

## **Inside Out Project**

After watching and discussing the movie *Inside Out*, please complete the following:

- 1. What Are Your Personality Islands?** *By the time she turned 11, Riley has formed five personality islands: Family Island, Friendship Island, Honesty Island, Hockey Island, and Goofball Island. Each island is vividly depicted in the movie.*

What are your personality islands? Draw a map of your mind showing your personality islands. If you are not the best artist, your personality islands can be depicted as a collage using images from Google, magazines, and personal photos. You can make your mind map on a large sheet of poster board or as a Prezi. Write a paragraph to describe each island and how it formed.

(Worth 100 points)

- 2. What Are Your Core Memories?** *Riley also possessed six core memories. Each one represented a defining moment in her life and was connected to one or more of her personality islands. Each one was also colored to represent the emotion associated with the core memory. Riley's core memories were her first hockey goal, breaking a plate and confessing, playing with her best friend, running around the house naked as a toddler, baking cookies with her mom and dad, and crying in class when she moves to San Francisco.*

What are your core memories? On a poster board, or thru a Prezi, draw/create an orb for each core memory. Fill the orb with pictures to represent the memory. Use the same color scheme in the movie, color it to represent the emotion attached (green-disgust, yellow-joy, red-anger, blue-sadness, purple-fear). Write a sentence or two underneath each orb describing the memory and why you consider it to be a core memory. (Worth 20 points)

- 3. Inside Out: What Did They Get Right? What Did They Get Wrong?** *Critics, viewers, and psychologists alike have hailed this movie as being an excellent representation of the emotions and cognitions experienced by young adolescents. The creators spent time interviewing leading researchers in the fields of emotion, cognition, and neuroscience. Many psychologists have written articles saying the movie is recommended viewing for parents and children.*

What did the movie get right and what did the movie get wrong? Write a well-researched, and fully supported essay in which you examine five psychological concepts presented in the movie. For each concept, summarize how it was depicted in the movie, then analyze whether or not the filmmakers got it right using specific support and research. Your essay must include citations and a works cited. (Worth 100 points)

### ***Inside Out Project Rubric***

#### **Personality Islands: 100 points**

Mind Map (50 points)

- Each personality island was vividly brought to life through a wealth of images and words
- The overall design and aesthetic of each island reflected its character
- Mind map was neat, organized, detailed, and creative
- It is evident that a great deal of thought and planning went into the creation of the islands.

Written Explanation of Mind Map (50 points)

- Wrote a paragraph to explain each personality island
- Each explanation was supported with a wealth of detail and personal examples to describe the attributes of the island and how it formed.
- Each paragraph was well written and organized with a main idea, supporting details and a summative sentence
- Writing was fluent with no grammatical or spelling errors

Comments:

Final Score: \_\_\_\_\_/100

**Core Memories: 20 points**

- Each core memory was contained in an appropriately color coded orb
- Each core memory was vividly portrayed through drawings/graphics/photographs
- Each core memory included a well written and clear explanation of what the memory entails and why you consider it to be a core memory.

Comments:

Final Score: \_\_\_\_\_/20

**Inside Out: What Did They Get Right? What Did They Get Wrong?: 100 points**

**Introduction:**

Strong introduction with a clear and specific thesis	Acceptable introduction with a simple or underdeveloped thesis	Weak or no introduction, unclear, unspecific thesis
<b>5 4</b>	<b>3 2</b>	<b>1 0</b>

**Concept 1:**

<i>Clearly identified and defined the concept</i>	Demonstrates a good understanding of the concept and utilizes their own words <b>2</b>	Simply repeats the textbook definition of the concept without showing that it is understood <b>1</b>	Explanation of the psychological concept is inaccurate or incomplete <b>0</b>
<i>Summarized how it was depicted in the movie</i>	Provides an accurate and relevant summary that is easy to understand and is fully supported using evidence from the movie <b>3</b>	Provides a summary but it is not totally relevant and/or is unclear or confusing, does not use enough specific support from the movie <b>2, 1</b>	Summary is incorrect or incomplete <b>0</b>
<i>Analyzed whether or not the filmmakers got it right using specific support and research</i>	Analysis takes a clear stance that is supported by a wealth of evidence. Analysis makes correct and complete reference to famous researchers, studies, and conclusions. <b>5, 4</b>	Analysis takes a stance and is supported by some evidence and research, but it is incomplete and missing critical references, studies or conclusions <b>3, 2</b>	Analysis is incorrect or takes a vague and unsupported stance. <b>1, 0</b>

**Concept 2:**

<i>Clearly identified and defined the concept</i>	Demonstrates a good understanding of the concept and utilizes their own words	Simply repeats the textbook definition of the concept without showing that it is understood	Explanation of the psychological concept is inaccurate or incomplete
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	<b>2</b>	<b>1</b>	<b>0</b>
<i>Summarized how it was depicted in the movie</i>	Provides an accurate and relevant summary that is easy to understand and is fully supported using evidence from the movie <b>3</b>	Provides a summary but it is not totally relevant and/or is unclear or confusing, does not use enough specific support from the movie <b>2, 1</b>	Summary is incorrect or incomplete <b>0</b>
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**Concept 3:**

<i>Clearly identified and defined the concept</i>	Demonstrates a good understanding of the concept and utilizes their own words <b>2</b>	Simply repeats the textbook definition of the concept without showing that it is understood <b>1</b>	Explanation of the psychological concept is inaccurate or incomplete <b>0</b>
<i>Summarized how it was depicted in the movie</i>	Provides an accurate and relevant summary that is easy to understand and is fully supported using evidence from the movie <b>3</b>	Provides a summary but it is not totally relevant and/or is unclear or confusing, does not use enough specific support from the movie <b>2, 1</b>	Summary is incorrect or incomplete <b>0</b>
<i>Analyzed whether or not the filmmakers got it right using specific support and research</i>	Analysis takes a clear stance that is supported by a wealth of evidence. Analysis makes correct and complete reference to famous researchers, studies, and conclusions. <b>5, 4</b>	Analysis takes a stance and is supported by some evidence and research, but it is incomplete and missing critical references, studies or conclusions <b>3, 2</b>	Analysis is incorrect or takes a vague and unsupported stance. <b>0</b>

**Concept 4:**

<i>Clearly identified and defined the concept</i>	Demonstrates a good understanding of the concept and utilizes their own words <b>2</b>	Simply repeats the textbook definition of the concept without showing that it is understood <b>1</b>	Explanation of the psychological concept is inaccurate or incomplete <b>0</b>
<i>Summarized how it was depicted in the movie</i>	Provides an accurate and relevant summary that is easy to understand and is fully supported using evidence from the movie <b>3</b>	Provides a summary but it is not totally relevant and/or is unclear or confusing, does not use enough specific support from the movie <b>2, 1</b>	Summary is incorrect or incomplete <b>0</b>
<i>Analyzed whether or not the filmmakers got it right using specific support and research</i>	Analysis takes a clear stance that is supported by a wealth of evidence. Analysis makes correct and complete reference to famous researchers, studies, and conclusions. <b>5, 4</b>	Analysis takes a stance and is supported by some evidence and research, but it is incomplete and missing critical references, studies or conclusions <b>3, 2</b>	Analysis is incorrect or takes a vague and unsupported stance. <b>1, 0</b>

**Concept 5:**

<i>Clearly identified and defined the concept</i>	Demonstrates a good understanding of the concept and utilizes their own words <b>2</b>	Simply repeats the textbook definition of the concept without showing that it is understood <b>1</b>	Explanation of the psychological concept is inaccurate or incomplete <b>0</b>
<i>Summarized how it was depicted in the movie</i>	Provides an accurate and relevant summary that is easy to understand and is fully supported using evidence from the movie <b>3</b>	Provides a summary but it is not totally relevant and/or is unclear or confusing, does not use enough specific support from the movie <b>2, 1</b>	Summary is incorrect or incomplete <b>0</b>
<i>Analyzed whether or not the filmmakers got it right using specific support and research</i>	Analysis takes a clear stance that is supported by a wealth of evidence. Analysis makes correct and complete reference to famous researchers, studies, and conclusions. <b>5, 4</b>	Analysis takes a stance and is supported by some evidence and research, but it is incomplete and missing critical references, studies or conclusions <b>3, 2</b>	Analysis is incorrect or takes a vague and unsupported stance. <b>1, 0</b>

**Conclusion:**

Strong conclusion. Insightful discussion and strong integration with thesis statement <b>5</b> <b>4</b>	Acceptable conclusion Review of key conclusions. Some integration with thesis statement <b>3</b> <b>2</b>	Weak or no conclusion Does not summarize evidence with respect to thesis statement <b>1</b> <b>0</b>
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