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| **Questions** | **Notes** |
| What is body language? | Body language is communication without words. Not all of the “signals” a person sends are intentional and often they are “not picked up” or misinterpreted. |
| What effects does body language have on you? | Body language can effect judgements on who we hire or promote, who we ask out on a date, etc. |
| How can we feel powerless? | When we feel powerless we close up versus being happy. You also feel afraid to express your needs because you fear that what little you have will be taken from you.  |
| When we look at our minds how does our minds change our bodies? | “Our bodies change our minds, and our minds, and our minds can change our behavior, and our behavior can change our outcomes”  |
| What is the difference between high power and low power poses? | High power poses – more spread out versus Lower power poses – touching neck, tight close together. |

This assignment was about taking and processing notes. On the left side of the page you ask questions and on the other side you take notes. The notes was based on a Ted Talk video called; your body language shapes who you are. The questions I asked were; what is body language? What effects does body language have on you? How can we feel powerless? When we look at our minds how does our minds change our bodies? What is the difference between high power and low power poses? When you take notes it helps you to focus on what is important in what you are reading or hearing. It helps you to understand and remember material, and make connections. And it also helps you set up for exam revision. The LTL helped me to organize my notes. Because when I write notes for my classes, I write everything down instead of writing down the most important notes. When generating questions from lecture notes the steps I learned were; write questions that are answered by the information in your notes, write your mirror questions in the 3-inch, left-hand margin of your notes, write complete questions and write 4-5 questions for every page of notes. I am proud of this assignment because I have found these steps to be very helpful because when I take notes I ask important questions to help back up my notes which will help me study for a quiz/test.