



TAYLOR'S UNIVERSITY

Wisdom • Integrity • Excellence

SCHOOL OF ARCHITECTURE, BUILDING AND DESIGN

FOUNDATION IN NATURAL BUILD ENVIRONMENT

VIDEO TITLE: **Don't Give Up On Yourself**

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LECTURER: T. SHANKAR

GROUP: MONDAY 1PM

SUBMISSION & PRESENTATION DATE: 7TH DECEMBER 2015

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Acknowledgement

We wish to record our sincere thanks and appreciation to :

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Mr. Shankar, our lecturer, for the valuable advices and guidance.

Seraj, our group member, for the video management.

Madeline, our group member, for the video editing.

Winkee, Madeline, Yi Fung, Louise, Seraj, all the group members, who has contributed to the successful production of this video.

Introduction

In this assignment, students are required to form a group member of 5 to 6 within the same tutorial class student. Students are required to film a video, the video must include psychology concepts that students have been taught in their lecture. The video is around three to five minutes.

Next, students will have to discuss among their group member about the psychology concepts that use in the video. Then, connect the chosen psychology concepts together into a story line. Every student will take a role in the video to act and participate in. After filming the video, students are required to write a report about it.

Throughout this assignment students will deeply understand the psychology concepts and implement those concepts into everyday situations. This assignment also requires teamwork among the members and also sharpens students' creative thinking skills.

Method

i. Material/Apparatus

To ensure our video "Don't Give Up On Yourself" was filmed realistically, we held a discussion between our group member and decided to use several items to film the video. Below is a list of items used:

Filming equipment

- Camera (Canon 700D) and Iphone 6 was used to film the video.
- Tripod - To support the camera
- Accessories like laptop bag and a laptop, bag, watch were used while filming the video.
- Phone is used in the scene for telling others about the suicide.

Editing Software

- Editing of the video will be done on the Macbook with the iMovie editing software.
- YouTube

ii. Procedure

Setting :

- Taylor's Lakeside Campus

- The bridge connecting block C to block D on level 5
- Block E level 6 open space with table and chairs
- Open space in front of Block A Administration Office
- Lakeside staircase

Timing :

We decided to film our video according to the story flow, and decided to start our filming on Saturday 28th November 2015. The time that we choose to film as in the below :

- Morning around 10am
- Early afternoon 11am to 1pm

Operation :

Before our filming started, we held a meeting session which that conclude our role starring in the video.

Member	Overall Context	Role Starring
Lim Win Kee	Main Report Writer	Main Character – The Suicided Girl
Chan Yi Fung	Assistant Report Writer	Second Main Character – The Boyfriend
Madeline Liew	Main Slides Maker, Main Video Editor	Third Main Character – The Rumor Spreader
Serajeddin Ali	Cameraman, Assistant Video Editor	Forth Main Character – The Rescuer
Fong Kah Yan	Report Writer	Character – The Rumor Spreader's Friend

Video Filming :

As stated above, we decided to film the video directly after another session. Reason being, the continuously filming can help us keep the focus and memory of the previous recorded story flow.

Before each scene filming, we held a short meeting to set the action and dialogues of the characters. We often acted out a several times to get the perfect shot.

Analysis and Presentation :

Besides the video, report and presentation slides are also one of the important component for this project. For the report, we separate the jobs among each member which each member get to write one psychology concept that can be found in the video. As for the slides, we decided to compile it from the information in our report.

In the nutshell, the operation of this project was quite smooth without any major challenges, and also accompany with jokes and humours.

Discussion

Concept and Definition

After several sessions of brainstorming, we finally came to an idea on our storyline of the video, "Don't Give Up on Yourself". To start it off, we flipped through our notes and presentation slides to find the suitable concepts which fits into our storyline.

The thought of giving up usually comes up from the disappointment towards someone in a specific event. Before the thought occurs, some impactful event such as loss of precious ones, or faced with difficulties that cannot be solved by the individual, makes them feel depressed, sad and eventually giving up their life, that refers to suicide. Giving up may result that someone need to let go something which is valuable to them, including their lives.

We think of some scenario that can be easily related to our life, so we use a university student as our main character, and further on elaborate on the events that happened around her. Meeting new friends, gossiping about others, getting into a relationship and then breaking up are the common things that will happen on a university student. After some adjustment on the storyline, we come up with a story of a university female student that broke up with her boyfriend and eventually wanted to commit suicide.

To match up with this video, we had choose the five concepts, such as first impression, impression management, instrumental aggression, counterfactual thinking and help.

i. First Impression



Scene Description: Madeline and Winkee are walking from block C to block D to attend psychology class. While they are walking to the class, they saw this new student, Yi Fung walking pass them. The first impression of the new student for both of the girls are good looking.

Concept definition: First Impression is the event when one person first encounters another person and forms a mental image of that person by observing the person's action.

Explanation: First Impression doesn't form deliberate. First Impression is formed by observing others action. First Impression of person can be form instantaneously and research prove that impression are made after 10 second of the observation.

Application: Madeline and Winkee are walking toward their psychology class and they encounter a new student, YiFung, walk pass them. The first thought of YiFung was "Wow this guy is so handsome". Due to good looking, the first impression of Madeline and Winkee towards YiFung are good.

ii. Impression Management



Scene Description: Since the class is not starting yet, Madeline and Winkee share a table with Louise and they are chit-chatting. Then, Yi Fung came over and found out that they are in the same class. Yi Fung tried to get Winkee's attention, while Winkee and Madeline tried to get his.

Concept definition: Impression management is the effort to control or influence other people's perceptions. This could be their perception of a certain person (including you), a material possession or an event. The theory goes on to explain that we try to make the perception consistent with our goals.

Explanation: Impression is the most important part for a stranger that we met, and also the hardest part to manage. Flattering is one of the common method to manage the impression.

Application: Yi Fung tried to get Winkee's attention by asking some personal question, including her phone number. Winkee also answered the questions which Yi Fung asked, and she also asked Yi Fung some similar questions to know more about him.

iii. Instrumental Aggression



Scene Description: Madeline is talking to Louise about Win Kee's behaviour while Yi Fung is not around. Louise then nodded and acknowledge her sayings. Suddenly, Yi Fung pass by and heard their conversation and interrupted them. Madeline then tells him what she saw and Yi Fung can't accept what he just heard.

Concept definition: Instrumental Aggression is behaviour that intends to harm another individual. Type of aggression that is used is indirect verbal aggression that is spreading a rumour to others.

Explanation: Instrumental Aggression is non injurious to the victim, but the acts serve a different purpose. Women are more likely to be indirectly and non-physically aggressive, such as in displays of relational aggression.

Application: Madeline envies Win Kee getting into a relationship, so she started a rumour about Win Kee dating another guy. She spread it among her classmate, that is Louise and also Yi Fung that they bumped in suddenly. They believed it and it cause them to break up.

iv. Counterfactual Thinking (Upward counterfactual Thinking)

Scene : It was a day, Yi Fung to the rumours said that Winkee was dating with a guy when he's away for travelling. He was very upset and angry on the event, he had decided to break up with Winkee in an afternoon. Winkee felt heartbroken, and made her had a thinking of suicide. One day, she went to the level 5, and tried to jump down from the building. Fortunately, a psychology lecturer saw the scene and saved her life.

Definition : It is usually associated with bad or negative events. Cognition always affects the mood. It is because mood is dependent on memory, if we had a sad memory, it may lead to bad mood and negative thinking. Therefore, based on the video, if Yi Fung doesn't listen to the rumours, he will not break Winkee's heart, and Winkee will not have the thinking of suicide.

1. Yi Fung listened to the rumours and broke up with Winkee

(the effect of mood on cognition)

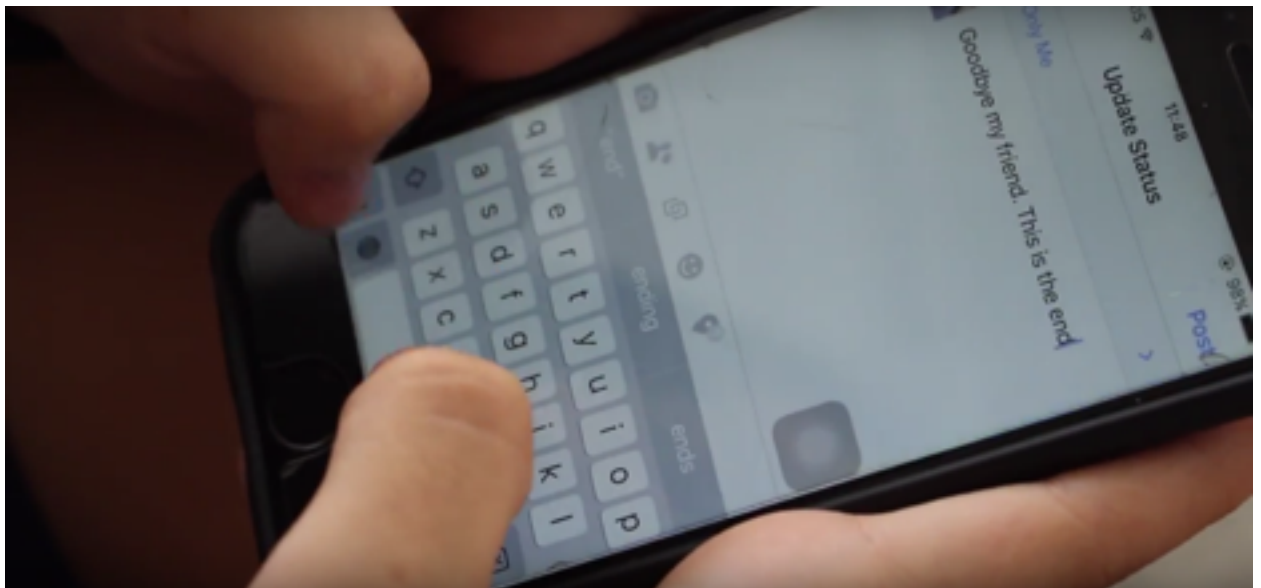


2. Break up events (sad memory)



3. Thinking of suicide and she really did it

(Consequences of having a bad mood due to sad memory, and making a wrong decision)



v. Help



Scene Description: After Winkee's boyfriend decided to break up with her, she is hurt and decided to commit a suicide by jumping from block C level 5. On the same time, a lecturer was walking from block D and he saw Winkee wants to jump off the railing. He came faster and didn't let her to jump off because suicide is not the way to solve problem. He took her and sat on the staircase and give her some life lesson.

Concept definition: Help refers to voluntary actions intended to help or benefit another individual or group of individuals, such as sharing, comforting, rescuing and helping with reward regarded or disregarded.

Explanation: Help is a prosocial behaviour which is a positive social actions intended to help others. Help can be in two model, that is egoistic model and altruistic model. For egoistic model is when behaviors are done for selfish reasons. While altruistic model is when behaviors are done for selfless reasons. The help in the video is egoistic model as the lecturer does not want to face problem if he did not help the girl that wants to commit suicide. He will get into trouble if he didn't help.

Application: Seraj helped Winkee, whom wanted to commit suicide, stopped her from doing it and try to change her mind by telling her some life lesson. At the end, Winkee also change her mind and become a better person.

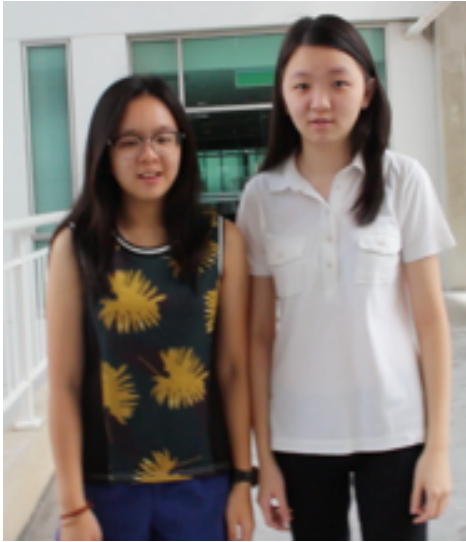
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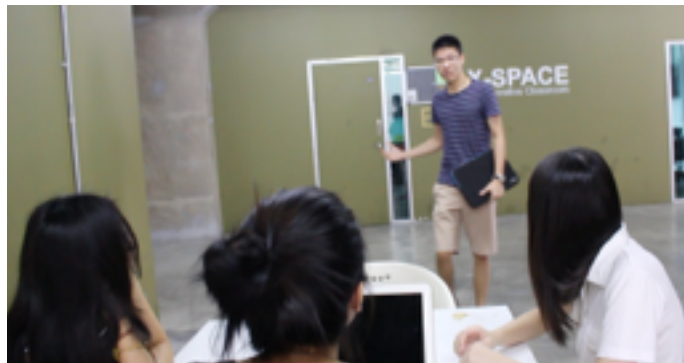
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Appendix

Scene #1



Scene #2



Scene #3



Scene #4



Scene #5

