Diamond

Week One

Response:

This article showed how wide the field of psychology really is — it’s not just about therapy. I liked learning that psychologists work in many areas like business, education, and research. It made me realize there are a lot more paths than I expected if you study psychology.

Week Two

Response:

The APA Code of Ethics focuses on keeping people safe, respected, and treated fairly. I found it interesting how detailed the rules are, especially about privacy and avoiding harm. It made me appreciate how important ethics are in psychology, not just in therapy but in research too.

Week three

Response:

This article helped me understand how common anxiety is for kids and teens, especially with all the pressures they face today. I thought it was important that they mentioned early treatment and teaching coping skills before anxiety gets worse.

Week Four

Response:

The research showed that social media can have both good and bad effects on mental health. I was surprised at how much it can cause anxiety and depression, but I also liked how they pointed out that positive connections online can help people feel supported too.

Week Five

Response:

This video explained in a clear way how anxiety changes the brain’s wiring over time, especially in the amygdala. It made me realize that anxiety isn’t just emotional — it actually reshapes the brain if it’s not managed.

Week Six (I chose: Mysterious Hidden Abilities of the Human Mind)

Response:

This video explored amazing abilities like savant syndrome, intuition, and even telepathy theories. It made me wonder how much of the mind’s power we don’t use or even understand yet.

Week Seven

Response:

I liked how this video showed that personality traits like openness or conscientiousness are partly genetic but also shaped by life experiences. It showed how complicated and flexible human personality really is.

Week Eight

Response:

This video explained how emotions are not just feelings but also tools that help us survive and connect with others. It made me realize emotions are a lot more useful and intelligent than we sometimes give them credit for.

Week Nine

Response:

This video made me think deeply about how little we truly understand consciousness. It raised questions about whether the brain creates consciousness or just receives it, which was fascinating and a little mind-bending.

Week Ten

Response:

The PDF broke down how emotional intelligence (EQ) is just as important as regular intelligence (IQ). It showed that skills like empathy, self-awareness, and managing emotions can seriously improve your relationships, career, and health.

Week Eleven

Response:

This research talked about how self-compassion can reduce anxiety and depression. I liked learning that being kind to yourself isn’t just nice — it’s actually a strong way to stay mentally healthy.

Week Twelve

Response:

This video was powerful and sad — it showed how childhood trauma physically changes the brain’s development, especially in areas linked to emotion and memory. It really showed why early support and healing are so important.