林恩彤

The Paradox of Choice? Let me give an example to explain this phrase: if you have a watch, you must know what time it is now. But if you have two watches which display different time, you would be hesitant about the time. So The Paradox of Choice means that Having too many choices makes it more difficult to make choices.

In recent years, the phenomenon of the paradox of choice is becoming increasingly frequent. More products are being sold on Taobao while you are feeling more difficult to make a choice. There are so much food in front of you while you need much time to decide what to eat. Having too many choice has brought troubles to people, so how to avoid being that situation? I’ll give you some brief tips. First, subtract your choices. Second, leave your choice to destiny. When you couldn’t make decisions by yourself, you could manage it by flipping a coin .

In a word, the paradox of choice reveals the scams behind diversity of choices: It seems like we have more choices, but in reality, it's not.

何佳汶

At first, I want to ask a question: do you konw what is the paradox of choice? Raised by American psychologist Schwartz, it means that the more choices you have, the harder for you to choose, and you are more restless and ill-tempered. As time goes by, even people chose a good choice, they will doubt whether it is the best one. So what can we do to avoid it? The answer is to keep the number of choices appropriate. For people will hesitate more when faced many choices, they are more likely to regret later. However, this is not caused by the quality of choices. It’s the idea that the way you haven’t walked is always better. It’s the contrast between the beautified one and the realistic one. It’s the unwillingness hid in the subconscious of everyone. Therefore, sometimes two choices are enough. And the most important thing is that we should accept our own choices. As a saying goes, all roads lead to Rome. There are not many differences between choices. The quality of them is always decided by our subjective perceptions. So the way you treat choices decides the way you gain happiness.

吴端沁

In our contemporary society, we live in a world of seemingly endless options. From the countless cuisines available at our fingertips to the never-ending scroll of social media feeds, the sheer volume of choices we face daily can be overwhelming. However, while it may seem like we have more control than ever before, the paradox of choice reveals a different story.

The paradox of choice, as Barry Schwartz argues in his book 'The Paradox of Choice', is that while more choices may seem like they should lead to greater satisfaction, they often result in increased indecisiveness and even dissatisfaction. With so many options to choose from, wefind it increasingly challenging to make decisions, let alone feel satisfied with the ones we make.

This paradox is not just about the number of choices, but also about the expectations and pressure that come with them. As we strive to make the 'right’ choice, we often become fixated on the perfect option, forgetting that perfection is not attainable and that any choice, no matter how imperfect, is better than none at all.

In conclusion, while choice certainly empowers us and enables us to pursue our desires, excessive choice can limit our freedom and even lead to dissatisfaction. Therefore, learning to choose wisely, even learning to make decisions without enough information or resources, may be the key to finding satisfaction and happiness in a world with too many choices.

李兆基

Ladies and gentlemen,

Good afternoon.

The topic today I would like to share is the paradox of choice.

What is the paradox of choice. We live in an era filled with choices, whether it's in our careers, education, or daily lives. However, sometimes we find that the more choice we have, the more challenging our decision-making becomes . This is the paradox of choice.

When faced with too many options, we often feel anxious and confused. Sometimes, we might prefer to have only a few choices because it can lower the pressure of decision-making. We always fear that the decision we make might not be the best one when we confronted with more choices.

So, how should we deal with the paradox of choice? First, we could try clarifying our goals and dreams, focusing on a few things which are really important instead of meaningless things. Then we must learn to accept imperfect decisions.

From my point of view, there is no perfect decisions. The only thing we can do is to choose the comparable right choice. By accept our imperfections, we can face decisions more calmly, no longer confused by the paradox of choice.

Choices shape our lives, so let’s accept the paradox of choice, trying to making decisions which won’t make us regret, which will make us a better person.

Thank you for listening.

陈思桐

Good afternoon everyone. Today, I want to discuss the concept of the paradox of choice. It's the idea that having too many choices doesn't always lead to a better outcome, it can actually lead to unhappiness and dissatisfaction. First, more choices reduce our ability to focus. Imagine that we open the bilibili app to study but be attracted by the video, and time passed. It's obvious that people have limited energy and If we can't focus on one thing, we can't get anything done in the time we have. Additionally, more choices will make us confused, especially when we are expected to make a right choice. Tao Te Ching Chapter 22 says, "less leads to gain, more leads to confusion." It means that with fewer choices, it is easier to choose and gain more. On the contrast, People with too many choices are often confused, don't know what they really want, and end up with nothing. To break free from the paradox of choice, we can start by focusing on what's truly important to us, and eliminating the rest. By limiting our choices, we can actually feel more satisfied with our choices. That's all.Thank you.

朱永俊

Good afternoon, everyone! Now, I’d like to talk about a concept: the paradox of choice. Personally speaking, as the number of choices we have increases, our level of satisfaction with our choices decreases.

For instance: just imagine that you’re going to buy a shirt. Fortunately, there is only one kind of shirt that suits you, you might make a decision as fast as you can. However, you’ll spend more time choosing from 20 types of shirts and eventually feel less satisfied with your choice.

The examples of paradox are various from clothes to careers. With so many options available, it makes difficult for us to decide on. Besides, with more options, the more we want to compare, the attractive features of the alternatives decrease the satisfaction in our final choice.

So, what can we do? For one thing, we can limit our options to make decisions easily. For another, focusing on what really matters helps to be more satisfied.

In conclusion, the paradox of choice reminds us that more isn’t always better. Simpler options will bring more satisfaction.

Thank you!

奚铭锋

As the saying goes, effort means more choices. In high school, we were always told that the more we pay, the more choices will come. But do more choices bring people more happiness? Things exactly are far from that simple.

When we make a big decision, more choices mean we must spend more energy to find out the best one, which will lower our emotional value. Even we overcome this, when the things have been done, we might regret not making a better choice though current result conforms to our original expectations. As we have more choices, our expectations have also been raised silently. This will finally make the result far from the expectations, and make us disappointed.

So when we have several choices, it is easy for us to decide, but when there are too many choices, it may mean pain rather than liberation.