1. The role of social media in portraying gender stereotypes

1. How social media impacts our body image

1. The negative effects of social media

1. The positive impacts of social media

1. The effects of social media on behaviour

1. How social media impacts our physical (or mental) health

1. Social media as a news outlet
2. How movies influence our understanding of good and evil

1. Beauty standards represented in movies

1. How horror movies and global fears have developed through time

1. Charlie Chaplin and the silent movie era

1. The globalisation of culture: Hollywood vs. Bollywood

1. The psychology behind the music in films

1. The ethics of using animals in movies

1. Social media’s influence on the film industry

1. The role of colour in movies

1. The cultural impact of romance movies

1. How are gender stereotypes depicted in Hollywood movies?
2. The impact of pop music on beauty standards

1. The psychology behind the music in advertisements

1. The effectiveness of sound therapy

1. Can music inspire criminal behaviour?

1. The psychological effects of metal music

1. How does music influence our understanding of the world?

1. Can music help in the learning process?

1. The positive effects of classical music

1. Why is music education essential in schools?

1. The psychological benefits of playing piano
2. The link between food and mental health

1. Myths about healthy practices

1. Simple practices that help you stay healthy

1. Health education in schools: Should it change?

1. Toxic positivity and mental health

1. The impact of superfoods(非常健康的食品) on our health

1. The psychology behind unhealthy eating habits

1. Sex education in schools: Why should we have it?

1. How to trick yourself into getting better: The placebo effect (假药效应)

1. How to strengthen your immune system

1. How to tell if someone is depressed

1. The health benefits of regular exercise

1. The impact of junk food on mental health

1. Stress-caused diseases
2. What is social depression?

1. What triggers panic attacks?

1. How to overcome social anxiety

1. Differences in the functioning of the brain of a child and adult

1. How does the use of social media influence our attention span?

1. How to overcome childhood trauma

1. The influence of marijuana on the human brain

1. How does behavioral therapy work

1. The psychology behind fame

1. The causes of personality disorders

1. The differences in brain functioning between men and women

1. What happens in therapy sessions?

1. The psychology of substance abuse
2. The impact of exercise on productivity

1. How to deal with stress

1. How to deal with procrastination

1. The positive effects of meditation

1. Why new–year’s resolutions don’t work

1. How to overcome bad habits

1. The impact of negative thoughts

1. The negative effects of self-criticism

1. How to learn something fast

1. How to be mindful

1. The importance of curiosity

1. How to become more self-aware

1. Why it’s essential to spend time with yourself
2. What are the advantages and disadvantages of online education?

1. The positive effects of a gap year

1. Should university education be free?

1. How language learning benefits brain development

1. The importance of socialisation in school

1. What you don’t learn in college

1. The link between education and brain development

1. Is graffiti a form of art or street vandalism?

1. Cultural diversity in the workplace

1. The impact of culture on gender roles

1. Are humans the only species that has culture?

1. How do different cultures view death?

1. The ethical issues of pop culture

1. The impact of culture on personal development

1. The impact of globalisation on local cultures

1. The problem with romanticising toxic relationships in movies

1. How to deal with workplace conflicts

1. The secret to a productive day

1. How to set achievable goals

1. The importance of diversity in a workplace

1. The characteristics of a valuable team member

1. Work habits of different cultures

1. How is work perceived in various countries?

1. The importance of a healthy work/life balance

1. The rise of health problems in office work
2. The importance of body language in public speeches

1. How to appear confident when you’re not

1. The use of eye contact in public speaking
2. Breathing exercises that will calm you down before public speaking

1. Ways to improve public speaking skills

1. How to engage your audience during a public speech

1. How to address a controversial topic in a public speech