

## TED Talk Videos

In your Outcome Letter, your Conduct Officer assigned a specific TED Talk video for you to watch. Please choose the correct video below and answer the questions provided to you from your Conduct Officer. Once you have completed the assigned sanction, please submit your document to your Conduct Officer for review.

Title	Brief Summary of Video	Presenter Name	Duration Of Video
<b>Skipping the Small Talk and Connecting with Anyone</b>	College can be a lonely place when you feel like no one understands you and you don't know how to get involved and break the ice. This TED Talk will reveal a secret that every college student should be aware of.	<b>Kalina Silverman</b>	19:41
<b>Building Integrity</b>	Staying committed to your goals. What happens when you break your promise to yourself? Do you make bad decisions?	<b>Eric Rainey</b>	10:21
<b>Self-Control</b>	Self-control and how it impacts our impulsive behavior. The difference between long term and short term goals.	<b>Dan Ariely</b>	17:48
<b>Slayinator</b>	Change is possible only if you change your mindset.	<b>Matin Eshaghi</b>	6:01
<b>The Key to Transforming Yourself</b>	Being fixated on the old way of doing things when we want to really change. To transform yourself you should avoid running away from your issues and stay committed to making the change.	<b>Robert Greene</b>	18:29
<b>Is There a Real You?</b>	Discover the real you. You can shape, channel and change yourself in that process of discovery. (slightly philosophical)	<b>Julian Baggini</b>	11:59
<b>What's Your 200-Year Plan?</b>	Using your creativity to plan your life.	<b>Raghava KK</b>	10:42
<b>Inside the Mind of a Procrastinator</b>	Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window, and encourages us to think harder about what we're really procrastinating on, before we run out of time.	<b>Tim Urban</b>	13:55

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<b>Why Do We Make Bad Decisions?</b>	We make bad decisions because we make errors in estimating the odds of being successful. We only think short. We often forget to think about the long term consequences.	<b>Dan Gilbert</b>	33:21
<b>The Fringe Benefits of Failure</b>	Convocation address by J.K. Rowling at Harvard in 2008. She speaks about how she used her failure as an opportunity to succeed.	<b>J.K. Rowling</b>	20:58
<b>The Battle Between Your Present Self and Future Self</b>	Resisting temptation is hard. People often use commitment devices to stick to their goals. But these commitment devices are not fool proof. Making better decisions by imagining what it's like to be in the future.	<b>Daniel Goldstein</b>	15:59
<b>Are We In Control of Our Own Decisions?</b>	Decision-making can be difficult and complex and sometimes we are pretty irrational when we make decisions. The speaker uses behavioral economics to discuss decision-making. Bottom-line – understand your limitations when you make decisions.	<b>Daniel Ariely</b>	17:03
<b>Why We All Need to Practice Emotional First Aid</b>	We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene- taking care of our emotions, our minds, with the same diligence we take care of our bodies.	<b>Guy Winch</b>	17:24
<b>All It Takes Is 10 Mindful Minutes</b>	When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)	<b>Andy Puddicombe</b>	9:24