

**Self-Theories (Mindsets) Freshman Seminar
Psychology 12N**

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Office Hours: By appt.

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.

Date	Topic	Assignment
<u>2015</u>		
Sept. 21	Introduction to course	
Sept. 23	Introduction to self-theories	<i>Mindset</i> , Ch. 1; Articles
Sept. 28	Success, Failure, & Effort	Ch. 2
Sept 30	Articles	
Oct. 5	Ability & Achievement	Ch. 3
Oct. 7	“	Articles
Oct. 12	Business	Ch. 5
Oct. 14	“	Articles
Oct. 19	Sports	Ch. 4
Oct. 21	Midterm Exam	
Oct. 26	Relationships	Ch. 6
Oct. 28	“	Articles
Nov. 2	Parents, Teachers, Coaches	Ch. 7
Nov. 4	“	Article
Nov. 9	Changing Self-Theories	Ch. 8
Nov. 11	“	Articles
Nov. 16	Project Presentations	
Nov. 18	“	
Nov 30	Project Presentations	
Dec. 2	Projects Due	

Assigned Readings

(Readings can be found on Courseworks.)

Book

Dweck, C.S (2006). *Mindset*. New York: Random House.

Articles

Introduction to Self-Theories

Diamond, A., Barnett, W. S., Thomas, J., & Munro, S. (2007). Preschool program improves cognitive control. *Science*, 318, 1387-1388.

Jaeggi, S. M., Buschkuhl, M., Jonides, J., & Perrig, W. J. (2008). Improving fluid intelligence with training on working memory. *Proceedings of the National Academy of Sciences*, 10, 14931-14936.

Success, Failure, Effort

Nussbaum, A.D., & Dweck, C.S. (2008). Defensiveness vs. remediation: Self-theories and modes of self-esteem maintenance. *Personality and Social Psychology Bulletin*, 34, 599-612.

Job, V., Dweck, C.S., & Walton, G.M. (2010). Ego-depletion—Is it all in your head? Implicit theories about willpower affect self-regulation. *Psychological Science*, 21, 1686-93.

Ability & Achievement

Blackwell, L., Trzesniewski, K., & Dweck, C.S. (2007). Implicit theories of intelligence predict achievement across an adolescent transition: A longitudinal study and an intervention. *Child Development*, 78, 246-263.

Leslie, S.J., Cimpian, A., Myer, M., & Freeland, E. (2015). Expectations of brilliance underlie gender distributions across academic disciplines. *Science*, 347, 262-265.

Business

Murphy, M. C., & Dweck, C.S. (2010). A culture of genius: How an organization's lay theories shape people's cognition, affect, and behavior. *Personality and Social Psychology Bulletin*, 36, 283-296.

Heslin, P. A., & Vandewalle, D. (2008). Managers' implicit assumptions about personnel. *Current Directions in Psychological Science*, 17, 219-223.

Sports

No additional readings

Relationships

Kammrath, L., & Dweck, C.S. (2006). Voicing conflict: Preferred conflict strategies among incremental and entity theorists. *Personality and Social Psychology Bulletin*, 32, 1497-1508.

Rattan, A., & Dweck, C.S. (2010). Who confronts prejudice? The role of implicit theories in the motivation to confront prejudice. *Psychological Science*, *21*, 952-959.

Parents, Teachers, Coaches

Mueller, C. M. & Dweck, C. S. (1998). Intelligence praise can undermine motivation and performance. *Journal of Personality and Social Psychology*, *75*, 33-52.

Haimovitz, K., & Dweck, C.S. (2015). What Predicts children's fixed and growth mindsets? Not their parents' views of intelligence but their parents' views of failure.

Changing Self-Theories

Yeager, D.S., Trzesniewski, K., & Dweck, C.S. (2012). An implicit theories of personality intervention reduces adolescent aggression in response to victimization and exclusion. *Child Development*, *84*, 970-988.

Halperin, E., Russell, A., Trzesniewski, K., Gross, J.J., & Dweck, C.S. (2011), Promoting the peace process by changing beliefs about group malleability, *Science*, *333*, 1767-1769.

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?