

Emma Watson famously challenged people to make a "**one-degree shift**" (not two degrees), comparing small lifestyle changes to a captain turning a boat's wheel by just one degree to drastically alter its long-term course. [1]

The One-Degree Shift Concept

- **The Analogy:** Introduced in her guest editor letter for [Vogue Australia](#) in February 2018, she noted that massive change can feel intimidating. [1, 2]
- **The Goal:** Encouraging individuals to adopt simple, sustainable, and conscious habits (such as supporting ethical fashion) to create a massive positive ripple effect over time. [1, 2, 3]

Academic Degrees and Life Shifts

- **Bachelor's Degree:** Graduated from Brown University with a Bachelor of Arts in English Literature in May 2014.
- **Advanced Studies:** Enrolled at Oxford University for a Master's program in Creative Writing starting in 2023, later shifting toward a DPhil (PhD) in Literature. [1, 2]

If you meant a different kind of "shift" or project related to Emma Watson, tell me **what specific topic or quote** you are tracking so I can give you the exact details.