

## Self-Justification in Everyday Life

Dr. Carol Tavis

### Cognitive Dissonance Film Notes and Reflection Exercise

Take notes as you watch the approximately 1 hour video lecture by social psychologist Dr. Carol Tavis <https://www.youtube.com/watch?v=aYcgiX70Wsl>. The last 25 minutes are audience questions and answers – you don't need to watch these. Your notes should identify the key lessons and research findings that she describes throughout, and demonstrate that you viewed the entire lecture. Finally, at the end of your notes I would like you to give your thoughts about the lecture concepts—what reflections about cognitive dissonance and self-justification do you have? Did you learn anything you felt was useful? Was there anything that you disagreed with or felt was left out? Your submission should be at least one double-spaced page of notes and at least one double-spaced page of reflection.