Improving My Life Applying Social Psychology Concepts Essay. To write this essay, you are invited to use whichever concepts learned in this class that brought you an enlightening idea or interesting insight about how you can improve your daily life. Essay Guidelines: • All your perspectives are to rely on academic concepts that belong to the field at study. • The use of a minimum of 5 scholarly references is mandatory. Answers based exclusively on personal opinions will be considered unacceptable for grading and assigned a zero. It is mandatory to use the textbook as a scholarly reference and highly recommended to use at the very least one of the weekly articles or chapters. • References to the videos posted on the learning materials files, as well as references to films and websites are all welcome as long as you understand that they do not count as scholarly references. • Include an APA-style cover page, reference page, and in-text citations.