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0521591767 - Motivation and Self-Regulation Across the Life Span

Edited by Jutta Heckhausen and Carol S. Dweck

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Motivation and Self-Regulation Across the Life Span

In the last two decades, an approach to the study of motivation has emerged that focuses on specific cognitive and affective mediators of behavior, in contrast to more general traits or motives. The “social-cognitive” approach grants goal-oriented motivation its own role in shaping cognition, emotion, and behavior, rather than reducing goal-directed behavior to cold-blooded information processing or to an enactment of a personality type or trait.

This book adds to this process-oriented approach a developmental perspective. Critical elements of motivational systems can be specified and their interrelations understood by charting the origins and the developmental course of motivational processes. Moreover, a process-oriented approach helps to identify critical transitions and effective developmental interventions. The chapters in this book cover various age groups throughout the life span and stem from four traditions in motivational psychology: achievement motivation, action theory, the psychology of causal attribution and perceived control, and the psychology of personal causation and intrinsic motivation.

Jutta Heckhausen is senior research scientist at the Center for Lifespan Psychology at the Max Planck Institute for Human Development in Berlin. In 1995–6 she was a Fellow at the Center for Advanced Study in the Behavioral Sciences at Stanford University. She publishes on development and motivation throughout the life span and is the author of *Developmental Regulation in Adulthood: Age-Normative and Sociostructural Constraints as Adaptive Challenges*.

Carol S. Dweck is a professor of psychology at Columbia University. She has published widely in the fields of motivation, development, personality, and social psychology, and her previous books include *Personal Politics*, co-written with Ellen Langer, and *Self-Theories and Motivation: Effects on Achievement and Social Processes*.

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Preface and Acknowledgments

This book is based on a conference entitled “Life-Span Perspectives on Motivation and Control,” organized by Jutta Heckhausen and Carol Dweck and held in July 1995 at the Max Planck Institute for Human Development in Berlin.

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Contributors

Jochen Brandstädter, *University of Trier*
Nancy Cantor, *Princeton University*
Laura A. Carstensen, *Stanford University*
Ulrich Dillmann, *University of Trier*
Carol S. Dweck, *Columbia University, New York*
Arno Fuhrmann, *University of Osnabruck*
Peter M. Gollwitzer, *University of Konstanz*
Sandra Graham, *University of California, Los Angeles*
Jutta Heckhausen, *Max Planck Institute for Human Development, Berlin*
E. Tory Higgins, *Columbia University, New York*
Oliver Kirshof, *University of Konstanz*
Julius Kuhl, *University of Osnabruck*
Todd D. Little, *Max Planck Institute for Human Development, Berlin*
Susan Nolen-Hoeksema, *University of Michigan*
Eva Pomerantz, *New York University*
Richard M. Ryan, *University of Rochester*
Richard Schulz, *University of Pittsburgh*
Klaus Rothermund, *University of Trier*
Diane Ruble, *New York University*
Catherine A. Sanderson, *Princeton University*
Israela Silberman, *Columbia University, New York*
Ellen A. Skinner, *Portland State University*
John R. Weisz, *University of California at Los Angeles*