

Criterion A

(i) Learning Goal

About two years ago, I viewed myself differently. I genuinely was not happy with who I was, and I used to listen to other people's opinions a lot. I was not kind to myself and was losing hope in finding happiness! I thought it was because I did not do enough, so I became obsessed with getting good grades and trying to go on diets and exercise. I believed that I was on the right track; I set fitness, academic and life goals! As time passed, I was seeing no results; and my motivation along with my confidence slowly began to lessen. Being confused as to why I could not accomplish my aims, my curiosity encouraged me to spend time on the internet looking for answers. I came across a YouTube series called *'The Glow up Diaries'* by Alivia D'Andrea; I was immediately attracted and binge-watched all of her videos! Her content was different as she showed the ugly side of growing up. Her videos gave me a sense of comfort as I realized that others, too, were struggling with the same problem. With time, research and professional help, Alivia discovered that she struggled to reach her goals due to her having a fixed mindset.

Instead of focusing on the end result, Alivia started to develop a healthier mentality; and from this point, she started to see results! Her videos helped me realize that all I needed to do was to view things differently; I needed to spend my time reaching my OWN goals, and not trying to make everyone around me proud. I did this by having a lot of faith in myself; being proud of myself for getting up after failure and ignoring what others said about me. Now I realize that it is not just about good grades and the way I look, it is mainly about the way I think and view myself. The hardest part of my journey was shifting from a fixed to a growth mindset; this took time, research, and practice. I changed my lifestyle; I started journaling, listening to podcasts, practicing affirmations, reading daily motivational quotes, and meditating. I struggled a lot to reach my goals and I still remember the day when I discovered the definition of discipline *'doing what you have to do to reach your goals, even though you don't want to'*. After I learned that, I did not need motivation to reach my goal but relied on discipline. My whole view of the world changed, and I developed a passion for psychology. This topic interests me so much because it is something I had to go through. Having a positive mindset really did change my life!

I have always been passionate about how our minds work and how to grow a more positive mindset. I would like to dive more deeply into the study of psychology. My project learning goal is to research the reasons why we tend to have negative reoccurring thoughts, and how this can have an impact on our lives. I did understand that it was important to have a positive mindset, but I had trouble figuring out how to get there. By the end of this project, I hope to learn what exactly a negative mindset looks like and how it can affect our lives. I want to learn the importance of having a growth mindset; as well as how I can train myself to keep a healthier mind. My chosen global context is **identities and relationships**, and I will be exploring **mental health**. The reason why I chose this exploration is because I want to conduct research on how a particular state of mind can affect our physical and mental health and our daily lives. I want to show people that they can be who they want to be, and become, if they just have some faith in themselves. I would like to help people develop a healthier and more positive mindset and this, in turn, should help them improve their physical health, mental health, lifestyle, productivity, and happiness.

(ii) Product goal

I had to think about a new way that I am unfamiliar with to present my research; a way that can still be seen even after the Exhibition and process, and I believe the perfect thing to do was to make a book! My book would provide a step-by-step guide to grow a more positive perspective of the world; with facts, activities and even quotations to help people shift from a fixed mindset to a growth mindset.

Success Criteria

When developing my success criteria, I remembered the specification table we would work on in MYP Design. This specification table is divided into multiple factors (aesthetics, function, etc.) which helps us specify exactly what we want to include in our final product. For my product, I needed to look at the different factors to consider when making my book. These factors include aesthetic, format communication, user, environment, and research. Splitting my success criteria into different factors helped me specify exactly how I wanted my final product to look like!

	Exceeding expectations
Aesthetics and format	<ul style="list-style-type: none"> • Design a consistent color scheme to be used throughout the book that matches (can be determined in a survey). • Use a consistent font in the book that matches with the overall theme of the book (can be determined in a survey). • Use a consistent font size throughout the book that is suitable for the text (Titles are bigger than headings, headings are bigger than text, text is bigger than intext citations, text is big enough for readers to see, titles and headings stand out, etc.). • Include a title on the cover that has a unique font and an element/ or drawing that suits the title of the book. • Include pictures in the book that support the text or titles; all pictures should be a similar theme (similar colors, similar background or similar shapes). • Include at least 20+ pages in the book • Present the information in order, and in an organized way that should flow smoothly as if it's a step by step book (first define a negative mentality, then discuss the effects, then discuss the different steps to recover, etc.).
Communication	<ul style="list-style-type: none"> • Use a variety of communication techniques in your book (images, facts, diagrams, quotes, examples, real life examples, activities, etc.). • Make text, activities and quotes easy to differentiated by its colors and unique designs they are presented in.
User and function	<p>This section will be measured by giving the book to 10+ people in order to measure effect on user:</p> <ul style="list-style-type: none"> • Make a book that encourages and helps the target audience to change from a negative to a positive mindset. • Make a book that helps the target audience understand what a positive and negative mindset is as well as a fixed and growth mindset. • Make a book that helps the audience identify a negative mindset and discover its impacts on their lives. • Make a book that helps the audience understand the effects our mindsets has on our behavior, and understand the difference between motivation and discipline. • Make a book that helps the audience understand how they can change to having a healthier mindset. • Include activities to engage the audience throughout the book. • Include a cover that will give the audience a good idea of what the book is about and engages the audience (through an interesting tittle, aesthetic, etc..). • Make a book that is clear and easy to understand. • Make a book that should be accessible to everyone (online copy)
Research	<ul style="list-style-type: none"> • Conduct Research based on multiple secondary sources and primary sources; 6-8 sources. • Include a work cited page and intext citations in the book. • Include research from a variety of different sources including websites, videos, books, interviews from professional and target audience.
Environment	<p>Paper has many environmental issues (global warming), to reduce these effects:</p> <ul style="list-style-type: none"> • Print only one copy of the book. • Make a book that uses less then 50 pages. • Make an online copy of the book.

(iii) Presenting a Plan

Outline plan

My success criteria allowed me to understand exactly how I wanted my final product to look like although I had too many specifications to complete in a limited amount of time. To reach my goal, I realized that I needed to use my self-management skills and create a detailed plan! Before designing my detailed plan, I needed an outline plan of the whole project in order to realistically manage my time!

	Planning/goals	Research	Making	Finalize Process Journal	Finalize report
September					
October					
November					
December					
January					
February					

Detailed plan

Using the outline plan, I designed a detailed plan that includes step-by-step instructions with dates to help me reach my goal. At each step, I reflected the importance of the task to make sure it was relevant to the success criteria. Every time I completed a task, I would write the date. This helped me keep pace with my plan! Although this plan was created at the beginning of the year at this time, I did not realize the struggles of balancing my schoolwork with this project. I had use myself self-management skills and adjust the dates occasionally to help me be as realistic as possible.

Task	Relevance of task	Relevance to Success Criteria	Deadline	Completion
Create learning/product goals and success criteria	This step is crucial as a stable plan will help me start the project.	There is no relevance, as this is the planning stage	Sep 20	Sep 15
Make interview questions	Planning questions to prepare for interview.	<ul style="list-style-type: none"> ○ Research ○ Communication ○ Format (some questions will be related to the format) ○ User (Having better understanding of user's perspective) 	Oct 24	Nov 1
Interview target audience	Understanding users' knowledge will help me structure the book.	<ul style="list-style-type: none"> ○ Research ○ Communication ○ User 	Oct 26	Nov 5

Do research on outline questions	This research will act as a base for me to build from.	○ Research	Oct 30	Nov 15
Schedule interview with phycologist	Helps me view this topic based on a professional's perspective.	○ Research ○ User ○ Communication	Nov 4	Nov 21
Do any additional research needed	The research outline will create new questions for me to discover.	○ Research	Nov 6 adjusted date Nov 15	Nov 14
Research places that make books in Qatar	Looking for different ways to make books before planning.	○ Research ○ Aesthetics (help determine aesthetics of book)	Nov 13 adjusted date Nov 30	Dec 20
Create storyboard for book, including chapters, headings, activities, and a color pallet	Making a storyboard will help me organize my ideas, making it easier to write my book.	○ Format ○ Communication (planning communication with audience) ○ Aesthetics (planning colors and format)	Nov 25 adjusted date Dec 18	Dec 19
Start making online book based on plan	Starting to make product	○ Communication ○ Environmental	Dec 1 adjusted date Dec 19	Dec 29
Finish making book	Deadline for product	○ Communication	Jan 4	Jan 4
Ask for feedback from supervisor on book	For improvement	I will be receiving feedback on the way I communicated in the book, as well as the aesthetics and format .	Jan 6	Jan 4
Print 1 copy of the book	To display in exhibition	○ Environmental ○ commination	Feb 10	Feb 7
Prepare exhibition plan	A plan is always important for a successful result!	○ Communication	Feb 12	Feb 11
Prepare online and Face to face exhibitions	Due to covid there will be an online and face to face exhibition, using the plan it will be easier to prepare for both!	○ Communication	Feb 15	Feb 11
Send copy of the book to 10 for feedback	This task is important to evaluate and get some feedback (which will help me complete the report)	○ User ○ Function	Feb 30	Feb 26

Criterion B

(i) ATL skills applied to achieve learning goal

Research skills

During my project, I had to conduct a lot of research to achieve my learning goal. My learning goal was to discover the reasons why we tend to have negative reoccurring thoughts, and how this can impact our lives. I used my previous knowledge and learning goal to help me create some research question, which are shown below:

Things I want to research:

- What is a negative mentality?
- What things in our daily lives leads to a negative mentality?
- How does our mentality affect our physical health, lifestyle and future?
- What is the difference between motivation and discipline?
- What mentality leads to a more successful and happier future?
- Can I develop a better mentality in order to have better physical/ mental health, lifestyle and future, what do I have to do to reach this mentality?
- What is a fixed and growth mindset? How can I change my fixed mindset to a growth mindset?
- What small changes can I add to my daily life to achieve a happier lifestyle?

I used the outline questions to guide me through my research, and I was able to gather reliable information by using at least two sources for each question. I recognized that this was not enough proof to show my information was reliable as I was only using primary sources. I had to make sure I was using a variety of sources, including both primary **and** secondary sources. In my success criteria, I clearly specified that I **must** use 6-8 sources including websites, books, videos **and** interviews from both professionals and my target audience. In my success criteria, I used my self-management skills to plan the type of information to be researched. This helped me have a wide range of new knowledge and a successful research plan. I made sure not just to explore websites that directly answered my questions. In fact, I used some sources that did not address the questions at all. The sources I used were connected to common issues people face (such as ineffective studying, relationship issues and struggles experienced reaching goals); using my thinking skills (particular, those of transfer), I linked the information I gathered to my research questions. For example, the book 'A Mind for Numbers' gives tips on more psychologically effective ways to study. Throughout the book, I annotated any information I felt was related to our mentality, and to my surprise, I was able to make a lot of links. Finding the links between different issues and our mentality helped me have a better understanding of how important our state of mind is and the effect it has on our lives. I wanted to have a really good understanding of the topic so I could deliver the information to my readers in the best possible way! My outline questions were only the base of my research as they expanded my curiosity unlocking new questions. These new questions allowed me to have a very detailed research table. After conducting my own research, I used the information I gathered to come up with some interview questions for my target audience. Shown below are some of the interviews I did with students. I decided to interview students because according to my research, many teenagers nowadays struggle with a negative mentality.

What would you consider a negative mentality?	-Negative mentality is when you typically see the bad in things, you don't ever expect things to go well, and you just assume the worst in whatever situation you're in. -It is when someone compares themselves to other people.
What would you consider a positive mentality?	-Expecting the best in things or always just looking at the bright side of stuff. For example, if anything goes bad you look at it as an opportunity to learn, or when something goes well you would appreciate it. -Positive mentality is when you look at other people and feel motivated; and when you don't compare yourself to them
Do you have a positive or negative mentality?	-I have somewhere in the middle, it depends on the day -It depends on the situation
How do you feel this mentality is affecting your life?	-It affects the work that I do, for example if I have a negative mentality and expect myself to do bad, then I will most likely do bad. It can also be anything else I'm doing; if I have negative emotions towards something and expect the worse, then the worse is most likely to happen. -I definitely think you should have a positive mentality, but having a negative mentality is not bad either because it helps you reflect on yourself.

Knowing how young people feel helped me discover what exactly I wanted to include in my book because I had a better understanding of what student did and did not know. Although to make sure all my information was reliable, I decided to gather information from professionals! I interviewed two student counselors and asked them some of the questions I had already explored. Doing this not only allowed me to learn new things but also allowed me to compare my research and confirm the accuracy of my sources. After confirming the reliability of my research, I still believed it was important to conduct the CRAAP test on some of my most used sources. This test helps evaluate and determine whether you should trust the information from the source. Below is one of the CRAAP tests I conducted on a source that my research heavily relied on as it helped me reach my learning goal!

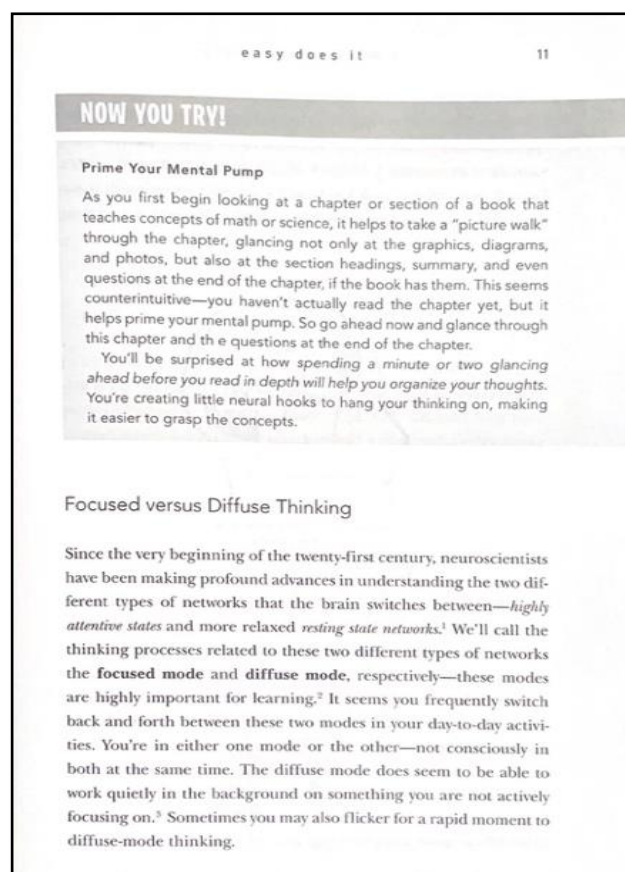
Source	https://www.chariscounselingcenter.com/what-to-expect/rates/ Name of website: Charis Counseling Centre Title of article: How do my thoughts impact my life? Name of author: Robin Nicholas
Currency	Publication Date: June 26, 2017 Last access to website: March 10 2021 Since psychology is a knowledge based subject and can change throughout the years, using an old source may be an issue. Although with further conducted research I found that the cognitive model is still a common topic in psychology today. The publication date was years ago although the website was last accessed in 2021, this proves that the information was reviewed and is still reliable to use.
Relevance	This article talks about the impact of our thoughts on our behaviour using the Cognitive triangle. Knowing the impact our mindset has on our behavior is relevant to my research, because it helps me understand how our mind influences our lives and future (which was one of my research questions). This article also helped me have a better understanding about the importance of maintaining a healthy state of mind to reach a goal and succeed. In fact, this source helped me reach part of my learning goal as I was able to discover the reasons, we tend to have negative reoccurring thoughts, and how this can have an impact on our lives. I believe the intended target audience for this source was anyone willing to have a basic knowledge on psychology, which was exactly what I needed! Overall, this source was very relevant for my research and helped me write my book and have a better understanding on how our minds work.

Authority	The author of this article Robin Nicholas is a licensed mental health counselor that helps couples strengthen relationships and people who deal with other mental issues including past traumas, anxieties, and fixed mindsets. She has many specialties including depression counseling, anger management issues, anxiety counselling, childhood trauma and behavioral issues. Based on her profession and specialties, Robin seems experienced and is qualified to write on this topic.
Accuracy	This article discusses the impacts our thoughts have on our behavior based on the cognitive triangle. With further research I found that the cognitive triangle is a common model and topic in psychology, which means that the author is stating facts. The article is from a website called "chariscounselingcenter" which is a counselling Centre with many blogs from only qualified professionals. The article is not biased and simply explains the cognitive model which shows this is not an opinionated article that could have another side. The author is a licensed mental health professional which proves that she has knowledge on this topic and that the information she gives could be reliable. Overall, this source seems very trustworthy!
Purpose	This is an unbiased article simply explaining how our thoughts effect our behavior based on the cognitive model. The author is trying to persuade the audience the importance of having a more positive mindset; other professionals agree with this point, so I don't believe it is biased. The objective of this article is to help people have a better understanding of how their minds work and the connection it has to their lives.

(ii) ATL skills applied to achieve product goal

Thinking skills - book format

When planning my book, I had to find the most effective ways to communicate with the target audience; I did this using my thinking skills. Since making a book is a new experience for me, I had to look for different ways to format one! I drew some inspiration from the book 'A Mind for Numbers' by Barrara Oakley; it encouraged me to make an interactive book. As can be seen on the right, the page has a 'Now You Try' section related to the information that is presented. Since I was able to interact with the book, I found it more engaging. Through the activities, quotations and tips included, I was able to apply the information given into my life! Including activities also helped me have a better understanding of the information in the book. I realized that my product was about improving mental health, and a great way to help the audience is through consistent activities related to the text. Using my research, as well as my knowledge on fixed and growth mindsets, I started to plan activities, tips, quotations, and real-life examples that would engage my target audience!



The table below shows a snippet of the ideas I gathered throughout this project. I added a short analysis for each idea explaining why I should include it in my book; Through this, I was able to differentiate between the ideas I wanted and did not want to include in my book.

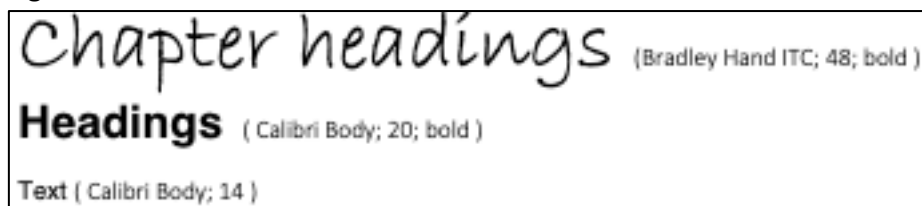
- If you ever feel stressed or overwhelmed, try meditating. Meditation helps you clear your mind and relax. During meditation you focus on releasing your stress and focusing on the environment around you. The best part about it is that you can do it in just a few minutes! Headspace on Netflix and Apple Podcast are great platforms to use for meditation as they also explain to you how meditation can help you unwind your mind. (This section should be included in the "How to develop a more positive mindset" section. This activity is not just a one-time activity, this activity will allow the audience to find new ways to cope with stress and this can help them develop a more positive mindset {as you can really think with stressed mind}.)
- Take a piece of paper and write down all your worries and negative thoughts. When you are done writing them, cross out the things you cannot control, and do something about the things you can. Some of our negative thoughts are just worries but others are a sign to change, this is a great way to differentiate between what's important and what isn't. (There is no reason to worry, this activity will help the audience understand that worrying is just a waste of space in the mind)
- Download the app motivation, it sends you daily notifications of positive quotes to keep your spirits up. This app is also customizable and can send you quotes from the topic of your liking. It is a great app to help you feel more motivated and happier throughout the day! (Personally, this app has helped me a lot especially when I would have negative thoughts, so I thought it would be a great idea to include this in my book)
- Close this book and take a piece of paper, write down the different things that you have learned and how you will apply them into your new and improved future. Then take action! (This section will be at the end of the book; the point of this section is to help the audience apply what they have learned in their lives).
- If you ever feel like giving up, remember Thomas Edison's story. Thomas Edison failed to make the light bulb even after 9,999 attempts, however instead of accepting failure he tried again and created the greatest invention of all time. Although Edison didn't count those attempts as failures as he said "I have not failed. I've Just found 9,999 ways that won't work" Edison was disciplined even after many attempts and that's why he was able to reach his goal. So, remember that if he gave up after his 9999th try, then the light bulb would not have existed! (This example will help the audience understand the importance of failure and making mistakes)

The book "A Mind for Numbers" looked very organized and aesthetically pleasing. Upon further analysis, I realized it was because of the consistent formatting used throughout the pages; for example:

- The headings were the same size.
- Text was the same size.
- "Now you try" sections had the same format.
- Tips and real-life examples had the same format.

The very organized formatting made it is easier to read and interact with the book! I believed that it was also important for my formatting to be consistent as it was part of my success criteria; "The text, activities and quotes are easily differentiated by its colors and unique design presented in". I met this criterion by planning the exact format of every piece of text, as shown below in Figure 1:

Figure 1:



In my opinion, having a solid plan is very important because it makes the process of writing a book easier and more organized! As you can see in my 'detailed plan', I spent more time researching and planning the book than actually making the book. This is because I wanted to make sure all my ideas were organized, allowing me to write a book that is clear and easy to understand. I believed that it was also very important to keep up with my plan because it is directly connected with my success criteria!

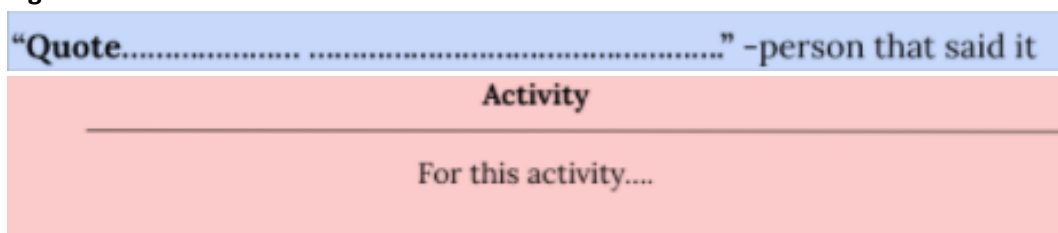
One of the points for 'aesthetic' under my success criteria was "You design a consistent color scheme to be used throughout the book that matches". In order for a book to look organized the formatting **as well as** the color scheme must be consistent throughout the book; I achieved this criterion by making a colour pallet!

Figure 2:



I related the colour scheme to the theme of the book, because I needed to put some thought behind the colours used in my product (as it was part of my success criteria). As you can see, I used a lot of pastels! In colour psychology, pastels are calming, peaceful and soft colours, which is the mood I am trying to establish for this book. The reason why I want this to be a calm and peaceful theme is because the book discusses the importance of not worrying and having negative thoughts, so I believe this theme can give the reader calm vibes allowing them to worry less. Adding neutrals to the pallet is important to help match and allow the rest of the colours to stand out. Using my colour pallet, I also had to create a specific format for the activities, quotations, tips, and real-life examples I wanted to include in my book as it was part of my success criteria. Similar to the "Now You Try" sections from the book, 'A Mind for Numbers', I wanted to include these sections in box formats so it can be easier to differentiate between the different texts in the book. I used Google Drawing and created an example of three different boxes that I included in my book.

Figure 3:



Thinking skills – Book Cover

The formatting of my book had a lot of thought put behind it, although when it came to the cover of the book I slightly struggled. I thought that the cover must be eye-catching in terms of its aesthetics and title; although I also believed that the cover should be a simple design (as simple is more calming). I started off by focusing on the title. After looking for inspiration online, I found the perfect name, “Mind full or Mindful?” I believe this is a good title because it outlines my whole book in three words, which was a requirement included in my success criteria (the cover gives you a good idea of what the book is about). The use of a homophone is a creative way to attract the reader’s eye and to engage the audience (which was also a requirement in my success criteria).

To the bottom left is an image of how I formatted the title on the cover of my book. I decided to use different fonts to represent what each word meant. *Mind full* is in a messy font with scribbles coming out of it

Figure 4:



symbolizing the effects of negative reoccurring thoughts on the mind. *Mindful* is in a neater font with a straight line coming out of it symbolizing the calmness you feel with a growth mindset.

Commination skills – Feedback

After completing my book, I sent a copy of it to my supervisor for feedback. She suggested that I use my social skills and show my book to a Design teacher for tips to improve on the format. I thought this was a good idea, although unfortunately every Design teacher was busy writing reports at the time. Using my thinking skills, I thought of a new way to approach this problem and decided to ask some of my target audience instead! This is a good way to get feedback and figure out what I can improve to reach the user’s needs. I showed my book to five people (adults, teens, and children) and asked them what they thought of the formatting of my book. All of them seemed to really like the format and were impressed although a lot of people also suggested that I add some colour to the cover of my book (some responses are shown below). I originally wanted a simple design, which is why I chose neutral colors such as black and white. Even after the feedback, I really wanted to keep a simple design; so I decided to add some colours (from the colour pallet) to little details on my cover. This allowed me to reach my users’ needs whilst keeping the simplicity of the design! You can see the new version of the cover on the top right.

Feedback on book from target audience

<p>What Went Well</p> <ul style="list-style-type: none"> • I really like the colors used in the book because they match really well with the themes. • This book is really impressive, and I really like the formatting of the pictures. 	<p>Improvements</p> <ul style="list-style-type: none"> • Perhaps use more colors on the cover. • The cover is a little plain and needs some colors to attract the audience.
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Criterion C

(i) The impact of the project on learning

My learning goal was to understand the reasons we tend to have negative reoccurring thoughts, and how this can have an impact on our lives. I discovered many new things during my research, such as the cognitive model, which shows the link between our environment, thoughts, emotions, and behaviour. The research based on my research plan expanded my curiosity and led to new questions. The new research questions allowed me to discover many things such as the difference between a maximiser and satisfier. Below is a table showing some of the new questions I came up with:

New research questions	Research
What's a maximizer?	A maximizer is wanting to do something perfectly otherwise you won't feel satisfied
What's a satisfier?	A satisfier is doing something to your absolute best and even if it's not perfect you would be satisfied with the results It is important to be a satisfier in order to accomplish something, because if you always expect to be perfect, then you will find it difficult to reach your goal as you may give up because you feel like you're not good enough. Being a maximiser may get you to your goal, but you will not be happy.
What is mental contrasting?	In order to achieve a goal, you need to do 'mental contrasting', which is imagining your goal and seeing what challenges and things you have to do in order to reach your goal. It is important to realize that in order to reach a goal you will need to act and go through a few challenges, if you accept that only then will you be able to reach your goals.

Developing my passion for psychology

Throughout this project, I further developed my passion for psychology, which helped me chose my courses for the Diploma Programme. I originally really enjoyed biology; this new passion made me realize that I would like to study neuroscience. Overall, I really enjoyed this project because I was able to understand why I was not so happy with my progress towards my goals. My research helped me realize that I was constantly filling my head with negative thoughts, which had a great impact on the ways I behaved and perceived different things in life.

ATL skills

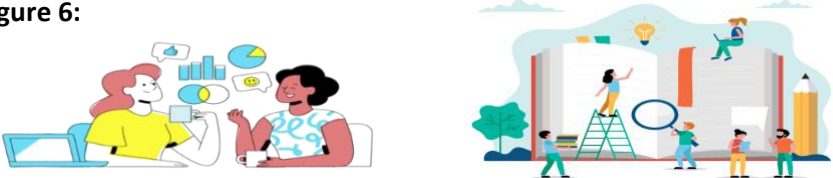
Throughout this project, I was also able to develop many of my ATL skills such as my research skills. I learned that organization and planning were key, and this really helped me improve my essay writing. I realized that my writing tends to be wordy and repetitive. This project has helped me learn that using a research plan is necessary in order to include relevant information in my writing. In fact, I was able to sufficiently improve my essay grades using research plans because I would have a good understanding of what the topic is about. This project has also helped me develop my self-management skills, which helped me organize my time and cope with the overload of work I had to do. At the beginning of the year, I struggled to organize my schoolwork with the personal project. In fact, if you refer to my detailed plan, you can see that I had to make multiple adjustments to the dates. What I learned from this experience is to set realistic goals, otherwise it would be difficult to stay on track. I also learned that I needed to complete every task one step at a time, otherwise I would procrastinate and become very stressed. This project also helped me manage my time more efficiently. I used to make a solid plan at the beginning of the week and expect myself to complete every single task otherwise 'I would not be working hard enough' or 'I wasted my time'. Balancing the personal project with my schoolwork helped me realize that I needed to be more flexible and allow myself to make adjustments to my plan based on how the week is going.

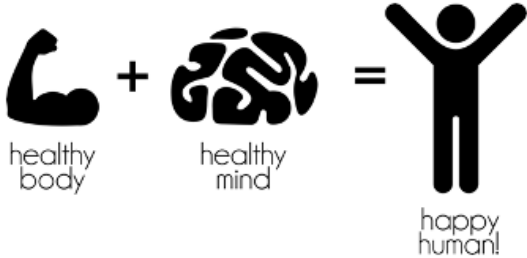

My final product/project

I still remember at the beginning of the year that I was hesitant to make a book, because I was unsure if I could do it. I am glad that I took the risk because my overall product turned out better than I expected and impressed many people. I am really glad that I was able to make an interactive book that can help people identify a negative mentality and have a more positive mindset. This project made me realize that it is important to be a risk taker, because without risks I would not be able to see what things I am capable of doing. Overall, I really enjoyed the process of researching, making and presenting the book because it was a new experience that taught me many new things.

(ii) Evaluation of product based on success criteria

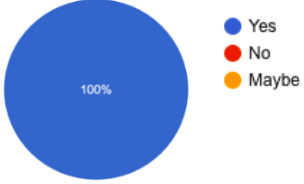
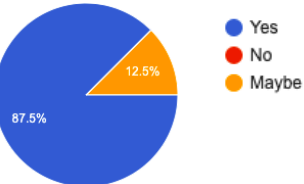
I divided my criteria into two sections, 'Measurable' and 'Measured with feedback'. The specification points that can be easily measured based on the product is shown in the table below:

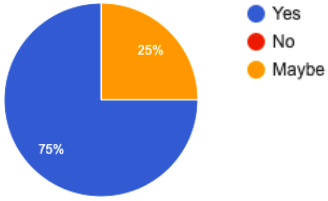
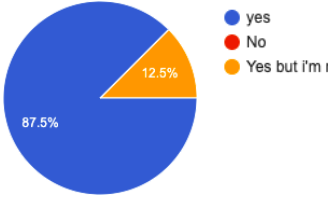
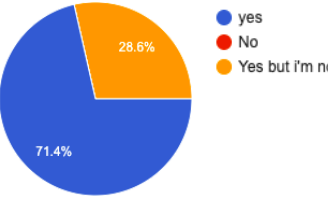
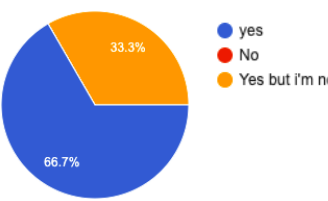
(Key: specification was met, possibly met, not met)	Evidence
Use a consistent font size throughout the book that is suitable for the text	Evidence shown above- figure 1
Include a title on the cover that has a unique font and an element/ or drawing that suits the title of the book.	Evidence showed above- figure 4
All pictures should be a similar theme	<p>I made sure to match the images in the book to my color palette (figure 2). I also made sure to mostly use minimalist pictures with transparent backgrounds. Below are some images that were in my book:</p> <p>Figure 6:</p> 

<p>Include pictures in the book that support the text or titles</p>	<p>Excerpt from my book of image used to support text and heading</p> <p>Figure 5:</p> <div data-bbox="581 258 1295 678" style="border: 1px solid black; padding: 5px;"> <p>Step 4: Moving your body Exercise is a great way to improve your mental health as it relieves stress, anxiety, and bad moods. Exercise is a great way to clear the mind and build a healthier lifestyle. If you don't like exercising, try going on walks; walking is a great way to move your body and have a calm mind! (Sharma et al.)</p>  <p style="text-align: center; font-size: small;">-tautauchapterques.com</p> </div>
<p>Include at least 20+ pages in the book. Make a book that uses less than 50 pages.</p>	<p>Page count shown below:</p> <p>Figure 7:</p> <div data-bbox="581 783 820 1066" style="border: 1px solid gray; padding: 5px;">  <p style="text-align: center;">45</p> <p style="font-size: x-small;">Page 1 of 45 4464 words</p> </div>
<p>Present the information in order, and in an organized way that should flow smoothly as if it's a step-by-step book (first define a negative mentality, then discuss the effects, then discuss the different steps to recover, etc.).</p>	<p>The table of contents shown below shows how I organized my chapters and sub-headings.</p> <p>Figure 8:</p> <div data-bbox="581 1182 938 1591" style="border: 1px solid black; padding: 5px;"> <p>Chapter 1: Stuck in doubt Doubt Negative mentality Identifying a negative mentality</p> <p>Chapter 2: You are what you think The cognitive triangle Environment The connection between our mind and life</p> <p>Chapter 3: Healing Fixed and growth mindsets How can you have a more positive mindset?</p> <p>Chapter 4: And Now, Act Motivation vs Discipline Mental contrasting Maximiser vs Satisfier</p> </div>
<p>Use a variety of communication techniques in your book</p>	<p>Examples of activities shown in criterion B (Under Thinking skills- book format) Other forms of communication techniques shown above - figures 3,5 & and 6</p>
<p>Make text, activities and quotes easy to differentiate</p>	<p>Evidence of different designs shown above- figure 3</p>
<p>Include a cover that will give the audience a good idea of what the book is about</p>	<p>Evidence shown above- figure 4</p>

<p>Include activities to engage the audience throughout the book.</p>	<p>Examples of activities shown in Criterion B (Under Thinking skills- book format)</p>
<p>Conduct Research based on multiple secondary sources and primary sources; 6-8 sources. Include a work cited page and in-text citations in the book. - Include research from a variety of different sources including websites, videos, books, interviews from professional and target audience.</p>	<p>Evidence of secondary and primary sources used shown in Criterion B (Under research) Evidence of in-text citations shown above- figure 5</p> <p>Figure 9-Excerpt of work cited in book:</p> <div data-bbox="581 401 1406 653" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Credits</p> <p>Adler, Jeff. "How to Shift from a Fixed Mindset to a Growth Mindset Let's Create What's Possible." <i>Letscreatewhatspossible.com</i>, 2020, letscreatewhatspossible.com/2020/01/16/how-to-shift-from-a-fixed-mindset-to-a-growth-mindset/. Accessed 2 Jan. 2022.</p> <p>Aid, Therapist. "CBT Psychoeducation." <i>Therapist Aid</i>, Therapist Aid, 29 Apr. 2016. www.therapistaid.com/therapy-guide/cbt-psychoeducation. Accessed 3 Jan. 2022.</p> </div>
<p>As you can see above, I was able to reach all of my 'measurable' specification points! By making sure that all of my points were specific and measurable, I was able to easily revisit my criteria and stay on the right track. Making such a detailed success criteria also made it easier for me to plan my product. With a very detailed plan, I was able to organize my time and create a successful product!</p>	

I believed that it is also important to measure the success of my product based on my target audience's opinions, because my goal is to help others develop a more positive mindset. I asked 10 people to read my book and fill out a survey. The survey questions were based on some of the specification points on my criteria. The specification points that require feedback to be measured are shown below:

Specification/s (Key: specification was met, somewhat met , not met)	Evidence
<p>Design a consistent color scheme to be used throughout the book that matches</p> <p>Survey question: Do you think the colour scheme matches with the overall theme of the book?</p>	 <p>A pie chart with a legend. The legend has three items: 'Yes' with a blue circle, 'No' with a red circle, and 'Maybe' with a yellow circle. The pie chart is entirely blue, with '100%' written in the center.</p>
<p>Use a consistent font in the book that matches with the overall theme of the book</p> <p>Use a consistent font size throughout the book that is suitable for the text (Titles are bigger than headings, headings are bigger than text, text is bigger than in-text citations, text is big enough for readers to see, titles and headings stand out, etc.).</p> <p>Survey question: Do you think the font used matches the overall theme of the book?</p>	 <p>A pie chart with a legend. The legend has three items: 'Yes' with a blue circle, 'No' with a red circle, and 'Maybe' with a yellow circle. The pie chart is mostly blue (87.5%) with a small yellow slice (12.5%).</p>

<p>Make a book that encourages and helps the target audience to change from a negative to a positive mindset.</p> <p>Survey question: Did the book encourage you and help you shift from a negative to a positive mindset?</p>	 <p>Legend: Yes (blue), No (red), Maybe (orange)</p>
<p>Make a book that helps the target audience understand what a positive and negative mindset is as well as a fixed and growth mindset.</p> <p>Survey question: Do you understand the difference between a positive and negative mindset?</p>	 <p>Legend: yes (blue), No (red), Yes but I'm not sure (orange)</p>
<p>Make a book that helps the audience identify a negative mindset and discover its impacts on their lives. Make a book that helps the audience understand the effects our mindsets have on our behaviour</p> <p>Survey question: Do you know how to identify a negative mindset and the effects it can have on your life?</p>	 <p>Legend: yes (blue), No (red), Yes but I'm not sure (orange)</p>
<p>Make a book that helps the audience understand the difference between a fixed and growth mindset.</p> <p>Survey question: Do you understand the difference between a fixed and growth mindset?</p>	 <p>Legend: yes (blue), No (red), Yes but I'm not sure (orange)</p>
<p>Evaluation: As you can see above, most of the specifications have been somewhat met. This is the expected result because everyone has different opinions and understandings, therefore it does not mean that I failed to reach my target audiences expectations. I believe the best way to measure whether I met the specification or not is to see what the majority thinks. At least 66% of my target audience agree that I have reached each specification. This shows that the majority believes my product was successful based on my success criteria!</p>	

This project was very challenging, although with every challenge comes a lesson. This project helped me realize that life will **always** be full of challenges, so I need to look at these challenges as opportunities rather than consequences. To look at these challenges as opportunities I had to develop one of the most important IB learner profiles; balanced. I needed to balance these challenges with my hobbies and **always** stay mentally and physically healthy. With a balanced lifestyle, I was able to stay disciplined and reach most of my goals. Overall, this project helped me develop a more positive and growth mindset; with this new mentality I look forward to future challenges that will help me grow as a learner, such as the Diploma Program!