Prashanna

       Paper View       Plain Text View

Week One Response

The article defined the various fields in psychology that exist, including such careers as therapy, research, teaching, and business. Psychologists may be employed in hospitals, schools, and even offices. Their educational and training requirements are many to become one. I gathered that psychology, for instance, is applied even in marketing and law. This does not stop at just providing therapy but further understands how humans think and behave.  
  
Week Two Response  
The APA Ethics Code sets standards for psychologists to be forthright, respectful, and beneficial. It states that they shall maintain the privacy of client information and avoid unfavorable situations. Psychologists should always make good choices in therapy and research. These rules help people trust them and keep psychology professional.

Week Three Response

The article talks about anxiety in kids and teens. There are many cause of getting it from like School, friends, or big changes. Some signs are trouble sleeping, worrying a lot, or avoiding things. Parents and teachers can help by listening and teaching ways to stay calm. Things like talking to someone, deep breathing, and relaxing can make it better. Understanding anxiety helps kids feel safer and happier.

Week Four Response

This article is about how COVID-19 affected kids’ feelings. Many felt lonely, sad, or worried. Staying home made it hard to learn and play with friends. Some kids got scared about the future. Talking about feelings and getting help from family and teachers can make things better. Schools and parents can help kids feel safe and happy again.

Week Five

Dr. Jordan Peterson emphasizes the importance of clarifying your goals, taking responsibility for your actions, facing challenges directly, and always telling the truth. He emphasizes that avoiding difficulties only leads to greater suffering, while confronting them fosters personal growth. He stresses the need for structure, discipline, and a well-organized routine to create stability. Rather than chasing fleeting happiness, he encourages seeking purpose and meaning, as these bring long-term fulfillment.

Week Six

The video examines the case of a highly intelligent scientist, whose discoveries have caught the attention of the CIA, It explores potential reasons for this secrecy, such as groundbreaking developments in technology, energy, or aerospace, and raises questions about whether the scientist was suppressed, discredited, or went missing under mysterious circumstances. Additionally, the video discusses conspiracy theories, secret government projects that may have been hidden from the public.

Week seven

The video explores Schopenhauer's view that intelligence can negatively affect one’s life. He believed that intelligent people are more aware of life's suffering, leading to greater anxiety and dissatisfaction. These individuals might also feel isolated because their perspectives are hard to relate to for others. Schopenhauer suggested that the weight of knowledge can prevent happiness, as it often exposes uncomfortable realities.

Week Eight

The video "Brutally Honest Advice to Make People Respect You - Seduce & Influence Anyone | Robert Greene" it provides brutally honest advice on gaining respect, influence, and seduction based on Robert Greene’s principles. Maintaining an air of mystery makes you more intriguing, as revealing too much can weaken your influence.

Week Nine

The video Body Language Decoded explains how our bodies communicate without words through gestures, facial expressions, posture, and eye contact. It shows that body language reveals our true feelings, even when we try to hide them. In the video, experts talk about how to notice body language in everyday situations like when you are in a job interview, talking with someone you care about, or speaking in front of a group.

Week Ten

I am unable to open the link

Week Eleven

The article is about a test that helps check how good someone is at thinking ahead like guessing what might happen in the future and getting ready for it. This is helpful for people like soldiers or business people who need to plan carefully. The scientists made a test called ANTA, gave it to a bunch of people, and checked how many smart and different ideas they could come up with. They found that the test works well to measure anticipatory thinking. They also looked at how this thinking skill connects to other traits like mindfulness or the need to feel certain.