

1. The role of social media in portraying gender stereotypes
2. How social media impacts our body image
3. The negative effects of social media
4. The positive impacts of social media
5. The effects of social media on behaviour
6. How social media impacts our physical (or mental) health
7. Social media as a news outlet
8. How movies influence our understanding of good and evil
9. Beauty standards represented in movies
10. How horror movies and global fears have developed through time
11. Charlie Chaplin and the silent movie era
12. The globalisation of culture: Hollywood vs. Bollywood
13. The psychology behind the music in films
14. The ethics of using animals in movies
15. Social media's influence on the film industry
16. The role of colour in movies
17. The cultural impact of romance movies
18. How are gender stereotypes depicted in Hollywood movies?
19. The impact of pop music on beauty standards
20. The psychology behind the music in advertisements
21. The effectiveness of sound therapy
22. Can music inspire criminal behaviour?
23. The psychological effects of metal music
24. How does music influence our understanding of the world?
25. Can music help in the learning process?
26. The positive effects of classical music

27. Why is music education essential in schools?
28. The psychological benefits of playing piano
29. The link between food and mental health
30. Myths about healthy practices
31. Simple practices that help you stay healthy
32. Health education in schools: Should it change?
33. Toxic positivity and mental health
34. The impact of superfoods on our health
35. The psychology behind unhealthy eating habits
36. Sex education in schools: Why should we have it?
37. How to trick yourself into getting better: The placebo effect
38. How to strengthen your immune system
39. How to tell if someone is depressed
40. The health benefits of regular exercise
41. The impact of junk food on mental health
42. Stress-caused diseases
43. What is social depression?
44. What triggers panic attacks?
45. How to overcome social anxiety
46. Differences in the functioning of the brain of a child and adult
47. How does the use of social media influence our attention span?
48. How to overcome childhood trauma
49. The influence of marijuana on the human brain
50. How does behavioral therapy work
51. The psychology behind fame
52. The causes of personality disorders

53. The differences in brain functioning between men and women
54. What happens in therapy sessions?
55. The psychology of substance abuse
56. The impact of exercise on productivity
57. How to deal with stress
58. How to deal with procrastination
59. The positive effects of meditation
60. Why new-year's resolutions don't work
61. How to overcome bad habits
62. The impact of negative thoughts
63. The negative effects of self-criticism
64. How to learn something fast
65. How to be mindful
66. The importance of curiosity
67. How to become more self-aware
68. Why it's essential to spend time with yourself
69. What are the advantages and disadvantages of online education?
70. The positive effects of a gap year
71. Should university education be free?
72. How language learning benefits brain development
73. The importance of socialisation in school
74. What you don't learn in college
75. The link between education and brain development
76. Is graffiti a form of art or street vandalism?
77. Cultural diversity in the workplace
78. The impact of culture on gender roles

79. Are humans the only species that has culture?
80. How do different cultures view death?
81. The ethical issues of pop culture
82. The impact of culture on personal development
83. The impact of globalisation on local cultures
84. The problem with romanticising toxic relationships in movies
85. How to deal with workplace conflicts
86. The secret to a productive day
87. How to set achievable goals
88. The importance of diversity in a workplace
89. The characteristics of a valuable team member
90. Work habits of different cultures
91. How is work perceived in various countries?
92. The importance of a healthy work/life balance
93. The rise of health problems in office work
94. The importance of body language in public speeches
95. How to appear confident when you're not
96. The use of eye contact in public speaking
97. Breathing exercises that will calm you down before public speaking
98. Ways to improve public speaking skills
99. How to engage your audience during a public speech
100.       How to address a controversial topic in a public speech