Task 3 High-Scoring Sample Response

The reading passage explains the spotlight effect, which is when people believe that others are paying more attention to them than they actually are. This often happens in public situations, where someone feels self-conscious but overestimates how noticeable they really are.

The professor supports this idea by describing a study with college students.

In the lecture, he explains that students had to wear a bright yellow T-shirt with a famous singer on it, then walk into a room full of strangers. Afterward, they were asked to guess how many people had noticed the shirt. Most students thought half the room noticed, but only about 20% of the strangers actually did.

This example supports the concept by showing that people often think they are being noticed more than they really are—even when others barely pay attention.