The Halo Effect

Have you ever wondered why you instantly get along with some people and like them from the moment you meet, while you have a less favorable attitude toward others right from the start?

There is something called the halo effect, also known as the first impression effect. It involves making a quick judgment about a new person based on initial feelings. We create an image of that person, which usually remains unchanged, and our attitude toward that person does too.

Now that you know how we judge people based on first impressions, think back - for example, when you started attending a new school or extracurricular activities, did you experience this effect? Did you judge someone you had just met based on their appearance? Describe your story in a few sentences.

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Finally, answer the following question:

After the lesson on the "many faces of obesity" (you already know that you shouldn't label overweight people with terms like lazy, stupid, weak, or ugly...), do you think your approach to judging people based on appearance has a chance to change? If yes, how?