# Self-Theories (Mindsets) Freshman Seminar

**Psychology 12N**

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Office Hours: By appt.

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The purpose of this course is to introduce you to the topic of self-theories (mindsets), to teach you the way psychologists think and do research, and to sharpen the skills you need to do well in your college career.

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Assigned Readings
(Readings can be found on Courseworks.)

Book


Articles

**Introduction to Self-Theories**


**Success, Failure, Effort**


**Ability & Achievement**


**Business**


**Sports**
No additional readings

**Relationships**


**Parents, Teachers, Coaches**


**Changing Self-Theories**

Course Information

Requirements:

Class participation

Weekly essay
• Analysis of concept/phenomenon in own life
• Meditation on topic from general or research literature: biographies, case studies, history, research papers
• Analysis of popular culture: e.g., how popular songs, movies, or media represent one view or the other

Responsibility for chapter (Mon.) and articles (Wed.)

Midterm—short essays

Term Project—research proposal. Due last day of classes.
Class powerpoint presentation of project
How to Read a Research Article

Introduction: What is this research about?
Why is it important?
What are the hypotheses? What are they based on (past research, logic, commonsense)?

Methods: How were the hypotheses tested?
What was measured?
What was the procedure?

Results: What happened?
Were the hypotheses supported?
(For ease of reading, ignore the statistics. If this section is well-written you should have a nice narrative of what was found; if not, it can be very hard to follow. Try your best.)

Discussion: Summary and interpretation. What do the results mean?
What are the implications for psychological theory?
What are the practical implications?
What are the next steps for research?