I think that while I hated being depressed, and would hate to be depressed again, I found a way to love my depression. I love it because it is forced me to find and cling to joy. I love it because each day I decide, sometimes gamely, sometimes against the moment's reason, to cleave to the reasons for living - and that, I think, is a highly privileged rapture.

Andrew Solomon
https://www.youtube.com/watch?v=-eBUcBfkVCo
Andrew Solomon - TEDx Talk “Depression, The Secret We Share”
How the worst moments in our lives make us who we are
OUTREACH PROJECT GUIDELINES:
“Bridging the Gap Between the Science and Public Through Outreach”

OVERVIEW

The goal of this outreach project is promote active dissemination of the course materials to the broader community outside of the classroom, and help bridge the gap between the classroom and the broader real-world community. You have the freedom to delve into a topic of your choice, so long as the topic is pertinent to the class and the study of psychopathology. The project will include two parts, in addition to a project proposal turned in prior to the final project:

Part I. Outreach Project: The first part includes an outreach project where your goal is to help educate the community outside of the classroom about psychopathology via a video, newspaper article, brochure, or a creative outreach project idea of your own. You can cover a topic of your choosing, but it must be relevant to the course. The aim is to have fun with the ultimate goal of helping to educate others about psychopathology. You can cover a topic of your choosing, but it must be relevant to the course and with the aim of disseminating information to a general audience. You will be asked to include evidence of your outreach project when you submit it.
1. What topic are you considering for your outreach project?
2. How does this topic directly connect to the course material?
3. Who is your target audience?
4. What mode of outreach dissemination are you considering (be as specific as possible)?
5. What progress have you made thus far on your project? Be as honest and specific as possible.
6. What can you do THIS week to begin making progress towards completing your project proposal due in 2 weeks (i.e., Feb 28th)?
7. What questions do you have?