Handout #1:
Clothes with Superpowers

*Use the video entitled “*[*Dress Like You Mean It*](https://youtu.be/wE8i4_J-kyY)*” (*[*https://youtu.be/wE8i4\_J-kyY*](https://youtu.be/wE8i4_J-kyY)*), a TEDx Talk by high school student
Michaela Finley, to answer the following:*

The presenter, Michaela Finley, asserts that “dressing yourself in the morning should be a mindful act.” What does she mean by that?

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In what ways did the presenter’s appearance portray professionalism? Was there anything about the way the presenter represented herself that detracted from her professionalism? Explain.

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Had the presenter worn yoga pants and a tank top, how would your perception of her presentation be different?

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What is “enclothed cognition?” Explain.

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According to the presentation, clothing affects (choose all that apply):

* 1. Language
	2. Behavior
	3. Confidence

Have you ever felt that your language, behavior, or confidence have been affected by your choice of clothing? Explain.

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Why do you think wearing a coat called a doctor's coat caused experiment participants to behave differently than wearing a coat called a painter’s coat (even though it was the same coat)? Explain.

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How did wearing a suit affect the feelings of the Dress for Success clients, according to the presentation?

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At the conclusion of the video, Ms. Finley asks, “What superpower do you need to use to face this day?” What would be your answer to that question today? Do you think clothing choice can help you face daily challenges?

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