# Your body language may shape who you are!

What's the main message in the image?
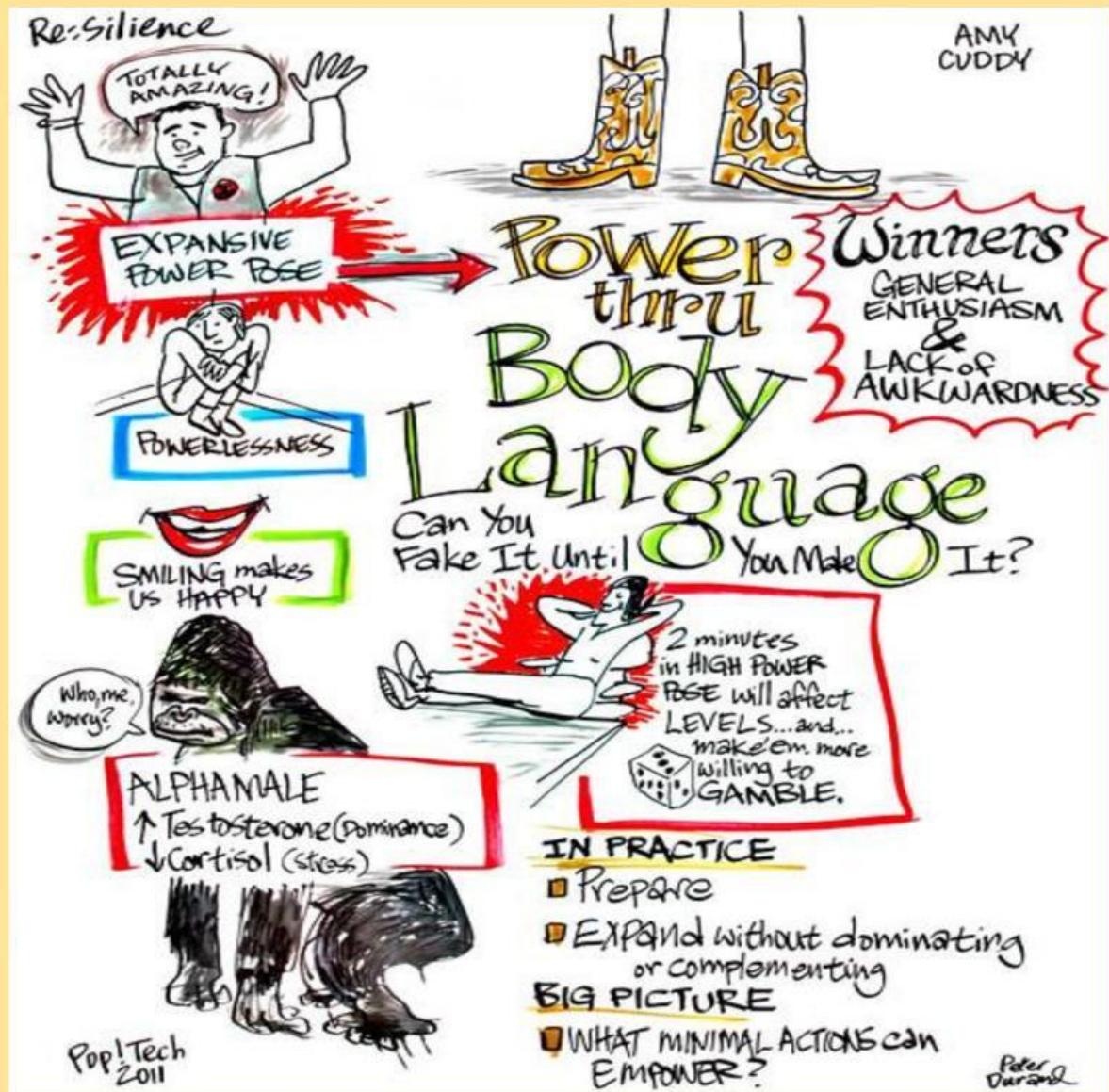
Listen to the TED Talk by Amy Cuddy and answer the questions below.

1. What is the free no-tech life hack that Amy Cuddy suggests at the beginning of the talk?

A. Change your posture for two minutes.

B. Practice power poses for an hour.

C. Use emoticons in online communication.

D. Smile for 30 seconds.

2. According to Amy Cuddy, what should the audience do before she reveals the life hack?

    A. Close their eyes.

    B. Do a little audit of their body.

    C. Talk to the person next to them.

    D. Watch a video on body language.

3. What does Amy Cuddy ask the audience to pay attention to during the talk?

    A. Their smartphones.

    B. Their surroundings.

    C. Their body language.

    D. The presentation slides.

4. What is the main focus of social scientists when studying body language, according to Amy Cuddy?

    A. Facial expressions.

    B. Verbal communication.

    C. Nonverbal behavior.

    D. Written language.

5. What can judgments based on body language predict, according to Amy Cuddy?

    A. Political affiliations.

    B. Life outcomes.

    C. Educational achievements.

    D. Personal preferences.

6. What is the significant finding regarding judgments of political candidates' faces mentioned by Amy Cuddy?

    A. Judgments predict election outcomes.

    B. Judgments have no impact on elections.

    C. Judgments predict 50 percent of outcomes.

    D. Judgments predict 70 percent of U.S. Senate and

    gubernatorial race outcomes.

7. According to Amy Cuddy, what is the other audience that is influenced by nonverbals?

    A. Friends and family.

    B. Employers and colleagues.

    C. Strangers and acquaintances.

    D. Ourselves.

8. What is Amy Cuddy's background, and what aspect of psychology is she particularly interested in?

A. Psycholinguist, interested in language development.

B. Social psychologist, interested in power dynamics.

C. Clinical psychologist, interested in mental health.

D. Educational psychologist, interested in learning styles.

9. According to Amy Cuddy, what is the universal expression of power and dominance in the animal kingdom?

A. Shrinking and avoiding eye contact.

B. Making oneself small and closed.

C. Expanding, stretching out, and taking up space.

D. Jumping and making loud noises.

10. How do high-power individuals tend to behave, both chronically and in the moment, according to Amy Cuddy's research?

A. Making themselves small and closed.

B. Shrinking and avoiding interactions.

C. Expanding, stretching out, and taking up space.

D. Closing up and wrapping themselves up.
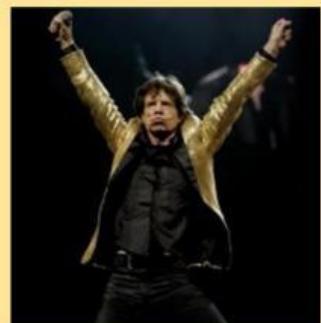
11. What is the "Wonder Woman" pose mentioned by Amy Cuddy?

        A. Folding arms across the chest.

        B. Touching the neck protectively.

        C. Standing with arms on hips in a powerful

stance.

        D. Hunching and crossing legs.

12. How did Amy Cuddy and her collaborator test whether power posing can influence behavior?

        A. By analyzing existing data.

        B. By conducting surveys.

        C. By running experiments with high- and low-power poses.

        D. By observing real-life interactions.

13. What were the physiological changes observed in participants who adopted high-power poses for two minutes?

        A. Increased cortisol and decreased testosterone.

        B. Decreased cortisol and increased testosterone.

        C. Increased cortisol and testosterone.

        D. No significant hormonal changes.

14. In what situations does Amy Cuddy suggest applying power posing based on the research findings?

A. Everyday activities.

B. Random social interactions.

C. Stressful evaluative situations like job interviews.

D. Only in private settings.