</i></b>	<b><i>Exemplary</i></b>
	<b><i>0 – 5 points</i></b>	<b><i>6 – 7 points</i></b>	<b><i>8 points</i></b>	<b><i>9 – 10 points</i></b>
<b>Summarize the main ideas presented in the TED talk.</b>	Component is minimally or not addressed.	Component is somewhat addressed.	Component is fairly well addressed.	Component is thoroughly addressed.
<b>Discuss something new that you learned.</b>	Component is minimally or not addressed.	Component is somewhat addressed.	Component is fairly well addressed.	Component is thoroughly addressed.
<b>State whether you agree or disagree with the main ideas presented in the talk, and explain why you agree or disagree.</b>	Component is minimally or not addressed.	Component is somewhat addressed.	Component is fairly well addressed.	Component is thoroughly addressed.
<b>Discuss how you might apply what you've learned to your own life.</b>	Component is minimally or not addressed.	Component is somewhat addressed.	Component is fairly well addressed.	Component is thoroughly addressed.
<b>Research additional information related to this topic, and include a discussion of what you found most interesting. Include the link to the research source you have chosen.</b>	Component is minimally or not addressed.	Component is somewhat addressed.	Component is fairly well addressed.	Component is thoroughly addressed.
<b>Discuss at least one idea/question for follow-up research on this topic.</b>	Component is minimally or not addressed.	Component is somewhat addressed.	Component is fairly well addressed.	Component is thoroughly addressed.
	<b><i>0 – 8 points</i></b>	<b><i>9 – 11 points</i></b>	<b><i>12 – 13 points</i></b>	<b><i>14 – 15 points</i></b>
<b>Length Requirements</b>	Body of paper is less than two full pages in length, with one-inch margins, and line spacing is double-spaced.	Body of paper is two pages in length, with one-inch margins, and line spacing is double-spaced.	Body of paper is between two and three full pages in length, with one-inch margins, and line spacing is double-spaced.	Body of paper is three or more pages in length, with one-inch margins, and line spacing is double-spaced.

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	<b><i>0 – 8 points</i></b>	<b><i>9 – 11 points</i></b>	<b><i>12 – 13 points</i></b>	<b><i>14 – 15 points</i></b>
<b>Structure and Flow</b>	Flow is poor. Paragraphing is inappropriate. Transitions are minimal or absent. Significant redundancy is evident.	Flow is adequate. Paragraphs may be too long or too short. Transitions are minimal, and redundancy is evident.	Flow is good. Paragraphing is mostly appropriate. Transitions are present, and redundancies are minimal.	Flow is excellent. Paragraphing is clear, and transitions are smooth and consistent. Inappropriate redundancies are absent.
	<b><i>0 – 5 points</i></b>	<b><i>6 – 7 points</i></b>	<b><i>8 points</i></b>	<b><i>9 – 10 points</i></b>
<b>Clear and Professional Writing and Format</b>	Errors impede professional presentation; guidelines not followed. The APA citation for the TED talk is not included.	Numerous errors somewhat interfere with professional presentation. The APA citation for the TED talk is included but contains numerous errors.	Few errors that do not impede professional presentation. The APA citation for the TED talk is included, with little to no errors.	Writing and format are clear, professional, and error-free. The correct APA citation for the TED talk is included.