**Presentation Reflection**

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FAST NUCES – CFD Campus

SS2019: Psychology

Assignment # 03

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1. **Why did you choose the specific presentation/role-play topic?**

I chose the topic *Effects of Colors on Mind and Behavior* because it seemed fascinating to learn about how colors, which we often take for granted, actually play a significant role in influencing our thoughts, emotions, and actions. Colors are all around us, in our homes, workplaces, clothes, and even the websites we visit. At first, it might seem like colors don’t matter much, but they have a deep connection with how we feel and behave. I was curious to understand this connection better and wanted to explore the science and psychology behind it.

1. **What did you think was the best part of your presentation/role-play?**

The best part of our presentation was when my partner explained the emotions and feelings associated with different colors. For example, how red represents passion and energy, blue is calming and trustworthy, and yellow is cheerful and uplifting. It was particularly engaging because my partner made it interactive by asking the class how they felt about certain colors, which got everyone involved and created a lively discussion. This interaction made the presentation more interesting and helped everyone connect to the topic on a personal level.

1. **What was your new learning regarding the chosen topic?**

As a graphic designer and web developer, this topic was extremely helpful for my work. I learned how different colors can influence emotions and behaviors, which is critical for designing effective and impactful visuals. For example, I now understand how to choose calming colors for a health website, vibrant colors for an entertainment platform, or neutral tones for a professional setting. It also gave me insight into how to use color psychology when designing social media posts, logos, and layouts to ensure they leave the right impression. This new knowledge has enhanced my ability to create designs that are not only visually appealing but also emotionally meaningful.