

Psychology TikTok Challenge

Directions: Students will create a short TikTok-style video that teaches a psychology concept in an entertaining, creative, and accurate way. Videos should use humor, storytelling, trends, skits, or POV formats while clearly explaining psychological principles learned throughout the year.

Learning Objectives:

Students will:

- Apply psychology concepts to realistic or humorous scenarios
- Demonstrate understanding of psychological vocabulary and theories
- Communicate information creatively and accurately
- Analyze how psychology connects to everyday life and media
- Collaborate and present ideas effectively

Requirements:

- Length: 30–90 seconds
- Must explain a psychology concept accurately
- Must include psychology vocabulary
- Must be school appropriate
- Must be creative and entertaining
- Everyone in the group must participate

Possible topics:

- Classical conditioning
- Operant conditioning
- Confirmation bias
- Cognitive dissonance
- Social conformity
- Peer pressure
- Sleep deprivation
- Social media & dopamine
- Defense mechanisms
- Personality theories
- Growth mindset
- Stress responses
- Memory errors
- Brain hemisphere myths
- Developmental psychology
- Motivation
- Learned helplessness
- Psychological disorders (school-appropriate)
- The bystander effect

Assessment Rubric (25 Points)

Category	Points
Accurate Psychology Concept	10
Creativity & Entertainment	5
Clear Explanation	5
Effort & Organization	5

Possible Video Ideas

- Classical conditioning skit
- “POV: You’re experiencing confirmation bias”
- Personality type comedy
- Social media & dopamine
- Sleep deprivation reality check
- Therapy parody

- “A day in the life of cognitive dissonance”
- Conformity challenge
- Expectation vs. reality
- Myth-busting psychology misconceptions

Planning Sheet

Group Members:

Psychology Topic:

Video Idea:

Psychology Vocabulary You Will Include:

Describe Your Video:

Tips for Success

- ✓ Use captions/text on screen
- ✓ Speak clearly
- ✓ Keep it fast-paced
- ✓ Make it relatable
- ✓ Use humor appropriately
- ✓ Double-check your psych facts
- ✓ Practice before filming

Optional Challenge Ideas

Want extra creativity points?

- Use transitions
- Include sound effects/music
- Add costumes/props
- Use trending formats
- Include multiple psychology concepts
- Create a “plot twist”

Final Reminder:

Your goal is to make the class laugh, learn, and remember psychology concepts long after the school year ends!