

# **Advanced Seminar on Self-Control**

**Instructor: Walter Mischel**

**G4630, Spring 2016**

**Hours: Monday 4:10 - 6:00pm**

**Room: TBA**

## **Prerequisite**

Open to graduate students and advanced undergraduates with the instructor's permission. Introduction to Personality, W2610, or equivalent is a prerequisite unless specifically waived.

## **Brief Description**

This is an advanced seminar on current research and theory in personality/social psychology, cognitive neuroscience, focusing on research and theory in the self-regulation of goal-directed behavior and the phenomena of “willpower”, self-control, and executive function.

## **Course Description**

This seminar will explore selected developments in theory and research within psychological science (broadly defined, regardless of sub-discipline boundaries), focusing on self-control and “willpower.” We will consider the cognitive, emotional, neural, and social processes that enable the ability to delay gratification and to exert future-oriented impulse control. Readings will provide the background for these developments within psychological science and give an overview of major research areas and theoretical challenges in the field. The seminar will critically review the nature and utility of global traits and states (as conceptualized both by trait and psychodynamic theories) and examine the theoretical and methodological alternatives provided by competing approaches that seek new units for the analysis of self-control and for understanding important individual differences in social behavior. Special attention will be given to the CAPS (Cognitive Affective Processing System) as a model for integrating and understanding the mechanisms underlying self-control abilities and their expressions in the individual’s behavior across diverse situations and over time (see Mischel & Shoda 1995, *Psychological Review*; Mischel & Shoda, 1998, *Annual Review of Psychology*; and Mischel, prefatory chapter, 2004, *Annual Review of Psychology*; Metcalfe & Mischel, *Psychological Review*, 1999).

This framework will be used to analyze the nature of the cognitive and self-regulatory competencies that underlie the developing child's ability to defer immediate gratification for larger delayed consequences and to exert effective self-control and "willpower". In related direction we will consider alternative models in the psychological literature for understanding the phenomena of self-control from diverse other perspectives and sub-disciplines, and for harnessing what is known about self-control for clinical and educational interventions.

Meetings will be devoted to identifying topics and critically reviewing and analyzing the most interesting problems that require attention from the framework indicated above. Promising hypotheses and methods for new research and for alternative conceptualizations will be explored. Special attention will be given to combining experimental and observational strategies in research, and to the clinical-practical implications of research findings particularly for prevention and therapeutic-educational intervention applications, and for public policy.

## Main Tasks for Participants

Students will be expected to develop a major review-research paper (not to exceed 25 pages plus references) on a specific self-control topic that is important to them, and present their progress on it in oral and written form throughout the seminar. The final report is expected to be at a professional level, potentially suitable for publication—at least ultimately.

## Required Background

Mischel, W. (2014). *The Marshmallow Test: Mastering Self-Control*. New York: Little, Brown and Company.

Kahneman, D. (2011). *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux.

Mischel, W., Shoda, Y., Ayduk, O. (2008) *Introduction to Personality 8e*, Wiley, N.Y. (**essential background for students who did not take Mischel’s Personality course.**)

## Relevant Articles (Partial List)

Mischel, W. (1973). Toward a cognitive social learning reconceptualization of personality. *Psychological Review*, 80(4), 252-283.

Mischel, W., Shoda, Y., & Rodriguez, M. (1989). Delay of gratification in children. *Science*, 244, 933-938.

Mischel, W. & Shoda, Y. (1995). A cognitive-affective system theory of personality: Reconceptualizing situations, dispositions, dynamics, and invariance in personality structure. *Psychological Review*, 102, 246-268.

Miller, S. M., Shoda, Y. & Hurley, K. (1996). Applying cognitive-social theory to health-protective behavior: Breast self-examination in cancer screening. *Psychological Bulletin*, 119, 70-94.

Metcalf, J., & Mischel, W. (1999). A hot/cool system analysis of delay of gratification: Dynamics of willpower. *Psychological Review*, 106, 3-19.

Mischel, W. (2004). Toward an integrative science of the person (Prefatory Chapter). *Annual Review of Psychology*, 55, 1-22.

Lehrer, J. (18 May 2009). Don’t! The secret of self-control. *The New Yorker*.

Casey, B. J., Somerville, L. H., Gotlib, I. H., Ayduk, O., Franklin, N. T., Askren, M. K., Jonides, J., Berman, M. G., Wilson, N. L., Teslovich, T., Glover, G., Zayas, V., Mischel, W., & Shoda, Y. (2011). Behavioral and neural correlates of delay of gratification 40 years later. *Proceedings of the National Academy of Sciences*, 108, 14998-15003.

Mischel, W., Ayduk, O., Berman, M., Casey, B. J., Gotlib, I., Jonides, J., Kross, E., Teslovich, T., Wilson, N., Zayas, V., & Shoda, Y. (2011). “Willpower” over the life span: Decomposing self-regulation. *Social Cognitive and Affective Neuroscience – Special Issue on Aging*, 6, 252-256.

- Kross, E., Duckworth, A., Ayduk, O., Tsukayama, E., & Mischel, W. (2011). The effect of self-distancing on adaptive versus maladaptive self-reflection in children. *Emotion, 11*, 1032-1039.
- Kross, E., Mischel, W., & Shoda, Y. (2010). Enabling self-control: A cognitive affective processing system (CAPS) approach to problematic behavior. In J. Maddux & J. Tangney (Eds.), *Social Psychological Foundations of Clinical Psychology*. New York: Guilford.
- Mischel, W. (2012). Self-control theory. In P. A. M. Van Lange, A. Kruglanski, & E. T. Higgins (Eds.), *Handbook of Theories of Social Psychology* (Vol. 2, pp. 1-22). Washington, DC: Sage.
- Schlam, T. R., Wilson, N. L., Shoda, Y., Mischel, W., & Ayduk, O. (in press). Preschoolers' delay of gratification predicts their body mass 30 years later. *The Journal of Pediatrics*.
- Gollwitzer, P.M. & Oettingen, G. (2011). Planning promotes goal striving. In K. D. Vohs & R.F. Baumeister (Eds.) *Handbook of self-regulation: Research, theory and applications* (2<sup>nd</sup> ed. Pp/ 162-185). New York Guilford.
- Ayduk, O., Mendoza-Denton, R., Mischel, W., Downey, G., Peake, P. K., & Rodriguez, M. (2000). Regulating the interpersonal self: Strategic self-regulation for coping with rejection sensitivity. *Journal of Personality and Social Psychology, 79*, 776-792.
- Ayduk, O., Mischel, W., & Downey, G. (2002). Attentional mechanisms linking rejection to hostile reactivity: The role of "hot" versus "cool" focus. *Psychological Science, 13*, 443-448.

### **Recommended**

**These references are listed to help students get started in thinking/planning the paper/project they want to work on. They provide a sample of suggestions and NOT a listing of what needs to be covered on various topics.**

- Bargh, J. A. (2007). Social psychological approaches to consciousness. In P. D. Zelazo, M. Moscovitch & E. Thompson (Eds.), *The Cambridge handbook of consciousness* (pp. 555-569). New York, NY: Cambridge University Press.
- Bargh, J.A. (2008). Free will is un-natural. In J. Baer, J. Kaufman, & R. Baumeister (Eds.), *Are we free? The psychology of free will*. New York: Oxford
- Bargh, J.A., Gollwitzer, P. M., Lee-Chai, A., Barndollar, K., & Troetschel, R. (2001). The automated will: Nonconscious activation and pursuit of behavioral goals. *Journal of Personality and Social Psychology, 81*, 1014-1027.
- Bargh, J.A., & Williams, E.L. (2006). The automaticity of social life. *Current Directions in Psychological Science, 15*, 1-4.
- Baumeister, R. F. (2002). Ego depletion and self-control failure: An energy model of the self's executive function. *Self and Identity, 1*, 129-136.
- Baumeister, R. F., Bratslavsky, E., Muraven, M., & Tice, D. M. (1998). Ego depletion: Is the active self a limited

- resource? *Journal of Personality and Social Psychology*, 74, 1252-1265.
- Baumeister, R. F., Gailliot, M., DeWall, C., & Oaten, M. (2006). Self-Regulation and Personality: How Interventions Increase Regulatory Success, and How Depletion Moderates the Effects of Traits on Behavior. *Journal of Personality*, 74, 1773-1801.
- Baumeister, R. F., & Heatherton, T. F. (1996). Self-regulation failure: An overview. *Psychological Inquiry*, 7, 1-15.
- Baumeister, R. F., Vohs, K. D., & Tice, D. M. (2007). The strength model of self-control. *Current Directions in Psychological Science*, 16, 351-355.
- Bower, G. (2007). The trait vs. situation debate: A minimalist view. In Y. Shoda, D. Cervone, & G. Downey (Eds.), *Persons in context: Building a science of the individual* (pp. 19-42). New York: Guilford Press.
- Carver, C. S. (2004). Self-regulation of action and affect. In R. F. Baumeister & K. D. Vohs (Eds.), *Handbook of self-regulation: Research, theory, and applications* (pp. 13-39). New York: Guilford Press.
- Carver, C. S. (2005). Impulse and constraint: Perspectives from personality psychology, convergence with theory in other areas, and potential for integration. *Personality and Social Psychology Review*, 9, 312-333.
- Carver, C. S., & Miller, C. J. (2006). Relations of serotonin function to personality: Current views and a key methodological issue. *Psychiatry Research*, 144, 1-15.
- Carver, C. S., & Scheier, M. F. (1982). Control theory: A useful conceptual framework for personality-social, clinical, and health psychology. *Psychological Bulletin*, 92, 111-135.
- Carver, C. S., & Scheier, M. F. (1990). Principles of self-regulation: Action and emotion. In E. T. Higgins & R. M. Sorrentino (Eds.), *Handbook of motivation and cognition* (Vol. 2, pp. 3-52). New York: Guilford.
- Carver, C. S., & Scheier, M. F. (1998). *On the self-regulation of behavior*. New York: Cambridge University Press.
- Carver, C. S., & Scheier, M. F. (1999). Stress, coping, and self-regulatory processes. In L. A. Pervin & O. P. John (Eds.), *Handbook of personality* (2nd ed., pp. 553-575). New York: Guilford.
- Carver, C. S., & Scheier, M. F. (1999). Themes and issues in the self-regulation of behavior. In R. S. Wyer, Jr. (Ed.), *Advances in social cognition* (Vol. 12, pp. 1-105). Mahwah, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (2000). Scaling back goals and recalibration of the affect system are processes in normal adaptive self-regulation: Understanding "response shift" phenomena. *Social Science & Medicine*, 50, 1715-1722.
- Carver, C. S., & Scheier, M. F. (2001). Optimism, pessimism, and self-regulation. In E. C. Chang (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 31-51). Washington, DC: American Psychological Association.
- Carver, C. S., & White, T. L. (1994). Behavioral inhibition, behavioral activation, and affective responses to impending reward and punishment: The BIS/BAS scales. *Journal of Personality and Social Psychology*, 67, 319-333.
- Casey, B. J. (2006). Predicting cognitive control from preschool to late adolescence and young

- adulthood. *Psychological Science*, *17*, 478-484.
- Chartrand, T. L., van Baaren, R. B., & Bargh, J. A. (2006). Linking Automatic Evaluation to Mood and Information Processing Style: Consequences for Experienced Affect, Impression Formation, and Stereotyping. *Journal of Experimental Psychology: General*, *135*, 70-77. Link
- Duckworth, K.L., Bargh, J.A., Garcia, M., & Chaiken, S. (2002). The automatic evaluation of novel stimuli. *Psychological Science*, *6*, 515-519.
- Eigsti, I., Zayas, V., Mischel, W., Shoda, Y., Ayduk, O., Dadlani, M. B., Davidson, M. C., Aber, J. L., & Carver, C. S. (2006). Approach, avoidance, and the self-regulation of affect and action. *Motivation and Emotion*, *30*, 105-110.
- Ferguson, M.J., Bargh, J.A., & Nayak, D.A. (2005). After-affects: How automatic evaluations influence the interpretation of subsequent, unrelated stimuli. *Journal of Experimental Social Psychology*, *41*, 182-191.
- Gailliot, M. T., & Baumeister, R. F. (2007). The physiology of willpower: Linking blood glucose to self-control. *Personality and Social Psychology Review*, *11*, 303-327.
- Gailliot, M. T., Baumeister, R. F., DeWall, C., Maner, J. K., Plant, E., Tice, D. M., et al. (2007). Self-control relies on glucose as a limited energy source: Willpower is more than a metaphor. *Journal of Personality and Social Psychology*, *92*, 325-336.
- Hassin, R. R., Bargh, J. A., & Zimerman, S. (2009). Automatic and flexible: The case of nonconscious goal pursuit. *Social Cognition*, *27*, 20-36.
- Hofmann, W., Friese, M., & Strack, F. (2009). Impulse and self-control from a dual-systems perspective. *Perspectives on Psychological Science*, *4*, 162-176.
- Horvath, S., & Morf, C. C. (2009). Narcissistic defensiveness: Hypervigilance and avoidance of worthlessness. *Journal of Experimental Social Psychology*, *45*, 1252-1258.
- K, D. Vohs & R.F. Baumeister (Eds.) *Handbook of self-regulation: Research, theory and applications* (2<sup>nd</sup> ed.). New York Guilford.
- Kross, E., & Ayduk, O. (2009). Boundary conditions and buffering effects. Does depressive symptomology moderate the effectiveness of self-distancing for facilitating adaptive emotional analysis? *Journal of Research in Personality*, *43*, 923-927.
- Kross, E., Ayduk, O., & Mischel, W. (2005). When asking “why” doesn’t hurt: Distinguishing rumination from reflective processing of negative emotions. *Psychological Science*, *16*, 709-715.
- Kross, E., & Mischel, W. (2010). From stimulus control to self-control: Towards an integrative understanding of the processes underlying willpower. In R. Hassin, K. Ochsner, & Y. Trope (Eds.), *Self control in society, mind, and brain* (pp. 428-446). New York: Oxford University Press.
- Mischel, W. (2007). Walter Mischel. In G. Lindzey & W. M. Runyan (Eds.), *A History of Psychology in Autobiography* (Vol. IX, pp. 229-267). Washington, DC: American Psychological Association.

- Mischel, W., Cantor, N., & Feldman, S. (1996). Principles of self-regulation: The nature of willpower and self-control. In E. T. Higgins & A. W. Kruglanski (Eds.), *Social Psychology: Handbook of Basic Principles* (pp. 329-360). New York: Guilford.
- Mischel, W., & Peake, P. K. (1982). Beyond deja vu in the search for cross-situational consistency. *Psychological Review*, *89*, 730-755.
- Mischel, W., & Morf, C. C. (2003). The self as a psycho-social dynamic processing system: A meta-perspective on a century of the self in psychology. In M. Leary & J. Tangney (Eds.), *Handbook of Self and Identity* (pp. 15-43). New York: Guilford.
- Mischel, W., Shoda, Y., & Mendoza-Denton, R. (2002). Situation behavior profiles as a locus of consistency in personality. *Current Directions in Psychological Science*, *11*, 50-54.
- Mischel, W., & Shoda, Y. (2008). Toward a unified theory of personality: Integrating dispositions and processing dynamics within the Cognitive-Affective Processing System (CAPS). In O. P. John, R. W. Robins, & L. A. Pervin (Eds.), *Handbook of Personality* (3<sup>rd</sup> Ed., pp. 208-241). New York: Guilford.
- Mischel, W., & Shoda, Y. (2012). The situated person. In L. Feldman-Barrett, B. Mesquita, and E. Smith (Eds.) *Mind in Context*. New York: Guilford.
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- Muraven, M., & Baumeister, R. F. (2000). Self-regulation and depletion of limited resources: Does self-control resemble a muscle? *Psychological Bulletin*, *126*, 247-259.
- Rasmussen, H. N., Wrosch, C., Scheier, M. F., & Carver, C. S. (2006). Self-regulation processes and health: The importance of optimism and goal adjustment. *Journal of Personality*, *74*, 1721-1748.
- Scheier, M. F., Carver, C. S., & Bridges, M. W. (2001). Optimism, pessimism, and psychological well-being. In E. C. Chang (Ed.), *Optimism and pessimism: Implications for theory, research, and practice* (pp. 189-216). Washington, DC: American Psychological Association.
- Shaver, P. R., & Mikulincer, M. (2005). Attachment theory and research: Resurrection of the psychodynamic approach to personality. *Journal of Research in Personality*, *39*, 22-45.
- Shoda, Y., LeeTiernan, S., & Mischel, W. (2002). Personality as a dynamical system: Emergence of stability and distinctiveness from intra- and interpersonal interactions. *Personality and Social Psychology Review*, *6*, 316-325.
- Shoda, Y., Mischel, W. & Wright, J.C. (1994). Intraindividual stability in the organization and patterning of behavior: Incorporating psychological situations into the idiographic analysis of personality. *Journal of Personality and Social Psychology*, *67*, 674-687.
- Liberman, N., Trope, Y. (2008). The Psychology of Transcending the Here and Now. *Science*. *322*, 1201-1205.

Wrosch, C., Scheier, M. F., Miller, G. E., Schulz, R., & Carver, C. S. (2003). Adaptive self-regulation of unattainable goals: Goal disengagement, goal re-engagement, and subjective well-being. *Personality and Social Psychology Bulletin*, 29, 1494-1508.

Shelley E. Taylor and Annette L. Stanton. Coping Resources, Coping Processes, and Mental Health. *Annu. Rev. Clin. Psychol.* 2007. 3:377–401.

Wrosch, C., Scheier, M. F., Carver, C. S., & Schulz, R. (2003). The importance of goal disengagement in adaptive self-regulation: When giving up is beneficial. *Self and Identity*, 2, 1-20.

Zayas, V., Shoda, Y., Mischel, W., Osterhout, L., & Takahashi, M. (2009). Neural responses to partner rejection cues. *Psychological Science*, 20, 813-821.

Berman, M. G., Yourganov, G., Askren, M. K., Ayduk, O., Casey, B. J., Gotlib, I. H., Kross, E., McIntosh, A. R., Strother, S., Wilson, N. L., Zayas, V., Mischel, W., Shoda, Y., & Jonides, J. (2013). Dimensionality of brain networks linked to life-long individual differences in self-control. *Nature Communications*, 4, 1373. (<http://dx.doi.org/10.1038/ncomms2374>)

Zayas, V., Mischel, W., & Pandey, G. (in press). Mind and brain in delay of gratification. In V. Reyna & V. Zayas (Eds.), *The Neuroscience of Risky Decision Making*. Washington, DC: APA.

#### General Recommended Background Readings

Bandura, A. (1986). *Social foundations of thought and action*. Englewood Cliffs, NJ: Prentice-Hall.

Cantor, N. & Kihlstrom, J. (1987). *Personality and social intelligence*. Englewood Cliffs, NJ: Prentice-Hall.

Chen Idson, L., & Mischel, W. (2001). The personality of familiar and significant people: The lay perceiver as a social-cognitive theorist. *Journal of Personality and Social Psychology*, 80, 585-596.

Kelly, G.A. (1963). *The Psychology of personal constructs*. New York: Norton. (paperback)

Mendoza-Denton, R., Ayduk, O., Mischel, W., Shoda, Y., & Testa, A. (2001). Person x situation interactionism in self-encoding (I am . . . when . . .): Implications for affect regulation and social information processing. *Journal of Personality and Social Psychology*, 80, 533-544.

Mischel, W. (1996). From good intentions to willpower. In P. M. Gollwitzer & J. A. Bargh (Eds.), *The Psychology of Action: Linking Cognition and Motivation to Behavior*. New York: Guilford.

Mischel, W. (2009). From *Personality and Assessment* (1968) to Personality Science, 2009. *Journal of Research in Personality (Special Issue: Personality and Assessment 40 years later)*, 43, 282 – 290.

Mischel, W., Mendoza-Denton, R., & Hong, Y. (2009). Toward an integrative CAPS approach to racial/ethnic relations. *Journal of Personality*, 77, 1365 – 1379.

Mischel, W., Shoda, Y., & Peake, P.K. (1988). The nature of adolescent competencies predicted by preschool delay of gratification. *Journal of Personality and Social Psychology*, 54, 687-696.

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- Rodriguez, M. L., Mischel, W. & Shoda, Y. (1989). Cognitive person variables in the delay of gratification of older children at risk. *Journal of Personality and Social Psychology, 57*, 358-367.
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- Shoda, Y., & Mischel, W. (1996). Toward a unified, intra-individual dynamic conception of personality. *Journal of Research in Personality, 30*, 414-428.
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- Wright, C. & Mischel, W. (1987). A conditional approach to dispositional constructs: The local predictability of social behavior. *Journal of Personality and Social Psychology, 53*, 1159-1177.
- Wright, C. & Mischel, W. (1988). Conditional hedges and the intuitive psychology of traits, *Journal of Personality and Social Psychology, 55*, 454-469.