Handout #1:
Clothes with Superpowers

SAMPLE STUDENT RESPONSES

*Use the video entitled “*[*Dress Like You Mean It*](https://youtu.be/wE8i4_J-kyY)*” (*[*https://youtu.be/wE8i4\_J-kyY*](https://youtu.be/wE8i4_J-kyY)*), a TEDx Talk by high school student
Michaela Finley, to answer the following:*

The presenter, Michaela Finley, asserts that “dressing yourself in the morning should be a mindful act.” What does she mean by that?

***The presenter is emphasizing the impact that clothing can have on a person’s attitudes and behavior. Therefore, we should think about what we are wearing in relation to the type of day we anticipate having. Do we need extra confidence? Do we need to look professional? Are we just relaxing with friends?***

In what ways did the presenter’s appearance portray professionalism? Was there anything about the way the presenter represented herself that detracted from her professionalism? Explain.

***The presenter was wearing a very professional outfit with a red skirt, red necklace, and black-and-white shirt. Her jacket was neat and matched the rest of her outfit. Her shoes were professional. Her hair kept getting in her eyes, and she had to swipe it away a few times. That was distracting when watching her presentation.***

Had the presenter worn yoga pants and a tank top, how would your perception of her presentation be different?

***It would have been difficult to take her presentation and research seriously. Her professional image reinforces that she is an authority figure during the presentation, even though she is a high school student.***

What is “enclothed cognition?” Explain.

***“Enclothed cognition” describes the psychological effects of clothing on the wearer. It involves both the symbolic meaning behind the clothing and the physical experience of wearing the clothing.***

According to the presentation, clothing affects (choose all that apply):

1. ***Language***
2. ***Behavior***
3. ***Confidence***

Have you ever felt that your language, behavior, or confidence have been affected by your choice of clothing? Explain.

***Answers will vary but may include the concept that wearing neat or tailored clothing promotes confidence, or that wearing comfortable or bulky clothing promotes laziness or tiredness, or that wearing soiled or old clothing promotes feelings of embarrassment.***

Why do you think wearing a coat called a doctor's coat caused experiment participants to behave differently than wearing a coat called a painter’s coat (even though it was the same coat)? Explain.

***The experiment pointed to the symbolic meaning behind a “doctor’s coat” vs. a “painter’s coat” and the participants’ behaviors reinforced that clothing is more than just pieces of fabric; clothing affects how we perceive others and ourselves.***

How did wearing a suit affect the feelings of the Dress for Success clients, according to the presentation?

***They became chatty and seemed less tired. One woman in particular was “transformed” in her demeanor when she tried on her suit.***

At the conclusion of the video, Ms. Finley asks, “What superpower do you need to use to face this day?” What would be your answer to that question today? Do you think clothing choice can help you face daily challenges?

***Answers will vary but may include things such as “the power to pass a quiz” or “the power to face a presentation.” Answers should include the concept that clothing choices can help people feel more empowered, confident, or prepared.***