IB Psychology SL

Ms. Romaine

Distance Learning Assignment

Purpose in Life

Week of 5/4/20

Weekly assignment is due by 2:00 pm on Friday, 5/8/20.

Assignment is attached and also posted on class website – [www.psychgroove.com](http://www.psychgroove.com).

Submit assignment through email to Marianne.romaine@polk-fl.net.

1. Watch and **take notes** on the following short video:

How (and Why) to Find Your Life’s Purpose – SciShow Psych (length 5:10).

<https://www.youtube.com/watch?v=TJi2IfnEd5c>

1. Respond to the following questions.

* What do you think is **your** purpose in life or meaning of life?
* What are **your plans** for this summer and next academic year?

1. Power of Gratitude – choose **one** of the following:

* Option 1 - Write and deliver a note of gratitude to someone in your household. I do not need to see the note. For assignment documentation, just state that you completed Option 1 and provide the name of the person who received note.
* Option 2 - Reflect on gratitude and finish the following statement with **seven** responses. Use nonmaterial instead of material items.

*I am grateful for . . .*

*I am grateful for . . .*

*I am grateful for . . .*

*I am grateful for . . .*

*I am grateful for . . .*

*I am grateful for . . .*

*I am grateful for . . .*