SOC250 SOCIAL PSYCHOLOGY

January 25, 2019

**“Who Moved My Cheese” Video Responses**

1. ***The four characters represent how we respond to change***. When it comes to change, how do you typically deal with change? Why? (We may have a little bit of each of these characters in us.)

* Identify a situation where you behaved like a Sniff.
* Identify a situation where you behaved like a Scurry.
* Identify a situation where you behaved like Hem.
* Identify a situation where you behaved like Haw.

1. ***Having Cheese Makes You Happy***.
   * “Cheese” is a symbol for whatever is important to you: for example, the way you act as a college student, the way you do your job, relationships with other people, or your health.
   * The “maze” is where you look for “cheese”: for example, on campus, in the workplace, in your community, with your family, your religion.
   * What is YOUR cheese and where are you looking for it?
2. ***If You Do Not Change, You Can Become Extinct.***
   * Are you becoming extinct in the old ways you are doing things?
   * What do you need to let go of in order to succeed in a changing situation?
3. ***It is safer to search in the maze than remain in the cheese-less situation.***
   * Do you realize there is always new cheese in the maze – whether you believe it or not?
   * Where will you find your new cheese in the maze?
4. ***When you move beyond your fear, you feel free. What Would You Do If You Weren't Afraid (of failure, of rejection)?*** 
   * What are you afraid of?
   * Why does this frighten you?
   * What would you do differently—in the way you behave as a college student or the way you do your job—if you were completely unafraid.
   * How would these new actions improve your situation?
5. ***Smell The Cheese Often So You Know When It Is Getting Old. (Noticing small changes early helps you adapt to the bigger changes that are to come.)***
   * What changes are you seeing or hearing about that may impact your life as a college student or employee?
   * What changes are you seeing or hearing about that may influence your life in general?
6. ***When you see that you can find and enjoy new cheese, you change course.***
   * What new beliefs about change—like, “I can gain from the change”—could you adopt today that would work to your advantage?