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<p> Watch and listen <i>Mental health</i></p> <p>TED talk about stress</p> <p>Summarise some of the key points highlighted in this talk.</p> <p><u>The science of stage fright and how to overcome it</u></p> <p>Time: 15mins</p>	<p> Watch and listen <i>Mental health</i></p> <p>TED talk about causes for depression and anxiety</p> <p><u>This is why you could be depressed or anxious</u></p> <p>Time: 20mins</p>	<p> Watch and listen <i>Memory</i></p> <p>If you have access to Netflix watch <i>The Mind, explained: Episode 1 Memory</i></p> <p>Make brief notes on your findings</p> <p>Time: 30mins</p>	<p> Complete <i>Memory</i></p> <p>Quiz to see how good your Memory is. Can you remember all the finer details? Once you have completed the quiz, create a quick mindmap showing what 'memory' means to you, what can affect memory and how you think memory can be improved.</p> <p><u>Memory Quiz</u></p> <p>Time: 30 minutes</p>

<p> Watch Memory</p> <p>TED talk which discusses the reliability of memory and the impact of false memory. Reflect on the TED talk and make your own notes.</p> <p>How reliable is your memory? <i>TED Talks – Elizabeth Loftus</i></p> <p>Time: 40 minutes</p>	<p> Research Memory</p> <p>What is Eyewitness Testimony and what are the main factors that can affect it? You must pay particular attention to, and read the research study by Loftus and Palmer – this is highlighted as a link within the text. Make our own notes on the content.</p> <p>Eyewitness Testimony</p> <p>Time: 1hr</p>	<p> Complete Memory</p> <p>Produce a handout or PowerPoint detailing what eyewitness testimony is, the factors that can affect the accuracy of it, and briefly outlining some of the key research.</p> <p>Time: 1hr</p>	<p> Watch - extension work</p> <p><i>If you have access to Netflix watch '100 humans'</i></p> <p></p> <p>Time: 4hr30mins for all 8 episodes</p>
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