

Personal project report

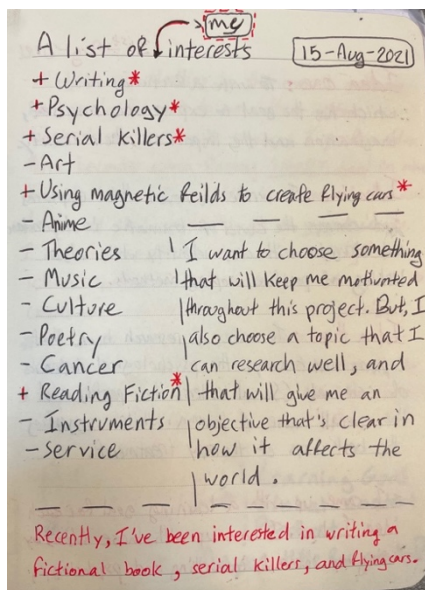
Planning

Inspiration:

For years I have been fascinated by the human mind and the many possibilities which lay within the brain. Always analyzing those people around, I developed a love for understanding the human behavior and mental processes to know why certain people act the way they do around others. I took steps towards understanding myself and my family members around me by taking the MBTI 16 personality test to learn the accuracy of studying oneself and comparing it to studies online. I became attached to the concept of psychology once I realized that taking the test was completely accurate, in a scary way. Being an ENFP, I began searching around the internet for different reasons why we might be too “distracted” at times. This research continued for a few days where I realized, if someone could study mentalities and psychologies of a group of people, then helping people truly understand the depths of their personalities accurately is mind blowing! My personal project idea is also a piece of my personality leading to the future. The research of the human mind and the analysis of solutions are all to be approached with an open-minded passionate mind that has a bright outlook on life. Which are all traits of a doctor, I think this is where my desire for helping people grew, leading me into the direction of a life where I can become a doctor.

Beginning middle school, I became curious as to why characters in different shows are more likeable than others, or why a pure innocent character had shape shifted into an evil crazy mentality. What factors affect our personality? How do the interactions with others improve or decline our relationship with ourselves? These are questions I have always wondered when watching the show “Attack on Titan” by Isayama Hajime. The complex character of Eren Jaeger intrigued me, he’s a character which many people grew to hate as they progressed through the story. But I was pulled towards his personality, and as an openminded person I decided to understand the psychology of the misunderstood, and shine light onto what brought on these actions. Much like serial killers, the personality of Eren had many reasonings which led to their actions. When arguing amongst my friends on this character, I was inspired to help people understand the complex, unpredictable, and misunderstood characters and learn that everyone is a slave to something. The relationships with people around us shape our beliefs, values, and morals, but how does that change US? Before this project began, I had already studied some aspects of this character on my own time. Which is the reason why I believe that choosing this will motivate me to work and complete my research and product on time, passionately.

Learning Goal:



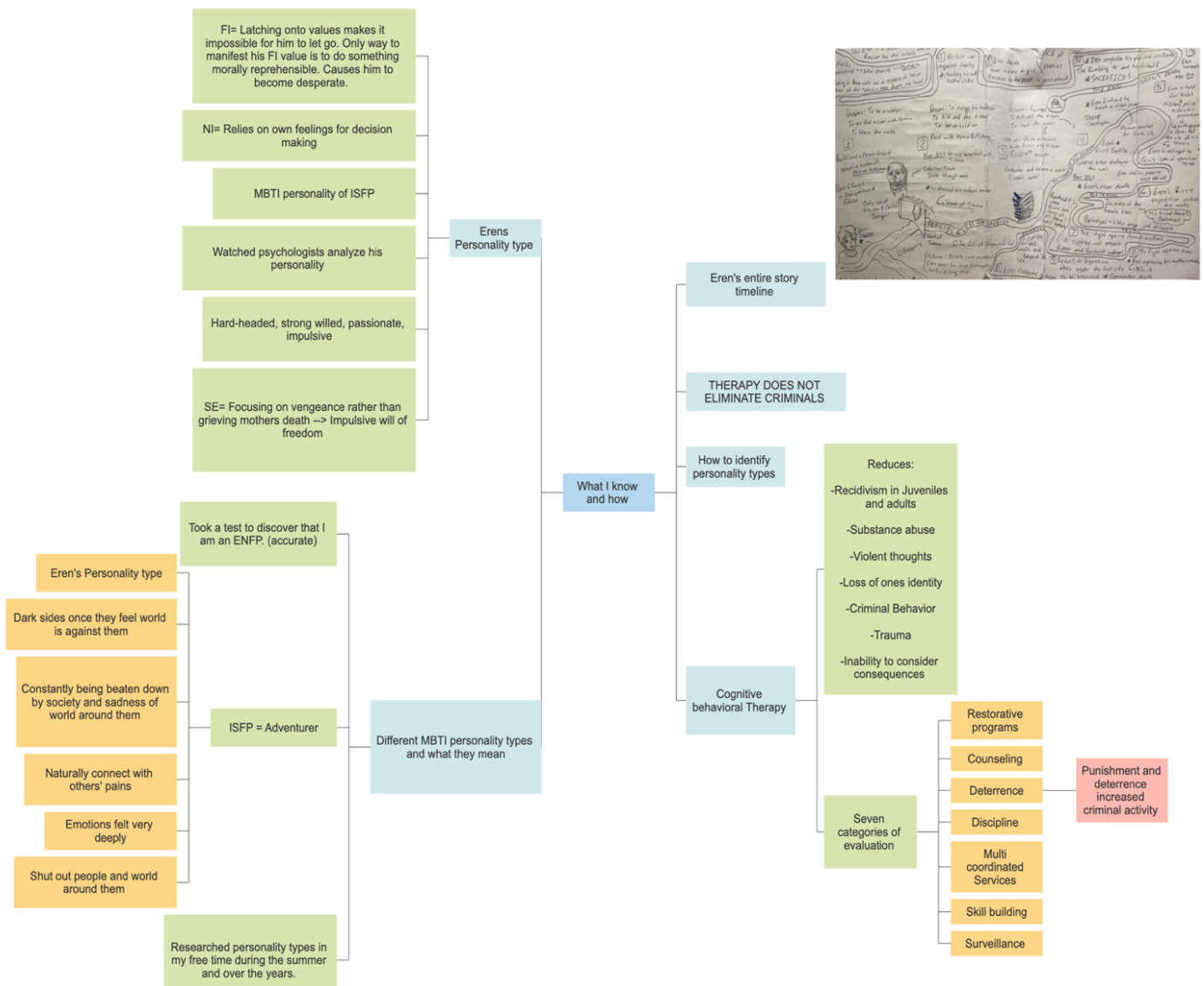
To learn about the causes of Eren Jaeger’s (Attack on titan by Isayama Hajime) mental instability, evaluate his motives, goals and approaches towards it, while suggesting a method of therapy that can prevent such mentalities in reality.

When thinking of a possible personal project, I made a diagram of many different ideas relating to my inspiration and interests, my final idea was to write a book gathered by research, that explores, conveys, and exposes the psychological deficiencies of the misunderstood character Eren Jaeger. Analyze his past, overall causes of trauma while looking at his motives and perceiving his identity. Through this project journey I am aiming to develop my research skills, through my research I am aiming to develop a further understanding of mindsets and the connection of relationships with a healthy identity. My aim of impact that helped me develop this learning goal, is that I wanted to make others reflect on how they treat others. With this project I can show others how relationships around a person can completely change them negatively or positively. I would like to impact parents as well, and make them realize the importance of therapy from a

fresh start problem in order to avoid permanent issues. For accurate measuring, I will research the effectiveness of therapy on personalities similar to Eren’s. I will fully analyze his journey from childhood to adulthood and evaluate how it evolved. My product will have sections on each stage of his life and will explain the character well in order for the understanding of people who have not seen the show. Finally, I will ask people who have seen the show if this analysis makes sense by creating a survey with specific questions on whether they agree

with my analysis. When creating my learning goal, I made sure that it is a practical plan that can be performed well and in time. I have all the resources needed for my research and to create my product whether online or physically. I can approach this goal with no extra financial aid or struggle. Managing my time accordingly, I will be able to complete this project by the time it is due on the 16th of January, as I made sure that the product I'm making will be a realistic approach to my learning goal. So far, I think that this learning goal is the most realistic and measurable because I have a great amount of previous knowledge on this topic, but I am hoping to increase on this knowledge further and dive deeper into the fields I already know. The level of understanding needed for me to achieve this goal is to fully analyze the character's timeline, and the difference between him and his brother.

What I know / Previous knowledge:



Product:

Goal: To create a book gathered by research surrounding the learning goal. When choosing my product, I aimed to think of products that will help me demonstrate my learning goal in the most precise and organized way so that my audience will understand it well. My two product Ideas were making a video or a book. My product will be a **book** gathered by research on the analysis stages of Eren Jaeger's life with a section on my chosen therapy and why or how it would be able to change the mentality of such personalities. Currently due to COVID, I am aiming to create the book online where it will be free and will not require extra resources, but if we confirm that the exhibition is face to face, I plan to print out the book at any library, and I assume this

will cost around 50-100 riyals. The product will be more than 10 pages long, with enough explanation on the character to ensure that the audience who have not heard of the show is on the same page as the audience who have read or watched Attack on titan. My book will have a title page and will cite the show and author to make sure that no copyright is risked. **My target audience will be high schoolers, teachers and parents.** I want them to be impacted by the message of the book, to rethink their personality, identity and the way they treat others. I think making a book is the easiest and most successful way for me to persuade and inform the audience of what I researched and what I would like them to understand. I also considered the efficiency of the impact on my target audience. When I was considering a product, I had thought of creating a video in which a speak and explain everything, but as I considered my target audience was high school students, I realized that many people would not sit and watch a video longer than five minutes. This would make my project and aim of impact unsuccessful, which is why I decided to pick a book where people can backtrack, stop reading, and ask questions easily.

*Global Contexts: **Identities and Relationships / Fairness and Development***

To be able to choose global contexts for my product, I have to consider what contexts encourage international mindedness and global engagement that will guide me to develop the relevance of the inquiry well. I will consider 3 questions that would help me choose an appropriate context.

1. What do I want to achieve? I want to be able to give or shine light on how neglect and untreated trauma can lead to people such as serial kills and characters like Eren's. Who were essentially innocent flowers that became leafless and lost their petals. How without healthy **relationships** a person's mental health will quickly decay, and the will lose sight of their own **identity**, morals, and ethics. But I know that the character I'm studying will have morals that he follows but conveys in the wrong ways. I want to achieve the understanding of the complex and misunderstood identities.

2. What do I want others to understand? I want others to understand the concept of determinism and "perfect predictors." I want them to understand that although you can direct all hate towards these crime doers, you need to grasp the unpredictable, misunderstood and complex **identities** that often stay true to themselves, but have lost track of right or wrong.

3. What's the impact? The impact I'm aiming for is to raise awareness and influence parents or caretakers to be careful not to neglect their children or their feelings. This product will be aimed as a reminder that; Dreams are selfish people are selfish whether for good or bad, everyone is a slave to something. Once this reality is grasped people will understand that neglect and trauma will simply lead these selfish dreams into unjust and crime paths.

I chose the global contexts "Identities and Relationships" / "Fairness and Development" because they will help me dig deeper into my research and product aim. The purpose of this project is to connect wrongdoing with neglect and unhealthy relationships. The loss of one's identity will turn the innocent, evil, and the bet prevention to this is providing healthy relationships and access to therapy in order for a better understating of their identities. This then links to the concept of fairness and development of these identities. With the lack of fairness in family love or wellbeing, a person will develop into the wrong path.

Action Plan:

I created two separate action plans, one that simply covers all dates from September to March of when I should complete planning my goals, and the times of submission for my report strands. This action plan helps me stay on track, submit on time, and have an overall vision on the timeline we have to complete this project. I created another action plan for my product process development. When creating my action plan, I focused on organizing my time based on test weeks, and holidays where I will be able to not only focus on my school work, but on my personal project adequately. I set up task lists or 'to do' lists for each deadline to ensure that I could complete everything I planned by the due date. While creating my plan, I was careful to consider my product criteria, to ensure that I focused on the specific requirements I had set myself. I found it easier to do this by adding a column to my plan which reminded me which criteria was being addressed. The action plan created after the success criteria is my PRODUCT action plan.

Task	To Do	Complete by	Reflection	Evidence
Idea/Topic	-Narrow down list of interests - Choose a topic that will keep me motivated and interested -Write learning goal ideas for each topic after narrowing it down	September 5 th	COMPLETED- September 1st Began on August 31 st I finalized my topics into three ideas all relating to psychology and creating a book, I came up with a learning goal for each idea I had. I came up with these ideas by using my interests in writing and psychology, although all ideas appeared the same in overall outcome and product, to me, they differ context and research topics. I preferred idea three because when it came to SMART goals, I realized that this idea would be best achievable by the end of the project journey. It is also the easiest to connect to world issues, I think that researching and analyzing pasts would best keep me motivated and interested throughout this journey.	31 st Aug-2021 <i>Idea one:</i> To write a fictional novel which has the goal to explore ones mindset, imagination and the impact on their reality. <i>Idea two:</i> To write a novel that explores and conveys the causes of traumatic independence and struggles with ones identity while also looking at positive coping methods. <i>Idea three:</i> To write a research book that explores and conveys the psychological defenses of criminals (Serial killers) their pasts, and the overall cause of trauma. While suggesting the best ways of therapy treatment. → *Or Eren Jaeger!! - I came up with a learning goal for each idea I had. I came up with these ideas by using my interests in writing and psychology.
Learning goal	-Edit learning goal -Finalize learning goal -Show learning goal to mentor to get feedback on whether it can be achievable and measured	November 1 st	COMPLETED- October 2nd Showed to mentor on October 4th I edit and refined my final learning goal to be "To learn about the causes of Eren Jaeger's (Attack on titan by Isayama Hajime) mental instability, evaluate his motives, goals and approaches towards it, while suggesting a method of therapy that can prevent such mentalities in reality." I chose this learning goal because I thought that it fits best with my intended aim of impact I had brainstormed.	Aim of Impact: I hope to impact my audience in a way that makes them reflect on how they treat others and the treatment they can give to their children in the future. I want them to also realize the importance of therapy and how it could prevent such mentalities. Also since I think the show "Attack on titan" is a masterpiece I would like to influence people to watch the show. → watching the show could... → Introduce them to new personalities → New perspectives → Understand that freedom is a captor of everyone → Realize that everyone is a slave to their dreams → Introduce them to anime
Product Goal	-Choose product that will showcase research best -Create success criteria	November 1 st	COMPLETED- October 2nd As I created a product goal I kept in mind my learning goal and the best way for me to showcase my understanding and learning in a product for others to see. I had difficulties working on the success criteria and I had to do a little prior research to complete the criteria.	
Global Context	-Read about different global context -Choose global context that best fits learning goal	November 1 st	COMPLETED- October 2nd I chose a global context based on some questions I created that would help me determine my global context based on aim of impact, target audience and my learning goal.	<i>Global Contexts</i> → Elements intrinsic to unit planning? → Key concepts and statement of Inq. → *Encourages international mindedness and global engagement* Identifies Relationships Scientific Technical Innovation Orientation in space & Time Economic Development Personal Cultural Expression Globalization & Sustainability *Choosing a Global Context will help me develop the relevance of the inquiry* Questions for me to consider: 1. What do I want to achieve? 2. What do I want others to understand? 3. What impact? 4. How can a specific context give greater purpose to my project?
Supervisor	- Find out who mentor is -Contact them through email and set up a date to meet -Show supervisor learning, and product goal, and go over any plans for the project.	October 5 th	COMPLETED- October 4th Began on 3 rd October I met my supervisor on Monday the 4 th of October, and we went through all of the things I had already decided on for the personal project, she suggested I start working on my product since I already had everything else ready. I decided to start with creating an action plan for my product first before starting the product.	5 th Oct-2021 Today I was able to find my personal project supervisor. I contacted my supervisor through email and requested a meeting to which she accepted. First Meeting date: October 4 th , 2021 My first Meeting with my supervisor, Ms. Eugenia Kyriakopoulou, on Monday the 4 th of October. We discussed my personal project idea, product and my goals. We went over my global context and outcome, while also choosing appropriate approaches to my related concepts. We went over the grading success criteria and refined the SMART goal to ensure that this project can be completed well. My supervisor told me to specifically choose cases and serial killers to begin the research.
Crit draft report	- Write everything already planned out in process journal into report - 5 pages	November 21 st	COMPLETED- November 23rd I had some issues completing this on time due to other school assignments that were piling up and tests. I hope to improve my self management skills as I go through this project. Next, I will be starting my research and product development.	

Product Success Criteria:

When considering my success criteria for my book, I started by evaluating and reviewing the purpose of my product, what I want to achieve. To help me choose these criteria, I based it on my previous knowledge from school and when we analyzed the good and bad functions of a book. I also used the familiar design cycle to choose the generic area for the criteria such as aesthetics, and function. This success criteria will help me stick to a path in which I will be able to create a successful book in the most straightforward way.

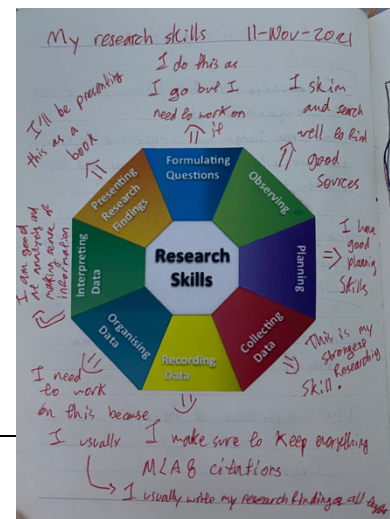
Generic Area	Meet Expectation (level 5/6)	Exceed Expectation (level 7/8)	Evaluation
Aesthetic	<ul style="list-style-type: none"> - Book is 10 pages long - Book is published on online website - Contains extracts from the manga that may explain information. - Some Images formatted adequately and are not too small/big - No images or 1 image - Cover page is formatted well and is easy to look at. - Layout of the book is organized with appropriate spacing. - Content is spaced adequately and most paragraphs are similar sizes. - Font size is big enough to be read - Formatted in novel book layout. 	<ul style="list-style-type: none"> - Book is longer than 10 pages and less than 35 pages. - Published and is a physical book AND online - Contains appropriate extracts from the manga that give depth to explanation and information. - ALL Images formatted adequately and are not too small/big - 2 or more images within book - Cover page connects to the theme of the book and is formatted in an eye-catching way and is aesthetically pleasing. - Table of content is included - Layout of the book is organized and sectioned, with appropriate chapters and spacing. - Content is spaced adequately and all paragraphs are similar sizes. - Font size is big enough to be read and font style is constant within the book. - ALL Chapter titles relate to the content and are intriguing. - Formatted in novel book layout. - Typography must match theme and style of book, font must be either “Times new roman” or “Garamond” 	<ul style="list-style-type: none"> - All these points are important for the aesthetics of the book based on experience I have previously had when reading or picking out books. I made sure to choose criteria points that will assure the success of this book aesthetically, so that when people visit my booth they will give compliments on the book. -Evaluated through detailed survey sent to audience where they give feedback on aesthetic. - Based on previous research I did, according to blog.reedsy.com the key elements of book layout are the alignment, (where I have to focus on spacing to make the book easier to read and organized) margins, and other details such as images and typography must be paid close attention to. Therefore, I have decided to include such details in my success criteria.
Function and Audience	<ul style="list-style-type: none"> - Book might attract some audiences that have watched/read attack on titan. - The impact and message of the book is somewhat clear to the audience. - Content will somewhat portray message that dreams and goals have limitations, when obsessed with a goal you become a slave to it. 	<ul style="list-style-type: none"> - Book will attract audiences that have watched/read attack on titan. -The book will be beneficial and understood by teens and adults. - The impact and message of the book is clear to the audience. - Content will portray message that dreams and goals have limitations, when obsessed with a goal you become a slave to it. -The message has a strong impact on the understanding of the audience. 	<ul style="list-style-type: none"> - These criteria are based on the message I want to relay to the audience when they read the book, it relates to who my target audience is and what I want them to understand. - Evaluated through detailed survey sent to audience where they give feedback on Function/Impact.
Content	<ul style="list-style-type: none"> - Most of the timeline of Eren Jaeger’s life is analyzed with a minimal amount of information. - Connection between reality and fiction is explained, and outlines existing theories. - Quotes are used to explain theories. -Outlined information can often be understood by audience who have not watched attack on titan. -Suggested therapy is described. - Content outlines scenes from the manga to explain information. - There are little grammatical errors or spelling mistakes. - Content is written in organized way. 	<ul style="list-style-type: none"> - Entire timeline of Eren Jaeger’s life is analyzed in order, there is an appropriate and substantial amount of information and details. - Connection between reality and fiction is justified with evidence of existing theories. - Quotes are used to justify and explain theories. - Explained information is useful, and can be understood by audience that have not watched Attack on titan. -Existing therapy is explained in detail of beneficial accuracy, and how Eren could be “cured” - Content links specific scenes from the manga to further explain and justify information. - Start of chapters are intriguing and captivating. - There are no grammatical errors or spelling mistakes. - Content and information are written in organized and readable way, does not require to read backwards. 	<ul style="list-style-type: none"> - With previous experiences reading and writing books and articles in English class. I made sure to include points for this content structure and information that I have always followed to get top marks in English class. These criteria will help me create a successful book that is easy and enjoyable to read. - Evaluated through detailed survey sent to audience where they give feedback on content.

Task	To Do	Relevant criteria	Completed by	Reflection
Research plan	<ul style="list-style-type: none"> -Narrow down research list - Find websites that will benefit the research - Write down research topics and questions - Plan path of research, in which way will I approach this analysis? 	Content	November 18 th	<p>COMPLETED- November 16th</p> <p>Began on November 1st</p> <p>I created a fully completed research plan with questions, and how I will be answering them, with information on the links I found beneficial and what type of source they are. I showed my research plan to my supervisor.</p> <p>ATL skill demonstrated: Research and thinking skills, where I had to use critical thinking to evaluate ideas when creating a research plan. I also had to find and judge information when finding sources that can be beneficial and credible.</p>
Research	<ul style="list-style-type: none"> -Begin the research -Take notes -Avoid plagiarism -Cite the sources -Write the understood in research paragraph form - Source evaluation -Organize notes 	Content	December 18 th	<p>COMPLETED- December 20th</p> <p>I began the research on the 20th of November. I took notes using every website I found useful, after taking notes, I struggled with completing citing and source evaluation on time because I took more time to organize my notes and making sure it will benefit the content of my book.</p> <p>ATL skill demonstrated: Research, Self-management and Thinking skills. I used media and information literacy when I evaluated sources. Taking notes was part of my thinking skills where I had to transfer with previous knowledge and new knowledge. Self-management skills were where I organized my notes, but I also had a harder time with this causing me to finish the task late.</p>
Book draft	<ul style="list-style-type: none"> -Connect research together -Write an introduction -Give credits -Begin writing a draft 	Content Function	December 30 th	<p>COMPLETED- January 1st</p> <p>I began writing the draft on the 20th of December.</p> <p>ATL skills demonstrated: Thinking skills and self-management.</p>
Book draft part 2	<ul style="list-style-type: none"> -Organize the draft -Edit the content of the book -Make sure the draft is well written - Pick out a title for the book - Add any necessary pictures - Send in the book for feedback from parents and students 	Content Function Aesthetic	January 10 th	<p>COMPLETED- January 8th</p> <p>I began editing the draft on the 3rd of January</p> <p>I sent the book to my parents and friends to get feedback on how I should style the layout of the book.</p> <p>ATL skills demonstrated: Thinking skills, communication and self-management.</p>
Final Book	<ul style="list-style-type: none"> - Edit book using the feedback - Edit and organize the content of the book -Edit the pictures -Make sure the book is presentable -Edit the cover and make it interesting -Final touches -Print the book for the exhibition 	Aesthetic Content	January 16 th	<p>COMPLETED- January 16th / March 4th</p> <p>I began improving with the feedback given to me on the 10th of January.</p> <p>Chose the title for my book to be: The ferocious and the fragile</p> <p>Printed the book on the 4th of March to be presented during the exhibition.</p> <p>ATL skills demonstrated: Thinking skills, communication and self-management.</p>

Applying Skills

Achieving the Learning Goal - ATL Skill: Research (Content & Function)

To begin my product and achieve my learning goal where I aim to learn and analyze the mental mindset of Eren Jaeger, my first step according to my action plan is to create a research plan that I can follow for easier research process. I created a research plan that I think best benefited by success criteria and my learning goal, where I identified main research questions and created complementary questions that can be researched to find more accurate information that will benefit my product and help me complete it in the most effective way. The image on the right is a list of my research skills strengths.



Research Question(s):

- Why did Eren Jaeger change and how can we see him from a different perspective?
- How is Eren a slave to his dream of achieving freedom?
- What is cognitive behavioral therapy?
- Could Eren Jaeger truly be treated through Cognitive Behavioral therapy?

Complementary Questions:

- *Book (Aesthetics & Function):*
 - What layout is best for a book?
 - What app is best for book layout editing?
 - How to Format a book?
 - How to efficiently edit a book?
 - What makes a book more readable?
 - What is a writing Aesthetic?
 - What are the most important features of a writing aesthetic?
 - What are the steps to efficiently write a book?
 - How to write a book prologue?
 - How should a book conclusion look like?
 - How long should my non-fiction book be?
 - How do you capture and hold the attention span of students?
 - What is the average attention span of teenagers?
 - What is the average attention span of Adults?
 - How many pages can teenagers read before losing their attention?
 - Is writing a book of research better, or an article better?
 - Where to publish and print books in Qatar?
 - How much does it cost to print your book in Qatar?
- *Analyzing Eren Jaeger (Content & function):*
 - How does one analyze the psychology of a character effectively and accurately?
 - How does ones MBTI personality type represent a person?
 - What are the dark sides of an ISFP?
 - Why should one separate themselves from being addicted to a goal?
 - Why was Eren addicted to freedom?
 - How did Eren achieve his ideal freedom?
 - How did Eren's dream change him as a person?
 - Did Eren always have a negative nature?
 - Was his change of personality due to nature or nurture?
 - How is nature vs nurture portrayed in the Jaeger siblings?
 - How would Eren develop as a person if Attack on titan was created in an alternate universe similar to our reality?
 - How does the alternate "Attack on titan high school" prove that Eren's nature has always been dangerous?
 - How does it prove that, with a change of environment around him, Eren was able to suppress his violent actions?
 - How does Eren and Armin's friendship portray the dark reality vs naïve dream?
 - How does their friendship reveal Eren's true mentality?
 - Can relationships portray your true self and maintain or change your identity for good or bad?
- *Cognitive Behavioral therapy (Content)*
 - Does Cognitive Behavioral therapy prevent criminals?
 - How does the therapy work?
 - Is this therapy effective with mindsets that developed in violent nature?
 - Under what conditions may this treatment fail?
 - Are there limitations for who can undergo this treatment?

A blog that lists the key elements of a book layout, and key details. Goes into depth when explaining why each element is important to pay attention to and how it improves your book, it gives advice on which websites and templated to use for book writing and production. Covers details of images, white space, writing aesthetic and spacing.	Source # --: https://blog.reedsy.com/book-layout/
An in-depth article/report which evaluates Cognitive behavioral Therapy and its effect in criminal justice. It analyses and provides data on previous CBT programs on different criminals. It evaluates the effectiveness and limitations to this treatment and how it often works in criminal justice.	Source # --: https://nij.ojp.gov/topics/articles/does-cognitive-behavioral-therapy-work-criminal-justice-new-analysis-crimesolutions
An article written by Dr. Saul McLeod covering what Cognitive behavioral therapy is, and how it works. It goes in depth when comparing other treatments to this method, and evaluates and judges the strength and limitations of CBT.	Source # --: https://www.simplypsychology.org/cognitive-therapy.html
Translated interview with Isayama Hajime, the original author of Attack on titan, regarding the noticeable changing point for Eren Jaeger within the manga and what the scene at the beach with Armin symbolized the rest of the show. He reveals the truth behind the importance of Eren and Armin's friendship and how it portrays important themes.	Primary Source # --: (Documented Interview) https://fuku-shuu.tumblr.com/post/164182335102/snk-character-directory-isayama-hajime-interview

When creating my research plan, I followed the path I found most suitable with my success criteria, I created questions based on each criterion that would help me find answers on best possible way to achieve a higher grade for my final product. Creating this plan was very helpful for me because it outlined all of the information and aspects needed for me to research effectively. This research plan helped me find links and sources that would help me build in depth analysis content. When approaching challenges while researching I would refer back to this research plan to help me stay on track on complete my product on time. I made sure to find and look at many different sources for my research, most importantly, sources which are credible and are belonging to the government, or professionals. I tried my best finding primary sources such as interviews that I can refer to in my book that will make my theories more credible and accurate in the eyes of my audience. Although this analysis relies mostly on perspective, opinion and open-mindedness, this beginning step to my product helped me plan and organize my research and information in the best possible way.

With this research plan, I was able to find sources that will give me reliable information, this improved my skill of media literacy where I was able to interact with different sources and media to formulate and create my own ideas. This was the best way for me to approach this analysis, with not only opinions and theories but with facts that can back up my claims. I found that I have been improving my skill of information literacy, I demonstrated this as I evaluated my sources by examining, and judging the content and purpose to find out if the source is credible and okay for me to use and rely on. I used the method of P.R.O.V.E.N to evaluate my source, it was important for me to use this method when researching, especially for such content as mine, where I need to accurately analyze a person's mindset and suggest a therapy which can be proven to be successful. If I had not used a method of evaluation on my sources, all my information would be questionable and it would lead the audience to believe that this product is not reliable and truthful. I tried basing most my sources from attack on titan fans and how they perceive Eren, to actual psychologists who can give examples to the change in Eren's mindset, to more credible opinions from the creator of Attack on Titan on why Eren became the person he is. I looked at videos created by fans such as the video "This video will change how you will see Eren" posted by Invaderzz on YouTube, I thought that sources like these would help me understand the perspectives of other fans regarding their opinions on Eren and why they think he changed for worse or better. I also looked at sources that provided authorized translated interviews with the author of Attack on Titan, Isayama Hajime, such as the interview from the SNK Character directory translated from Japanese to English on tumblr account fuku-shuu. I found that using a source like this interview could help me gain a better understanding on what the author had in mind when creating his character, and why he was inspired to change the character. This information would help me make my opinion and analysis reliable to the audience because I would base it from the original author. But when researching for information around Cognitive Behavioral Therapy I made sure to look at sources that would be most reliable, when I evaluated my sources I found that the best websites for me to use were websites posted by .gov such as the websites <https://pubmed.ncbi.nlm.nih.gov/> and <https://nij.ojp.gov/>.

The way I approached this research helped me achieve my learning goal, where I was able to learn the reasons behind Eren Jaeger's mental instability and suggest a treatment that could have prevented this mentality. I was also able to learn and evaluate the ways of this treatment and increase my understanding in why it would fail or succeed with characters such as Eren. The most important source that I had found to be useful in achieving my learning goal was the interview with Isayama Hajime, after finding this source, it was important for me to evaluate the reliability of the source.

P.R.O.V.E.N Source evaluation

Source: *Fuku-Shuu, Mika. "SNK Character Directory: Isayama Hajime Interview (Part 1)." 復讐, 14 Aug. 2017, <https://fuku-shuu.tumblr.com/post/164182335102/snk-character-directory-isayama-hajime-interview>.*

Purpose:	This source was created to inform the fans and audience of Attack on Titan on the main purpose of Eren's change, and the small details hidden as symbols of theme in the sea scene where the contrasting personalities of Eren and Armin interact together, in their final moment where Armin realizes that Eren is not the same he used to. It's an interview with the author of Attack on Titan, Isayama Hajime where he exposes his motives behind writing the sea scene and reveals the truth behind intended symbolism and what it means for the rest of the story. The intended audience for this interview is the fans of AOT who wish to know more details regarding the show and how it develops later on, and what it means for Eren's path of life. This interview was created for the sole purpose of informing the audience, and it was created in interview form to increase reliability and truth for the audience, because when you learn new information from the author himself, you believe it, and it gives the audience the original sense of perspective on Eren's character and the motives behind his creation.
Relevance:	This is an in-depth primary source that increases my knowledge on perspectives and helps me look at the intentions of the author to build my analysis based on the origin of the character. Using this interview where Isayama Hajime speaks about his intentions behind the most important scene in Attack on Titan, and the turning point for Eren as a person will help me fundamentally build and start my analysis. I can use this interview and quote it in my book to prove to the reads my point and why this analysis and theory makes the most sense, since it is built off of original knowledge. Compared to other sources, the information from this source is the most reliable because it is from a primary source, meaning that I can use the information to build my analysis and ensure that it is not simply based on other fans opinions. The information goes into the smallest of details that were hidden behind the big meaning of one specific manga panel.
Objectivity:	Although this source is translated and may have deviated away from its original meaning in Japanese. It is obvious that Isayama was being genuine and emotional when speaking about his intentions behind that panel, what it symbolizes, and what it means for the rest of the story development. The author used professional language, and of course, due to the interview being about his own work, all of the information given in the interview is considered a fact. The information covers every small detail and does not leave any details out that may have ruined the reliability of the source. The author speaks about the different perspectives that the fans see when reading that panel, then breaks it down with details that can prove his intentions of wring the scene.
Verifiability:	The original source of the interview is linked in the source as an attachment to give reference what manga panel Isayama Hajime was talking about. There are no spelling or grammatical errors within the source content. It seems that there was an editor reviewing the content before posted, because the author gives credit to another user that helped them verify the translation. The information being said in the interview cannot be backed with any extra facts to prove that the information is reliable, but this is mostly due to the fact that the information is being given by the original writer of attack on titan, therefore the information cannot be contradicted.
Expertise:	The user that published this interview and the translation cannot be considered authorized, but when looking through their account, it seems that they often do translations as such, especially seeing that they themselves are Japanese therefore the translation can be considered authentic and accurate. The user gives credits and a thank you to another user which had helped them edit the information and review the translation, with this peer review, this source can be credited as more reliable. The interview itself is extremely authorized, and the information being given by the interviewee cannot be considered fake, since it is the original author revealing his true intentions to the fans that might have missed any details.
Newness:	This interview was released in 2017 around the time the manga of attack on titan was up to season 3, before the big change that everyone was not expecting. This source is still reliable due to the content of the interview being about the content of AOT during that time. At this time, I am not aware of any newer interviews that would give me a more up to date insight on Eren Jaegers character development in the show.

In this step of the process, I developed my research skills the most, where I had to search for many different sources that can provide me with different information and perspectives. The majority of my research skill development was through information literacy where I had to find interpret and judge different information and find ways where I can link the information together to create a deeper understanding that I can use for the content of my book. This research was a critical part of my process when creating my product and achieving my learning goal, without this research I would simply be basing everything on my opinion after watching or reading Attack on Titan, and my analysis would not be considered valuable or reliable, instead it would simply just be a statement. The second aspect of my research skill that I had developed is my media literacy where I was able to use my research and combine it to create a deeper understanding, and pieces of information that can be used to develop the content of my book.

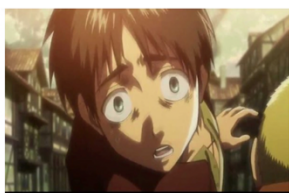
Research notes (Content/ Function):

- Character conclusion reveal = his personality was inexplicably ruined.
- Only logical ending: elevated his character to a level that a very few could foresee.
- To understand Eren you need to analyze his character,
- The beginning of his motivations was to wipe out and get rid of all the titans, the monsters that had stolen humanities freedom. He fought them blindly without considering what the titans were or why they attack the humans, but he knew that once the titans were wiped out humanity would have its freedom back.
- Every new development of the story began to test Eren's single minded understanding.
- The truth of reality forces him to confront his own worldview drastically, altering the direction of his character.
- As he changed from the innocent to the complex understanding that there are enemies beyond these walls, and if we destroy the titans, beyond the sea lies their true enemies.
- He's aggressive, stubborn, very hot-tempered, and impulsive. But he's also a trauma victim, a devoted friend and strongly empathetic, in some ways idealistic. Strong sense of justice and the hatred and pain he feels in seeing himself and others wronged.
- Eren's desire for freedom is an inherent part of him, that was only awakened once he realized that he was never free.
- Armin's dream: Exploring the outside world. Wonder.
- Eren interpreted what he saw in the book about the world was fundamentally different. Instead of feeling curiosity towards the world, the book only showed him his own lack of freedom.
- Eren's pursuit of freedom was antithetical to the understanding he spent time developing. → Idea of freedom was built off of the assumption that their conflict was simple.
- Eren used the rumbling to destroy the world, he came to this conclusion not out of necessity but because he wanted to proceed with this, it was his primary motivation.
- Eren was someone who was a slave to his own nature, and he was never free to begin with.
- An excerpt from Isayama Hajime's 2017 interview about his inspiration for creating Attack on titan:
"When I read 'Himanole', I knew society would consider the serial killer in the story unforgivable under social norms. But when I took into account his life and background I still wondered, 'If this was his nature, then who is it to blame...?' I even thought, 'is it merely coincidence that I wasn't born as a murderer?' We justify what we absolutely cannot accomplish as 'A flaw due to lack of effort', but there is bitterness within that. On the other hand, for a perpetrator, having the mindset of 'it's not because I lack effort that I became like this' is a form of solace." -Hajime Isayama
- Our actions and behavior are a result of the life experiences we've had that have shaped our personality and opinions.
- Regardless of where their personality came from, most people act within their own morals, beliefs, goals, and dreams.
- Eren is a unique case of someone whose ideology and dreams were formed by his own uninfluenced nature the moment he was born. While his brother Zeke is the opposite, his ideology, dreams, and beliefs were shaped by the environment around him and the influence of his parents towards him.
- In an interview, Isayama stated that although this is an alternate universe, he wanted to create something that is linked to the original universe, where he approached the writing of these characters in the same way. He creates Eren with the same personality and nature, but changes the environment around him. Eren remains the same person but in this alternate universe, he lives in a world not restricted by walls and he has never had to fight for freedom. He was living a boring life and longed for anything interesting to happen. His nature becomes clear once he has a dream that a zombie apocalypse occurs, and ever since then he realized that he isn't able to live a boring life where nothing happens. He then starts to reflect on the dream and realizes that if the danger doesn't exist, he can just cause one himself. But of course, due to the environment of this alternate universe, Eren does not actually do anything to threaten humanity.
- Everyone is the same version of themselves as children. What actually changes is the perspective of the outside world and how the close people view them.
- We think that Eren changed as a character when he has been the same for many years, it's only due to the fact that we chose to ignore this. His friends didn't want to notice his true nature, and neither did we as viewers. We viewed Eren as being the protagonist who was on our side. He becomes a character that opposes the message of the show/book, where he represents the opposite of everything we had learned up to that point.
- Everyone is a slave to a dream that give them the strength to keep pushing on
- Attack on titan takes place in a deterministic universe.
- Philosophy of determinism: All events in the universe are determined by preexisting causes, this is including moral choices. There's a cause and effect relation between all events in the universe. It's also a philosophy in the belief that human free will doesn't actually exist. Destiny and death is inevitable for all because it is a product of current actions, no matter what everything will lead to a person's doom. Even if the future isn't seen, doesn't mean that there any many different outcomes, no matter what, there is only one possible future. Any decisions people make are the ones that lead to the predetermined future. If someone witnesses the future in a deterministic universe, their illusion of free will is broken.
- Eren is an example of this; he witnessed the future that will be a result of his own choices, what he saw is what he will do in the future, had he not witnessed the future it would have seemed to him as if he had the free will in his decisions. But now that he had seen the future he knew what he would choose to do. Newcomb's paradox related to free will → retro causality. → occurs in a world with people who have seen the future and can make predictions with 100% accuracy.
- According to nij.ojp.gov CBT is a class of therapeutic interventions based on a common theory about the connection between our thoughts, attitudes and beliefs — cognitions — and our behavior. The core premise of CBT is simple: The way we think about situations shapes our choices, behavior and actions. If flawed or maladaptive thoughts, attitudes and beliefs lead to inappropriate and even destructive behavior, then changing those thoughts, attitudes and beliefs can lead to more appropriate, pro-social behavior. CBT focuses on providing, through individual or group therapy, the means to correct flawed cognitive-behavior processes. Cognitive behavioral therapy reduces recidivism.

Excerpt from Research (Content)

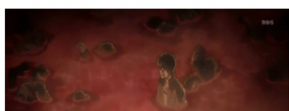
Making the product - ATL Skill: Thinking and Communication Skills (Aesthetics and Content)

After completing my research, it was time for me to begin creating my product, and to do so I had to use my critical and creating thinking skills. I had to take my research and connect each little point of information to each other to build more complex ideas. I did this by writing my research notes into little paragraphs where I was able to explain what it meant and how it could connect to my next research point. My main point of creating this product and developing successful meaningful content, was that I had to analyze and evaluate different issues and ideas by using my critical thinking skills. This eventually links to my progress of achieving my learning goal as well, where I planned to “analyze the psychology of Eren Jaeger and suggest a type of therapy that could prevent this mentality.” What I learned from the research that I had done, was that Eren was always the person he is, he had never changed. What did change was the new perspective that we gained when see the antagonists, this was where I used my creative thinking skills to generate new ideas and look at different perspectives so that I can truly analyze and evaluate where this ‘change’ eventually began. After looking at new perspectives and using my research to generate new ideas and understanding, I began to understand that truly analyzing this character was going to take a long time, and that it wouldn’t be easy to do. I was struggling to analyze the character now that I had done research that was mostly biased towards the character itself, I found it hard to actually change my opinion and create this analysis with a fresh mind that would look at the issue with no opinion. I worked my way around this by using my transfer thinking skills, which I do not usually always use, but as an IB students I realized I had formulated this skill overtime, and this was my opportunity to use it and further develop it. I used the knowledge I accumulated through my research with my previous knowledge of MBTI personality types, and I connected the knowledge together. To truly go into this analysis with an unbiased mind, I had to use my knowledge about the dark sides of Eren Jaegers personality type, ISFP. I used this knowledge to link it with my new research, where I used my observation skills and tried to find out if he had truly changed or if he was always the same all together. I decided to re-watch the show, and take notes on every scene where I had observed that he showed signs of being the violent person he is now.



Those eyes shouldn't be on a child's face. He now knows how others have felt when their loved ones were eaten. However, most don't see it happen since it's outside the walls. Technically, Eren is the only one who sees his mother being eaten, since Mikasa turns her head away right before it happened. Now, Eren is fueled by revenge and hatred towards the Titans. The only thing Eren can now think of is killing Titans.

Fast forward a bit, we see Eren becoming a cadet. Fueled by his anger over his mother's death, he's able to do well in his class, even landing amidst the top ten. However, right when they graduate another wall break happens. At first, Eren is confident in his abilities and sure that they can drive the Titans back. However, he's quite mistaken. He ends up losing his fellow trainees and almost loses Armin when he sacrifices himself. At this point, his career as a soldier is over, meaning his life's goal is pointless now. He's in the stomach and he hears the girl crying for help.

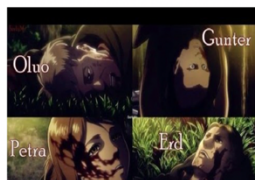


He hears her talk about his mother and he remembers her, which gives him the strength to continue.



And gives his reason for fighting, triggering the titan transformation. At this point, Eren has only one mind, to kill the Titans.

Fast forward to when Eren joins the Survey Corps, we see him being cautious around Levi's squad. He doesn't understand how they can be so careless with each other's actions and doesn't understand that trust is important. But he learns eventually how important trust is, making him a more trusting person in someone else's abilities. However, he soon learns that life throws unsuspecting problems. In this case, the death of Levi's squad.



Here, he starts to doubt his allies capabilities and fears for everyone's lives. Something that will be important later on in the series.

Eventually, Eren learns that the Female Titan was actually Armin, a person he thought he trusted. What trust he had in his comrades has been broken up, thanks to her actions.

Later on, he learns not only Annie, but also Ymir, Bertholdt, and Reiner were Titans. While Ymir's secret wasn't a big deal to him, Reiner's and Bertholdt's was. Back when they were recruits, Reiner, Bertholdt, Armin, and Eren talked about their history before.



Reiner and Bertholdt heard about Eren's experience and how the Colossal Titan's kick broke fragments of the wall, one of which would crush Eren's mother, causing her death. Eren soon realizes that the people he told his experiences too were actually the ones who caused it. What little trust he had in his comrades were shattered completely. He also witnesses the death of Hange, a sort of father figure to Eren, who, after witnessing his death, no longer wishes to fight and gives up. Only Mikasa's helplessness and confession restores Eren's will to fight, triggering the coordinate.

Later on in the series, Eren finally learns about Historia's background. He also learns that his father killed and ate a majority of Historia's household family

members, especially her older sister. He's clearly shocked about his dad's actions, even willing to die and get eaten if it means that no one has to suffer anymore. He wants everything to get over with but Historia manages to convince him that that isn't his purpose in life. He soon realizes that friends are everything and regains his trust.

After the giant battle between Reiner, Bertholdt, and Zeke, Eren realizes that Armin's sacrifice is what let him win against Bertholdt. Eren is prepared to say goodbye to his friend, which is incredible hard for him since they have been friends since kids. However, he learns that Armin is still alive and can be brought back, which Levi is about to allow until Eren is seen still alive, however barely. When the decision comes to bringing Erwin back, Eren fights hard for Armin's revival instead, promising that Armin is the better choice. Eren shows that he is a very caring person, not willing to lose his best friend. Eventually, Levi agrees to revive Armin, allowing Armin a second chance at life.



Finally, Eren learns the truth about the human world. At first, he couldn't believe it, but now, he knew that they would never be free. He's hell bent on seeing the destruction of the subsiders, willing to do anything and believes that anyone outside the walls is an enemy.

Initially, a lot of people assumed that Eren went overboard with the whole Euthanasia plan. However, we finally learn of Eren's intent. He just wants to save his friends and people. In the end, Eren betrays Zeke and goes against his plans. As of right now, we don't know much of Eren's decisions but one thing is important right now. Eren still cares for the people he love and will do anything to save them, even if it costs the world.



Continued in the next issue.

Now that Eren learns the truth, he secretly goes to Marley and tries to understand them. However, he's unable to and is infuriated with them and the rest of the world. Instead, he fights back, declaring war on them and brings his half-brother back with him, at the cost of another friend, Sasha.

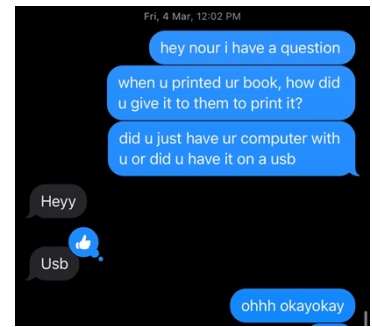
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As you can see in the screenshot above, these were the notes I took on every scene I had noticed something.

Although this took time, I was able to start my analysis right away with many new ideas that I had developed. I linked all this to my previous knowledge, my research, and my observed information. I was able to change the way I think and my perspective to look at this character as if I had been his friend, his enemy and himself. This way I was able to see that with a change of perspective, the same person can change in that same instant. This helped me add my most trivial understanding that I included in my product, that the relationships around you can change your identity, for good or worse.

After writing the draft of my book, I followed my action plan and gave my book to my friends for them to read and give me their opinions. I decided to especially pick the friends that had watched Attack on titan before, so that I would be getting feedback on the analysis itself and whether they thought it made sense or not. I communicated with them in person and had them tell me about the book as if they were giving me peer review, this helped me gain new understanding of what my audience would feel as they read the book. I also communicated and collaborated with my friends to help me find covers for my book that would fit my writing aesthetic and the theme of the book, they helped me find a cover that essentially symbolizes the mind breaking down, and this was a cover that I found on Pinterest that was free to use. Once I was done getting feedback, I showed my father my book and showed him my success criteria so that I would be able to get an evaluation

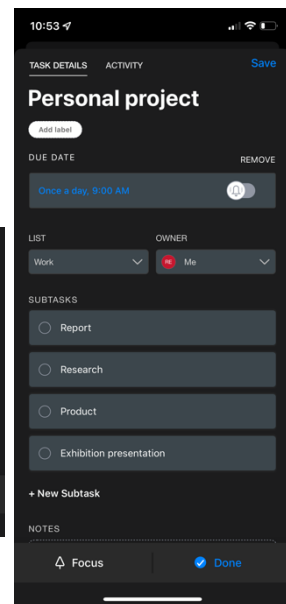
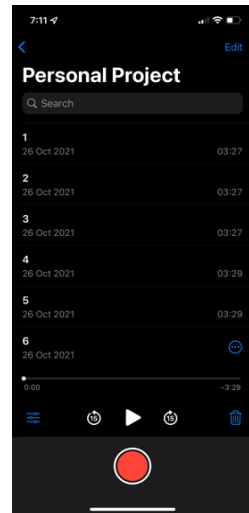
on the success of the product so far. We realized together that one of the only things I was missing to get high marks on the success criteria was that I should print the book as I had planned. I was finding trouble finding places in Qatar that could print and publish books in the way I had planned, that it would match the aesthetic of the book itself. So, I used my communication skill to ask around different teachers and students where they had printed their books before, and therefore I was able to solve my issue, where I found a place recommended to me and I was finally able to print my book. The screenshot on the right shows me asking my friend how she had printed her book.



I also realized that another way I developed my communication skill, was through writing the content of my book, where I had to communicate my thoughts in the most thorough way that could be easily understandable, but the information would still be sophisticated enough to show that I knew what I was talking about. I had to use my knowledge from English class and build concise language that could still be understood by my target audience which were teenagers and adults. I found that it was hard for me to try and communicate my knowledge and ideas clearly straight away onto the paper. To solve this dilemma, I decided to voice record anything I wanted to say, so that I would be able to listen to the voice recording and write it down in a more structured and organized way.

Making the product - ATL Skill: Self-management

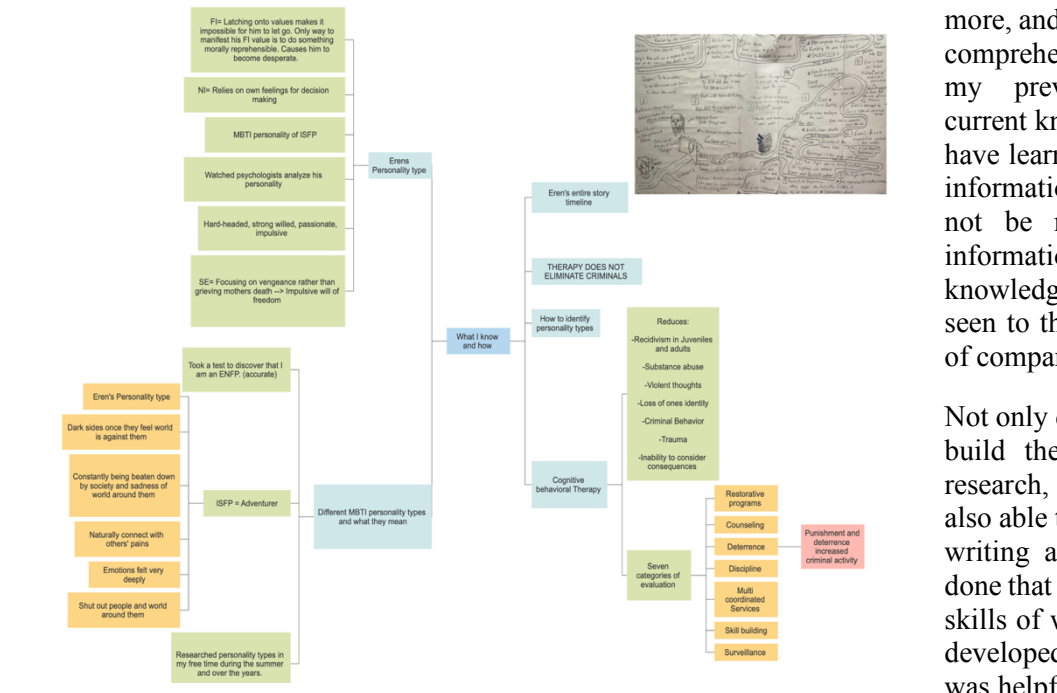
As I was working on the development of my product, I found that this personal project was giving me a hard time in self and time management. Where I wasn't able to make time for both school, tests, this time-consuming project and my own personal life. Therefore, I had to make sacrifices and work on the weekends and during the holiday to make sure I was keeping up with my action plan timings. Time management has always been a skill I lack and struggle with, but I realized as with time went by, that working on my weekends and spending less time socializing was too exhausting for me and it caused my mental health to decrease, so as time went by, I started unconsciously working on this project whenever I had the motivation to do so. I found myself fixing my time management and doing my school work on time so that I was able to work on this project after completing my homework during the school week. This gave me back my time for socializing, but of course there was often times where I had to work during the winter break to make sure I have caught up with any work. I also used the winter break to get ahead on my project and to complete my product and work on my report, this was another way I realized that my self management skills were developing and that I was demonstrating good time management skills by the end of this project, compared to the beginning of this process. To keep myself in track I kept an app that reminded me daily to work on my personal project, as can be seen in the images on the side, I created this reminder in October.



Reflecting

How has the project impacted me?

When I first began this project, my goal was to learn about the causes of Eren Jaeger's mental instability, evaluate his motives, goals and approaches towards it, while suggesting a method of therapy that can prevent such mentalities in reality. As I was researching, I was scared that I would not be able to achieving my learning goal, but I followed through with my action plan and kept looking back at my research plan and success criteria as I worked. After completing this project, I'm proud to be able to say that the biggest takeaway from this was that I was actually able to complete my product and that I learnt a lot of new information beyond my learning goal. I was also able to create my book and demonstrate all I had learned throughout the project and speak about it with friends, teachers and parents during the exhibition. I learned a lot more about psychology, and I paid attention to all the little details that I had missed when I first read Attack on titan, so after I finished analyzing Eren's character, it made me realize the worth of the amazing plot and the character development, I was able to completely enjoy the complexity and beauty of the storyline once more. I found that when you learn to analyze and pay attention to small details, you are able to understand and enjoy the plots of books

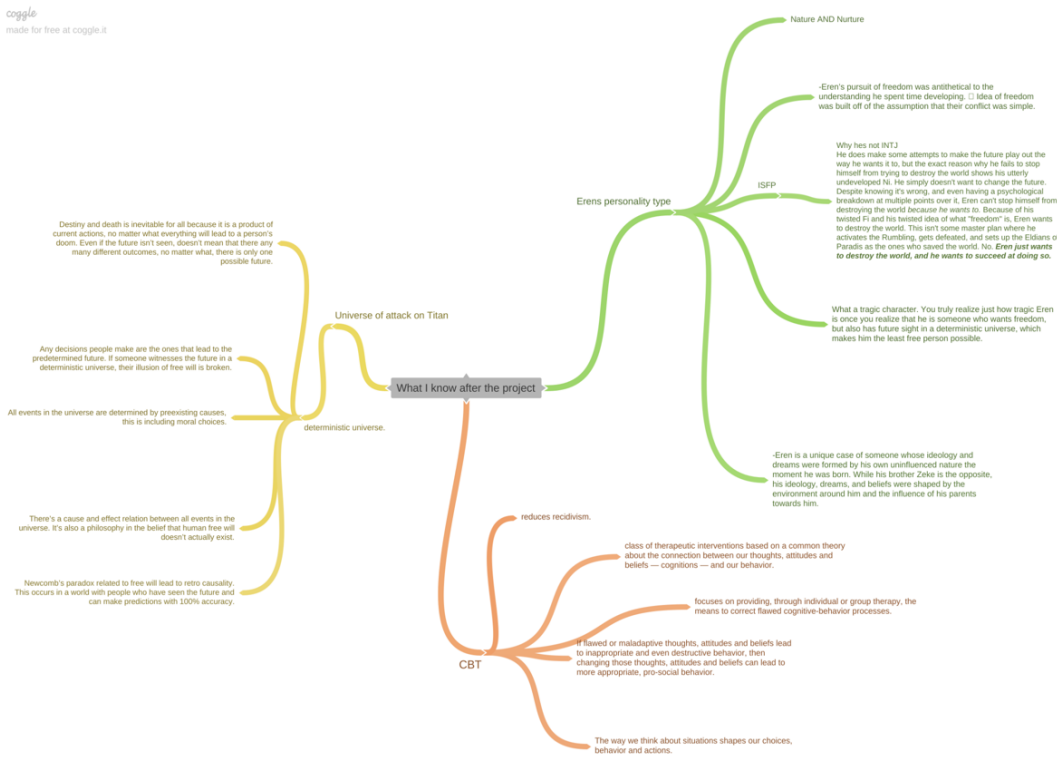


more, and it increases your level of comprehension. When I compare my previous knowledge and current knowledge, I can say that I have learned a massive amount of information, and although it might not be new information, it is information where I have in depth knowledge of now. As it can be seen to the left in the two images of comparison.

Not only did I learn to analyze and build the skills of observation, research, and thinking, but I was also able to learn the techniques of writing a book, as I have never done that before. I realized that my skills of writing a book that I had developed throughout this project was helpful because instantly after

finishing my project, I had to use this same skill of analyzing and writing a book in my Arabic literature class. This helped me demonstrate my skills and get a head start on something the rest of the class had not learned yet. I realized that when doing this project, it was actually much better for me to go and write a book than just reading about how to do so, when you actually take time to write a book, you feel very proud of what you achieve after finishing it, and

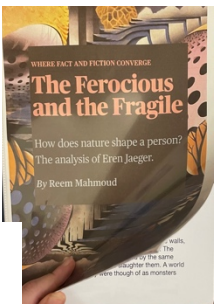

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having people compliment my book made me even happier. I was able to also learn that, printing a book in libraries here in Qatar is cheap and from now on I would like to pursue a hobby of writing and printing my own books that I can benefit from in both school and my own enjoyment. Completing this project actually helped me realize that as a person, I have an insane amount of enjoyment and love for psychology. I realized that after researching and analyzing the psychology of Eren Jaeger, that I was truly fascinated by the human mind, it not only interested me but it helped me realize that in the future I would like to pursue the career of psychology, and that I would like to keep studying psychology as I age.

One lesson I can take away from this project is that when creating a book, one should proof read it multiple times throughout a week, and never multiple times on the same day. I learned that I should give another person to read my book and give me feedback on the actual content and the writing as well. I should have contacted my English teacher to proof read my product, but I am glad that I completed this project and felt proud of my product and growth after completing this. From now on I can be more confident in my work and in my skills and ability.

Product Evaluation

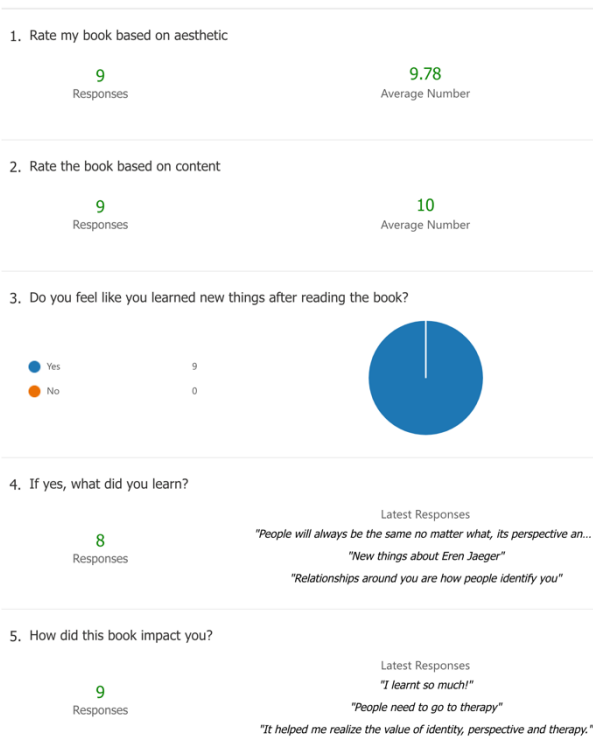
Area	Reflection: Strength/Development	Exceed Expectation (level 7/8) Achieved/Not achieved	Proof
Aesthetic	<ul style="list-style-type: none"> - My book was 31 pages long and I think that it was the perfect length, and it allowed me to fit in all my content at a good size with good spacing. - I think I could have added a few more pictures in my book, and based on some responses from my audience they agree. - I think that the cover that I chose fits my writing aesthetic and content very well. - All my chapter titles were carefully picked out from important parts of the content in that section - I think that I should have made the book shorter so that people would actually have time to stop and read. 	<ul style="list-style-type: none"> - Book is longer than 10 pages and less than 35 pages. - Published and is a physical book AND online - Contains appropriate extracts from the manga that give depth to explanation and information. - ALL Images formatted adequately and are not too small/big - 2 or more images within book - Cover page connects to the theme of the book and is formatted in an eye-catching way and is aesthetically pleasing. - Table of content is included - Layout of the book is organized and sectioned, with appropriate chapters and spacing. - Content is spaced adequately and all paragraphs are similar sizes. - Font size is big enough to be read and font style is constant within the book. - ALL Chapter titles relate to the content and are intriguing. - Formatted in novel book layout. - Typography must match theme and style of book, font must be either "Times new roman" or "Garamond" 	 <p>31</p> <p>Prologue 5 Chapter 1: Mistaken Freedom 6 Chapter 2: Free Will 13 Chapter 3: The concept of the dream 18 Chapter 4: Cognitive Behavioral Therapy 26</p> <p>you're born with an evil nature, only the way you grow up, the experience of the world around you will hinder or intensify this nature and put it into action. Everyone is born with the ability to think, but only education and the experience of values and morality determine the way you think. Many are born with the nature of being evil or the desire to destroy, and this can be seen in infants and the way they play. But it's truly up to the way they're raised that they will change the way they put their nature into action.</p> <p>After all, a match is made to light fire but only does an external factor lead it to light a fire. A match is considered dangerous as though it is the cause of fires going out of control, but only does a person use that match and light it to use it dangerously. Everyone is born with the possibility, some more than others, to kill. But only those affected by external factors truly become killers. Regardless of where their personality came from, most people act within their morals, beliefs, goals, and dreams. But...</p> <p>Does that mean that no one is truly free?</p> <p>That we can't act outside of our goals, morals, and beliefs?</p> <p>Does this also mean that we shouldn't hold ourselves at fault for our character flaws?</p>  <p>"If we kill all our enemies... over there... will we finally... be free?"</p> <p>"I'll be the one to kill you!"</p> <p>"SO YOU'VE COME!"</p> <p>"THOSE HAPPY TIMES WE COULD- ONCE SEE IN OUR DREAMS- ARE LONG GONE!"</p>
Function and Audience	<ul style="list-style-type: none"> - It attracted audience because of my booth, and because I kept a page where I had a manga extract open. I could have improved this by choosing a cover that related to the character. - Based on my survey, everyone said that they understood my book and learned something from it 	<ul style="list-style-type: none"> - Book will attract audiences that have watched/read attack on titan. -The book will be beneficial and understood by teens and adults. - The impact and message of the book is clear to the audience. - Content will portray message that dreams and goals have limitations, when obsessed with a goal you become a slave to it. -The message has a strong impact on the understanding of the audience. 	<p>1. Rate my book based on aesthetic</p> <p>9 Responses 9.78 Average Number</p> <p>2. Rate the book based on content</p> <p>9 Responses 10 Average Number</p> <p>3. Do you feel like you learned new things after reading the book?</p> <p>Yes No</p> <p>It made me realize the importance of logical thinking and not letting your emotions take too much control over you</p> <p>I realized that no one can change themselves unless people around them help</p> <p>eren neaga</p> <p>The way we view a situation shapes our choices and behavior towards it</p> <p>It helped me understand why Eren changed, and that he had always been a violent thinking person, but the perspective just changed.</p> <p>It helped me realize the value of identity, perspective and therapy.</p> <p>People need to go to therapy</p> <p>I learnt so much!</p> <p>The effect of your past on your future</p> <p>Everything</p> <p>The relationships around you are what shape you as a person</p> <p>That Erin could have approached this situation differently, if he looked at it from a different perspective</p> <p>I learnt that you should not get too attached to a dream because you can lose your sense of identity and gain a negative sense of drive.</p> <p>Relationships around you are how people identify you</p> <p>New things about Eren Jaeger</p> <p>People will always be the same no matter what, its perspective and social norms that change what is acceptable and what isnt</p> <p>Questions asked about impact and what they learned</p>
Content	<ul style="list-style-type: none"> - I think I could have done more explaining and justifying to prove my point, such as adding more quotes and pictures that can help justify my information and theories. - Not all of my audience were attack on titan fans, therefore I know that when they wrote down what they learnt, it was obvious I explained everything well. 	<ul style="list-style-type: none"> - Entire timeline of Eren Jaeger's life is analyzed in order, there is an appropriate and substantial amount of information and details. - Connection between reality and fiction is justified with evidence of existing theories. - Quotes are used to justify and explain theories. - Explained information is useful, and can be understood by audience that have not watched Attack on titan. -Existing therapy is explained in detail of beneficial accuracy, and how Eren could be "cured" - Content links specific scenes from the manga to further explain and justify information. - Start of chapters are intriguing and captivating. - There are no grammatical errors or spelling mistakes. 	<p>Other than this, throughout the entire story, all the situations Eren became involved with continue to change, and his grasp of the sea itself subsequently fades. The gradual clarity of how the two of them have diverged in perspective, and Armin's shock towards this realization. When they reached the sea, the shell Armin held symbolized "something that only exists in the sea." He tells Eren, "Look at this." However, Eren does not glance towards it as he was focused on more serious thoughts. "The shell that was ignored" was then forsaken within Armin's hand. This could be "the end of a dream" though maybe even more so "the end of adolescence."</p> <p>Eren had to sacrifice every bit of his own humanity and personality to free Ymir and end the cycle of hatred. In a story that prides itself on existentialism over nihilism and the idea of "the world is cruel... but it's also beautiful", I</p> <p>Quotes, specific scene, no grammatical errors, a part of Erens life</p>

My product

My product demonstrated my learning goal achievement, it was a 31-page book analyzing the psychology of Eren Jaeger with links and connection to his life. It included extracts from the Attack on titan manga to help me justify and add more depth to the information. I had four chapters in my book, the last one explained the suggested therapy and if it would be able to change or fix Eren and at what costs. At the end of the book, I added a poem that helps me sum up the ending of Eren's life, a poem dedicated to 'the boy who sought freedom.'

After going through my success criteria and 'grading' my product, I can see that as I worked on my product it was obvious that having this success criteria open next to me was beneficial to creating a successful product. There are many aspects where I could have improved, but overall, I think I performed well for someone who did this for the first time. Based on all the positive feedback I got, I'm proud to say that I did well. My main weakness was in the book writing itself, it can be in my aesthetics criteria, I needed to improve by adding more images or making my book shorter so that people can have time to read. I think that I met my goal well, and demonstrated positive aspects from my success criteria. One thing I could do to make sure I could get the highest marks would be to show my English teacher my book and success criteria so that he would be able to give me legitimate feedback which would also save me time from rereading my book multiple times to make changes. To measure my success, I sent out a form to my peers for feedback, I made sure that the questions covered all the strands on the criteria so that I can compare it to the success criteria. As I looked at the answers from my questionnaire, it's obvious that my product succeeded well on all strands. My audience had all learnt their lessons after reading the book, I was able to attract fans, and all of them agreed that my book takes top marks on aesthetics and content.

My Survey Results



6. Do you think relationships are what form us as people?



7. Have you ever had a dream that "enslaved" you?



8. If yes, what was your dream/goal?



9. What could I do to improve my book?



10. Have you watched or heard of attack on titan?



11. If yes, did you ever feel like you hate Eren?

