**INTRO:**

1. Research question

我们的研究主题是如何让内向者更加积极地对待自身的性格。

1. Hypothesis as usual. (15”)

我们提出猜想，通过更包容的环境和对森田疗法的运用，内向者们会逐步改变他们对自身性格的看法。

**BODY:** the two main parts:

1. Empathize, **define** the problem (60”)
   1. Questionnaire (20”)
   2. Speech+ interview (10”)

之后我们在苏高中举办了一场演讲。在演讲之后，我们采访了大约30名在场观众。通过结果我们发现几乎所有人都希望自己能够更外向一些。

* 1. Literature (这个要不要？面对专家？(15”)

其次，通过阅读大量的文献，从Susan Cain的纽约畅销书Quiet到荣格的心理类型理论。我们在各种说法中选择并决定将内向者定义为不愿意社交，而不是没有社交能力的人。

1. Ideate, prototype and test. 🡪implementation (two methods for two different groups of people) (135”)
   1. Study group—environment
   2. Morita therapy—internal changes强调**innovation原创性**

\*make sure to explain the methodology **consicely**

\*Always link back to the research question: so what? How does this help us solve the research question?

\*Always line back to hypothesis: is that correct?

**EVALUATION** (90”)

1. Merits—大概总结一下我们的影响(20”)
2. Limitations (30”)

One reason was that we thought adults have already formed their world values and it might be too hard and too realistic to do so considering the energy and time required. Which will be a bigger problem if we did launch our project.

However, it doesn’t mean that we were not trying to achieve that with relatively lower requirements. As you may notice, we focused a lot on teenage education, so that, I quote, from Susan Cain’s Quiet: “”

当然我们的项目存在一些局限性

1. 首先，在实验中，我们并没有在家长方面做出过大的改变，大多都是围绕青少年进行的。但是，正如Susan Cain所说，我们至少能让下一代内向者们受益。
2. 其次，在我们的两个实验中，参与者或多或少 会知道我们的目的，所以不能排除他们因此而表现得更贴合我们的假设的可能性。因此，我们仍然需要将实验扩大到更大的受众群体以验证其可行性。
3. Future Applications (30”)