

The Best TED Talks for Psychology Class

TEDTALKS



IDEAS WORTH SPREADING

TALK

The 9 Public Speaking Secrets

LIKE

of the World's Top Minds

TED

CARMINE GALLO

BESTSELLING AUTHOR OF *THE PRESENTATION SECRETS OF STEVE JOBS*

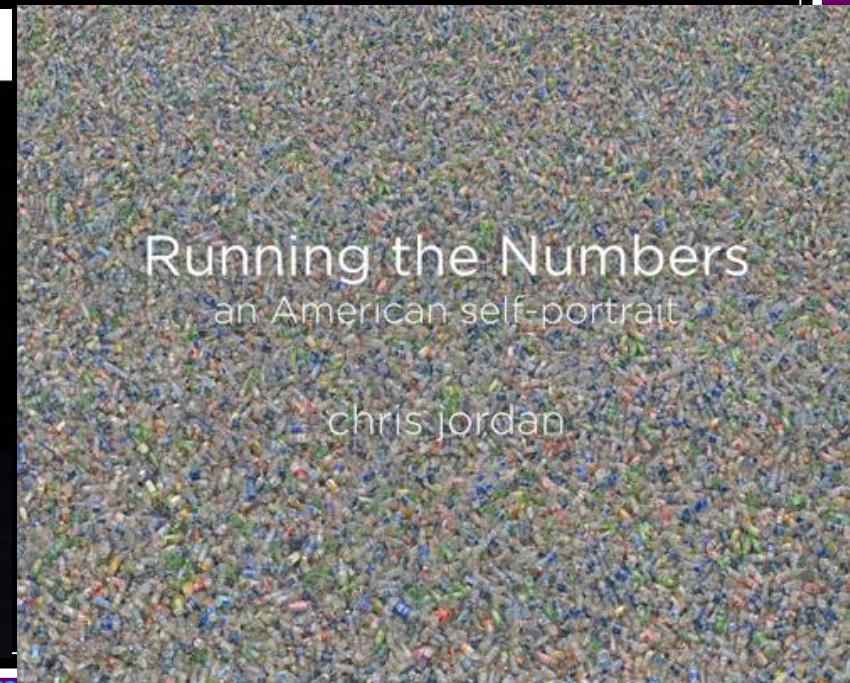
<http://booksforpsychologyclass.weebly.com/>

Research and Statistics



Chris Jordan: *Turning Powerful Stats Into Art*

- https://www.ted.com/talks/chris_jordan_pictures_some_shocking_stats



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Chris Jordan: *Turning Powerful Stats Into Art*

- Up close the image is 200,000 stacked cigarette packs which is equal to how many Americans die from cigarette smoking every six months. From a distance it is an image based on Van Gogh's *Skull with Cigarette*

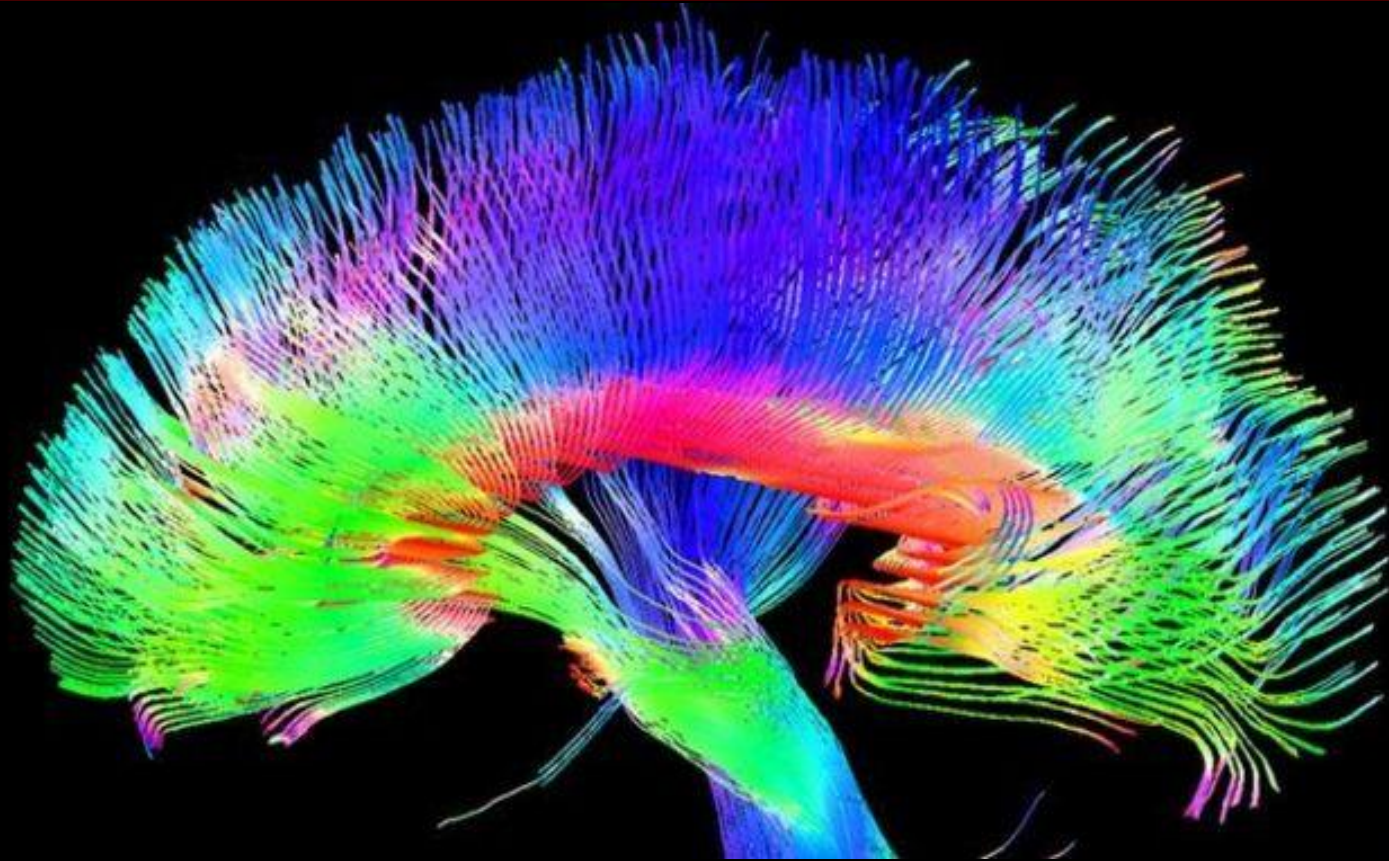


Hans Rosling: *The Joy of Stats*

- Real world example of correlational research and statistics related to global health.
- <https://www.youtube.com/watch?v=jbkSRLYSojo>
- https://www.ted.com/talks/hans_rosling_shows_the_best_stats_you_ve_ever_seen



Biological Bases of Behavior

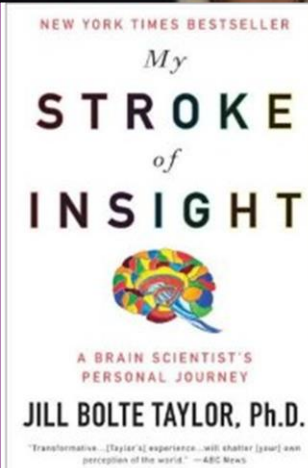


Jill Bolte-Talyor: *Turning Powerful Stats Into Art*

- https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight



Brain Researcher, Jill BolteTaylor studied her own stroke as it happened and has become a powerful voice for brain recovery. Her inspirational story & message is about the wonder of being human.



<http://booksforpsychologyclass.weebly.com/>

Eric Mead: *The Magic of the Placebo*

- https://www.ted.com/talks/eric_mead_the_magic_of_the_placebo
- **Warning:** This talk is not suitable for viewers who are disturbed by needles or blood.



Sarah Jayne Blakemore: *The Mysterious Workings of the Adolescent Brain*

- https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain



Almost 400 years ago, Shakespeare was portraying adolescents in a very similar light to the light that we portray them in today - but today we try to understand their behavior in terms of the underlying changes that are going on in their brain.

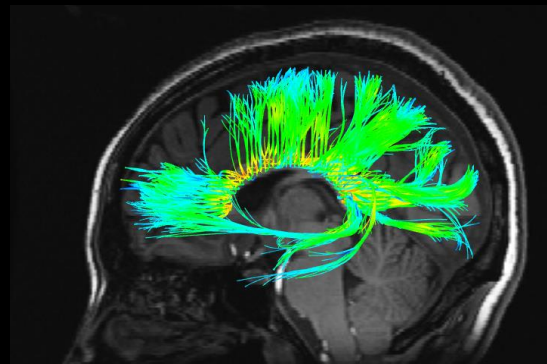
— Sarah-Jayne Blakemore —

AZ QUOTES



Nancy Kanwisher: *A Neural Portrait of the Human Mind*

- <http://nancysbraintalks.mit.edu/video/nancys-ted-talk-neural-portrait-human-mind>

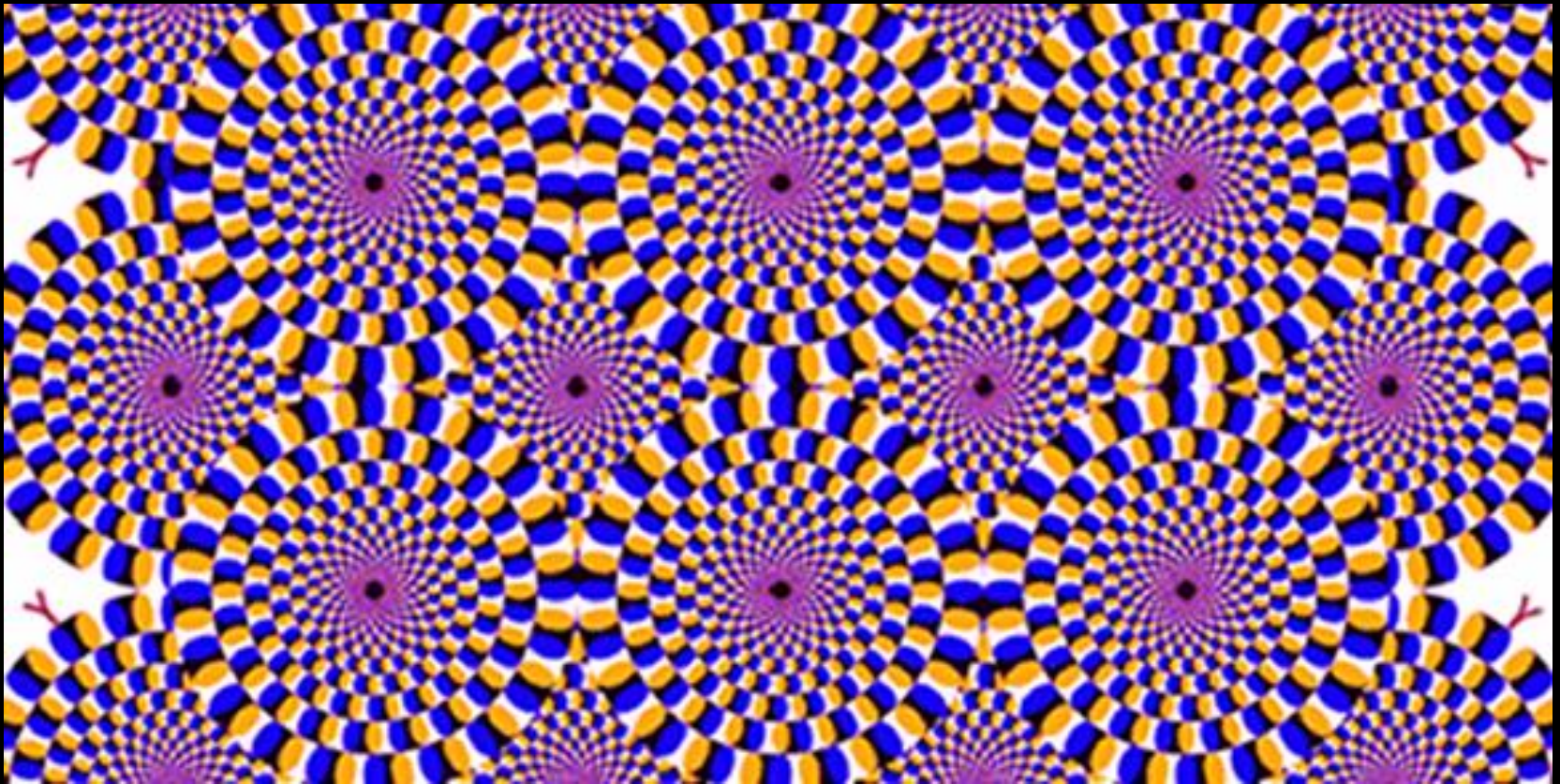


V.S. Ramachandran: 3 Clues to Understanding Your Brain

- https://www.ted.com/talks/vilayanur_ramachandran_on_your_mind

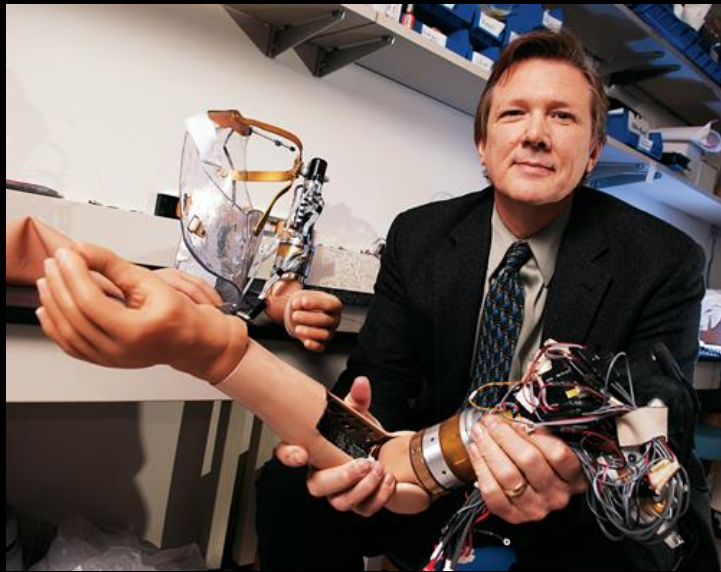


Sensation and Perception



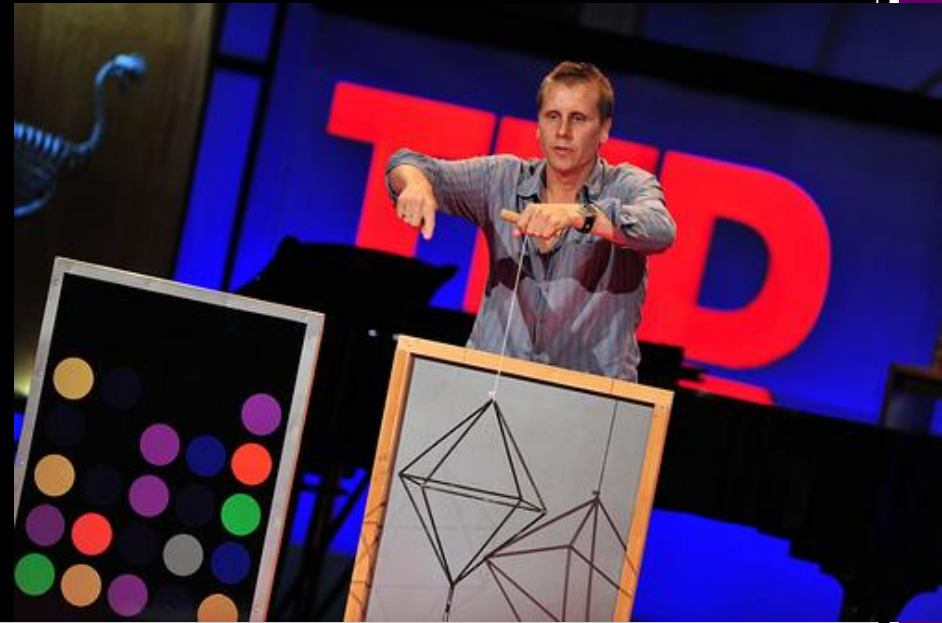
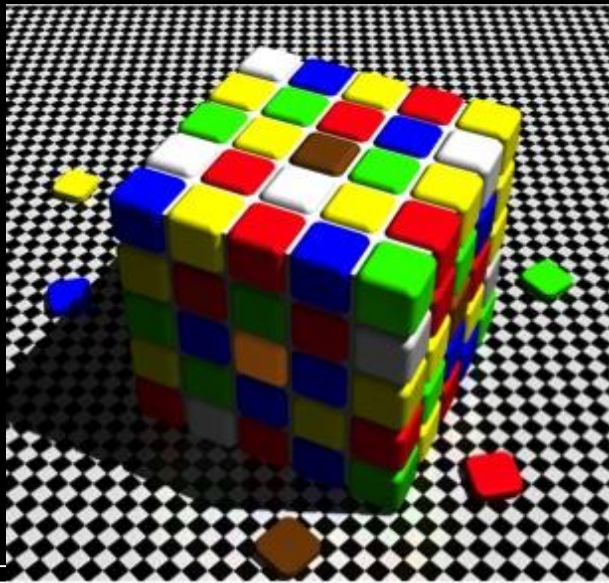
Todd Kuiken: *A Prosthetic Arm that Feels*

https://www.ted.com/talks/todd_kuiken_a_prosthetic_arm_that_feels



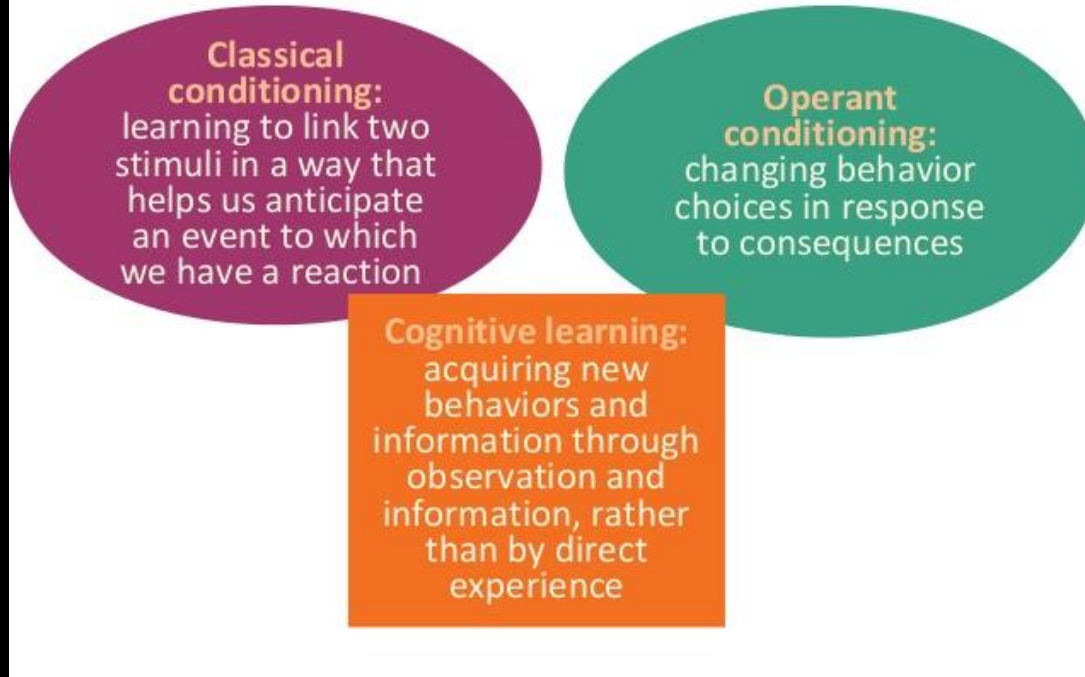
Beau Lotto: *Optical Illusions Show How We See*

- https://www.ted.com/talks/beau_lotto_optical_illusions_show_how_we_see



Learning

Types of Learning



Carol Dweck: *The Power of Believing You Can Improve*

- https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve







In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow.

— Carol S. Dweck —

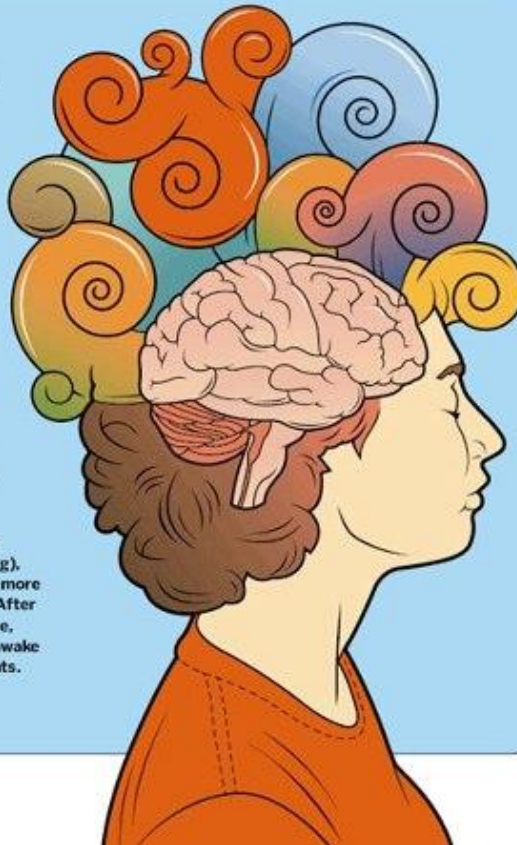
States of Consciousness

MAKING WAVES

The brain wave spectrum divides into 5 bands with different associated states:

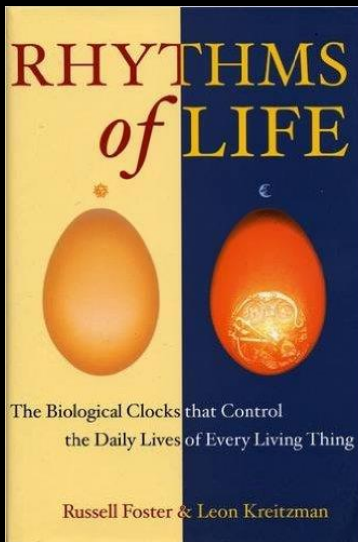
-  **DELTA WAVES (δ), 1/2–4Hz:**
Deep unconscious, intuition and insight
-  **THETA WAVES (θ), 4–8Hz:**
Subconscious creativity, deep relaxation
-  **ALPHA (α) waves, 8–13Hz:**
“Spacey” and dreamy state, receptive and passive
-  **BETA (β) waves, 13–30Hz:**
Conscious thought, external focus
-  **GAMMA (γ) waves, 30–100Hz:**
Not well understood, but linked to perception and alertness or anxiety

During successful meditation, the subject typically starts off with high beta (thinking), then experiences more alpha, followed by more theta and finally delta, the deepest level. After some time, the reverse process takes place, bringing the person back to beta feeling awake and refreshed, sometimes with new insights.



Russell Foster: *Why Do We Sleep?*

https://www.ted.com/talks/russell_foster_why_do_we_sleep



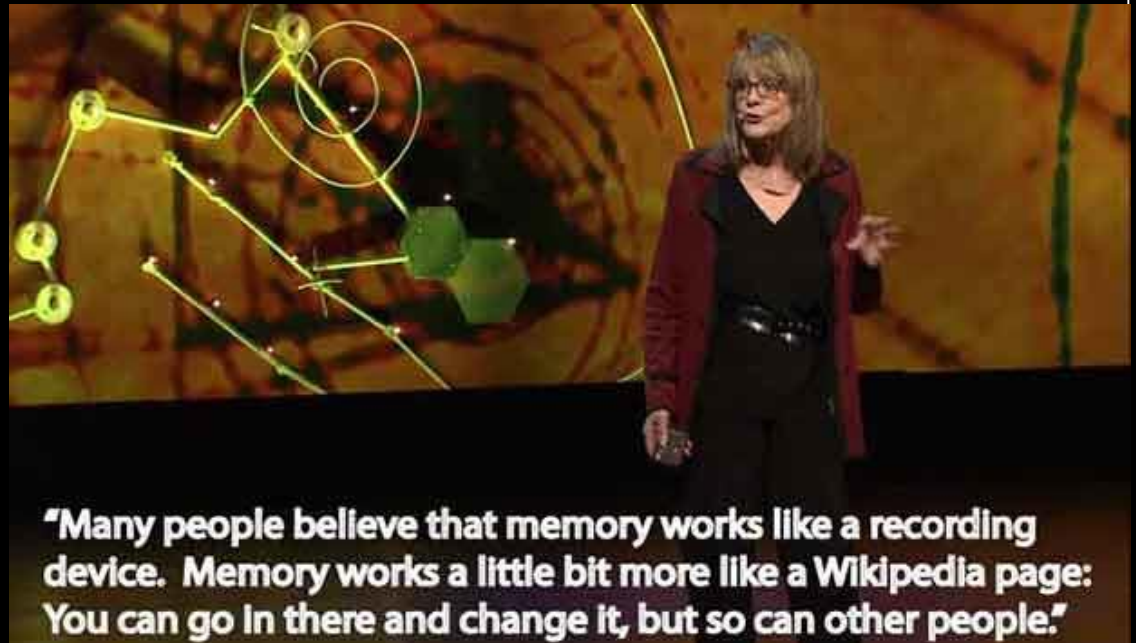
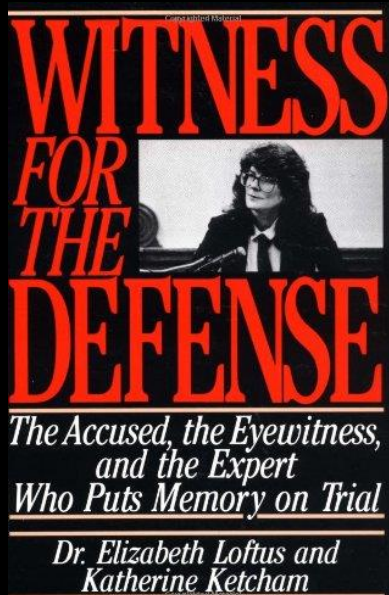
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Cognition



Elizabeth Loftus: *The Fiction of Memory*

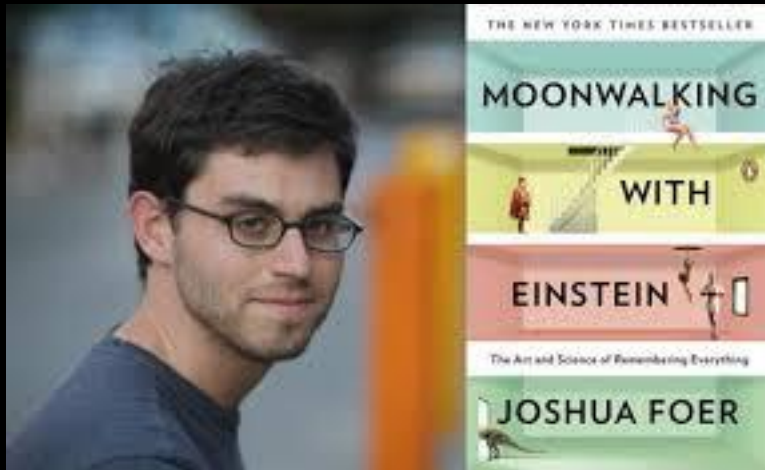
https://www.ted.com/talks/elizabeth_loftus_the_fiction_of_memory



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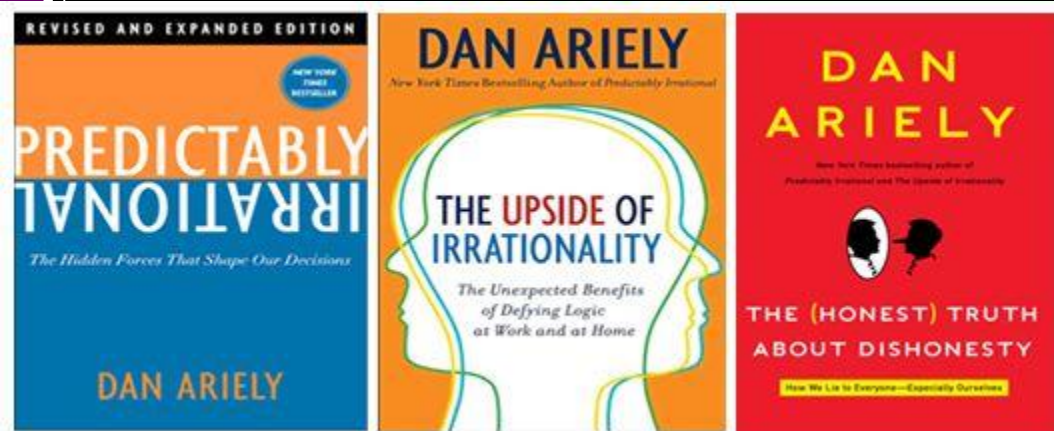
Josh Foer: *Feats of Memory Anyone Can Do*

- https://www.ted.com/talks/joshua_foer_feats_of_memory_anyone_can_do



Dan Ariely: *Our Buggy Moral Code*

- https://www.ted.com/talks/dan_ariely_on_our_buggy_moral_code/transcript?language=en#t-102037

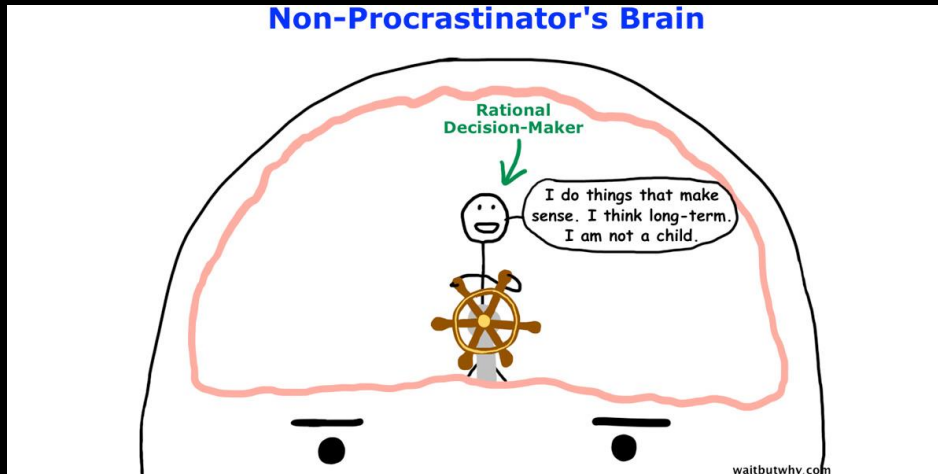


Tim Urban: *Inside the Mind of a Procrastinator*



- <https://www.ted.com/talks/tim-urban-the-mind-of-a-master-procrastinator>

Non-Procrastinator's Brain



Testing & Individual Differences

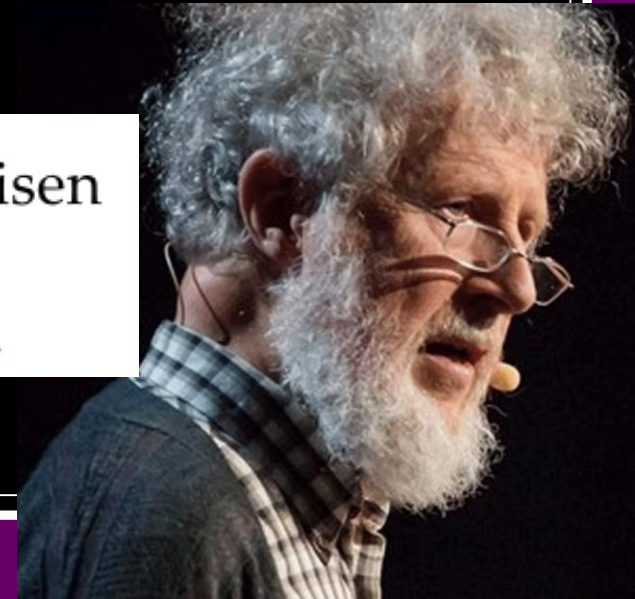


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James Flynn: *Why Our IQ Levels Are Higher Than Our Grandparents'*

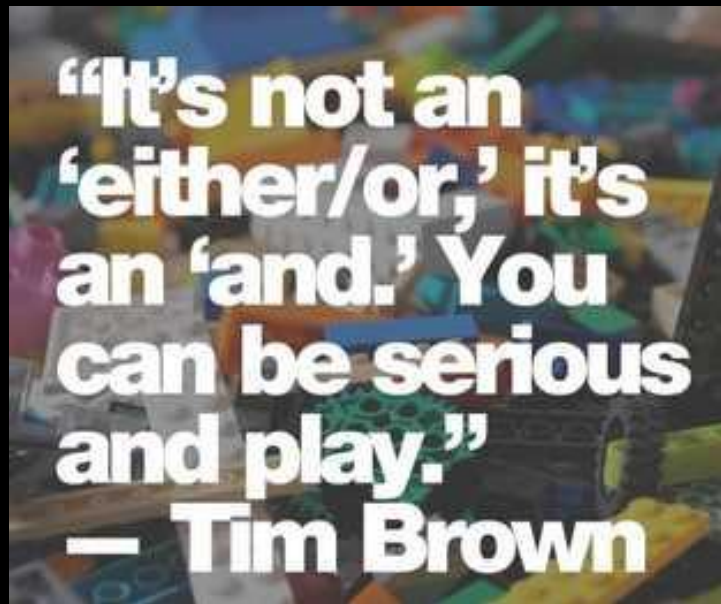
- https://www.ted.com/talks/james_flynn_why_our_iq_levels_are_higher_than_our_grandparents

In the past 60 years, intelligence scores have risen steadily by an average of 27 points. This phenomenon is known as the Flynn effect.



Tim Brown: *Tales of Creativity and Play*

- https://www.ted.com/talks/tim_brown_on_creativity_and_play



Developmental Psychology



Frans de Waal: *Moral Behaviors in Animals*

- https://www.ted.com/talks/frans_de_waal_do_animals_have_morals



Lera Boroditsky: *How Language Shapes the Way We Think*

- https://www.ted.com/talks/lera_boroditsky_how_language_shapes_the_way_we_think?language=en



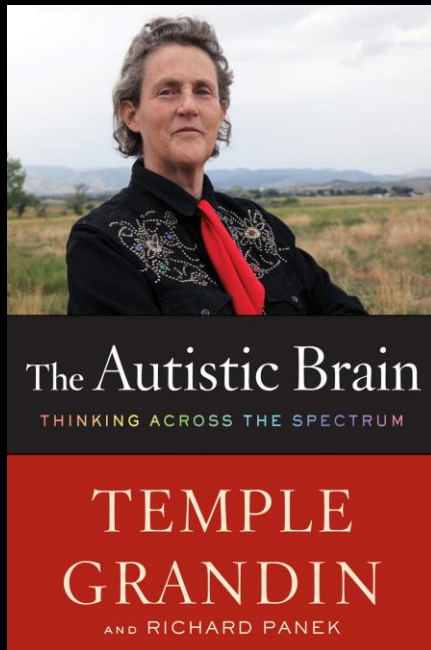
Keith Chen: *Could Your Language Affect Your Ability to Save Money?*

- https://www.ted.com/talks/keith_chen_could_your_language_affect_your_ability_to_save_money?language=en



Temple Grandin: *The World Needs All Kinds of Minds*

- https://www.ted.com/talks/temple_grandin_the_world_needs_all_kinds_of_minds



Temple Grandin:

The world needs all kinds of minds

TED2010 · 19:43 · Filmed Feb 2010
Subtitles available in 36 languages

 View interactive transcript



Motivation and Emotion



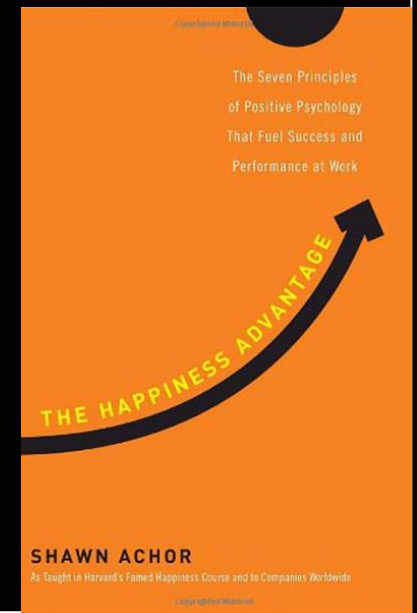
Paul Bloom: *The Origins of Pleasure*

- https://www.ted.com/talks/paul_bloom_the_origins_of_pleasure



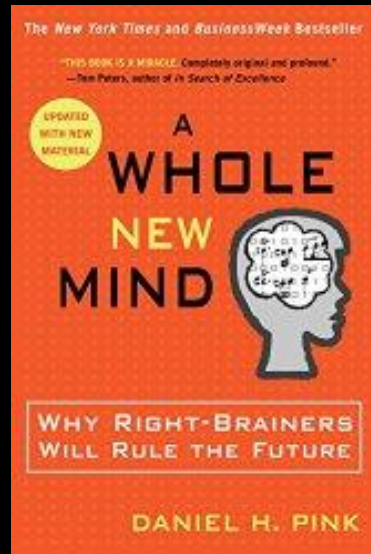
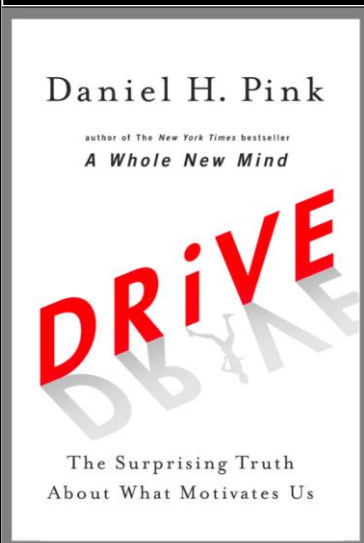
Shawn Achor: *The Happy Secret to Better Work*

- https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work



Daniel Pink: *The Puzzle of Motivation*

- http://www.ted.com/talks/dan_pink_on_motivation



Ron Gutman: *The Hidden Power of Smiling*

- https://www.ted.com/talks/ron_gutman_the_hidden_power_of_smiling



When you smile, you don't only appear to be more likable and courteous, you appear to be more competent.

-Ron Gutman

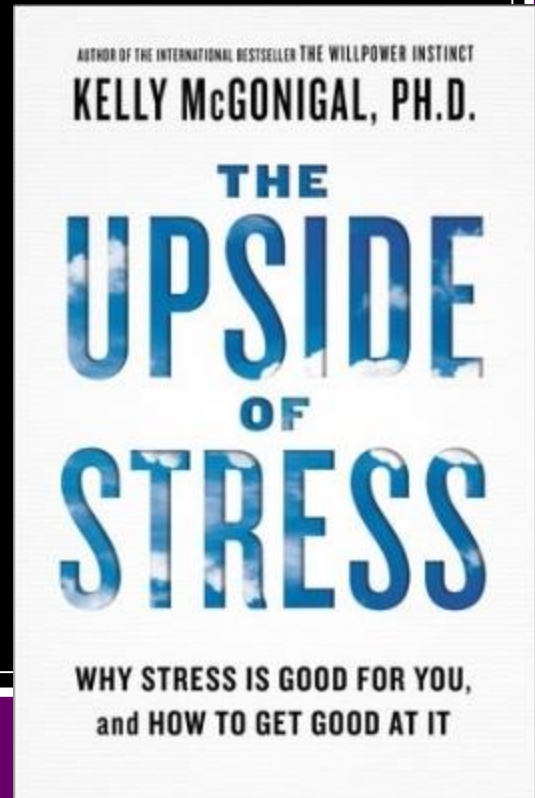
Stress and Health

Health Psychology



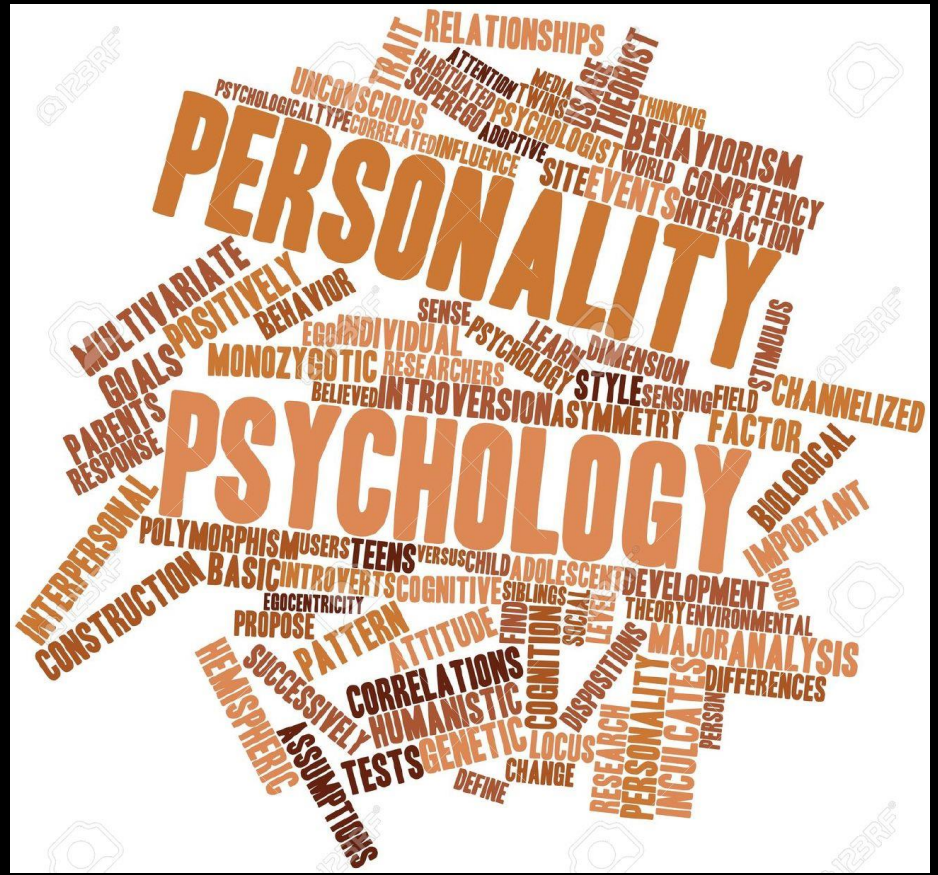
Kelly McGonigal: *How to Make Stress Your Friend*

- https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend



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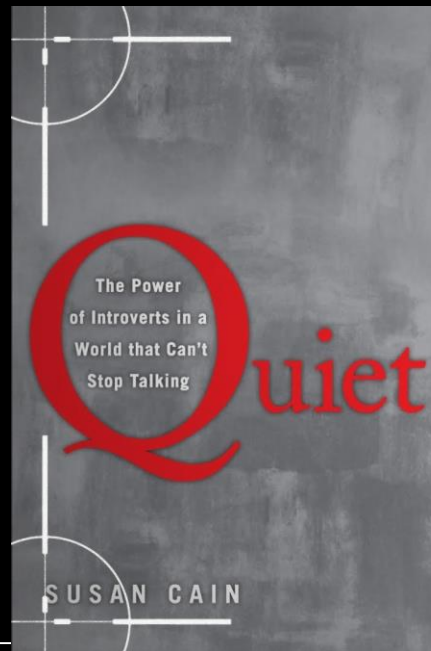
Personality



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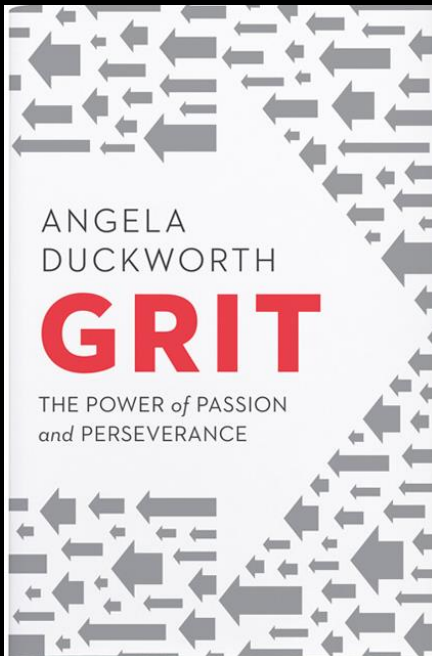
Susan Cain: *The Power of Introverts*

- https://www.ted.com/talks/susan_cain_the_power_of_introverts



Angela Duckworth: *Grit the Power of Passion and Perseverance*

- https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance



Angela Duckworth
University of Pennsylvania

« Why are some people more successful than others? »

« Talent is the common answer »

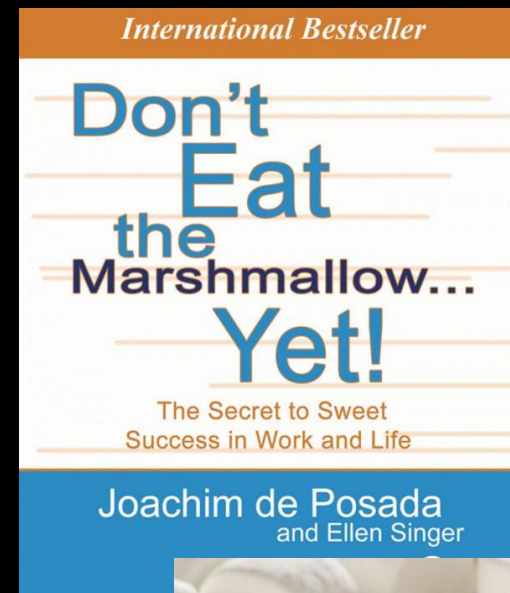
« One characteristic emerged as a significant predictor of success... It was GRIT »

« Many talented individuals do not follow through their commitments »

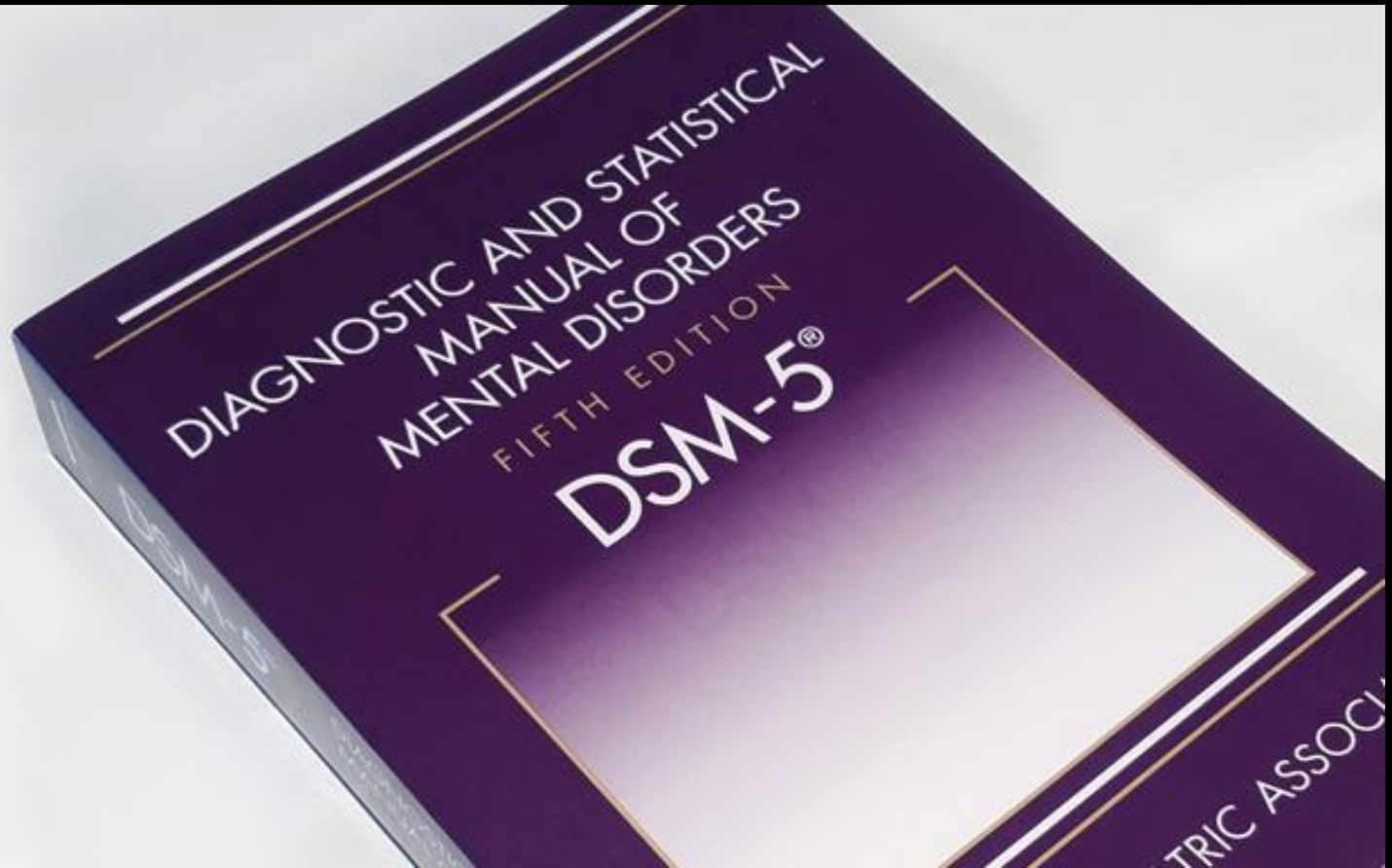


Joachim de Posada: *Don't Eat the Marshmallow*

- https://www.ted.com/talks/joachim_de_posada_says_don_t_eat_the_marshmallow_yet



Clinical Psychology



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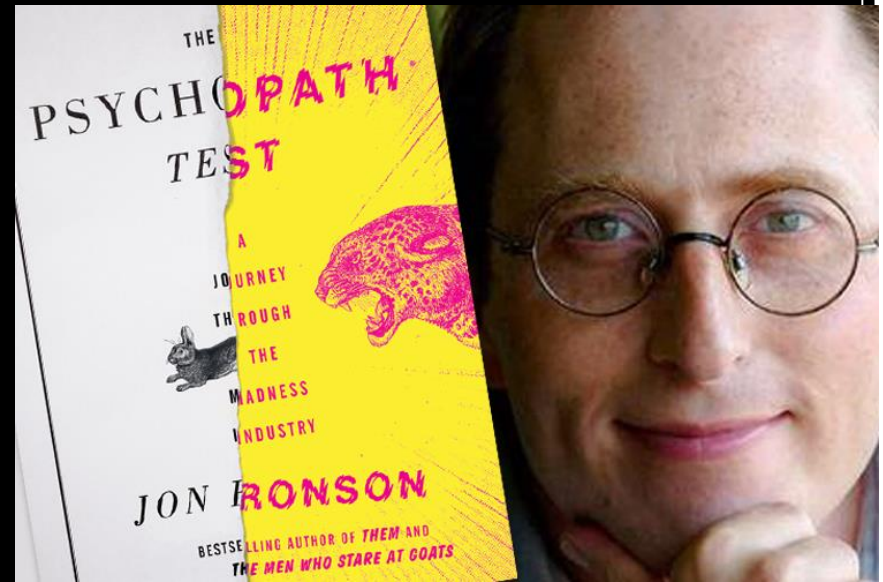
Sydney Jensen: *How Can We Support the Emotional Wellbeing of Teachers?*

- https://www.ted.com/talks/sydney_jensen_how_can_we_support_the_emotional_well_being_of_teachers?referrer=playlist-the_most_popular_talks_of_2019



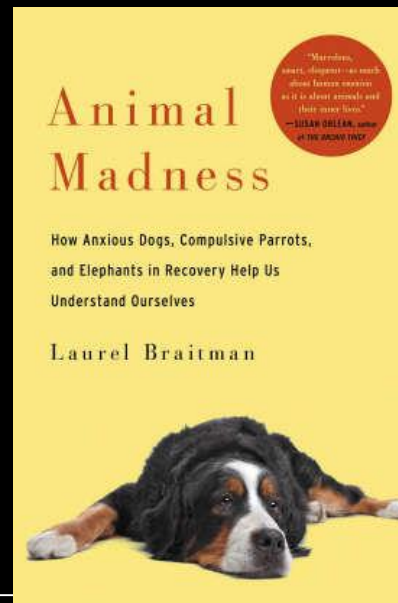
Jon Ronson: *Strange Answers to the Psychopath Test*

- https://www.ted.com/talks/jon_ronson_strange_answers_to_the_psychopath_test



Laurel Braitman: *Depressed Dogs, Cats with OCD — What Animal Madness Means for Us Humans*

- https://www.ted.com/talks/laurel_braitman_depressed_dogs_cats_with OCD — What Animal Madness Means for Us Humans



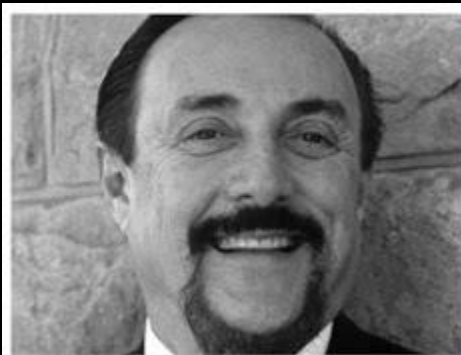
Social Psychology



Phillip Zimbardo: *Strange Answers to the Psychopath Test*

- https://www.ted.com/talks/philip_zimbardo_on_the_psychology_of_evil

Warning: This talk contains graphic images from the Abu Ghraib prison trials.



Philip Zimbardo was the leader of the notorious 1971 Stanford Prison Experiment — and an expert witness at Abu Ghraib. His book *The Lucifer Effect* explores the nature of evil; now, in his new work, he studies the nature of heroism.

