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Your Body Language Shapes Who You Are

TED Lectures

Note-taking Activity

Directions: First listen to the lecture and take notes. Then using your notes, you will answer the following questions.

1. How aware are humans of non-verbal behaviour?
2. What effect do our “non-verbals” have on ourselves?
3. What is the speaker’s profession?
4. What is a non-verbal expression of power and dominance?
5. What is a physical sign of feeling powerless?
6. Which gender routinely makes itself smaller?
7. Do our non-verbals govern how we think about ourselves?
8. What kind of person exhibits high testosterone and low cortisone?
9. What are the effects of high power or low power poses?
10. What common event did the researchers decide to study to see if power poses affected outcomes?
11. What is the key to success in a job interview?
12. Why does the speaker give the account of her own university experience?