

## عنوان مقاله:

The Effect of Cognitive Style Training on the Improvements of Students' Learning and Social Self-efficacy

## محل انتشار:

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## خلاصه مقاله:

Abstract Cognitive strategies and also social self-efficacy are the most important learning tools that are essential and influential components for student performance. Considering this, the present study aims to investigate the effectiveness of the cognitive styles training on the improvement of learning and social self-efficacy among students of Farhangian university of Mazandaran. Present research was a quasi-experimental with pretest-posttest and control group design. To this purpose, 60 students were allocated to experimental and control groups during the year 2018-2019 using a random sampling method (30 control group and 30 experimental group) and they were asked to complete Smith and Betz's (2000) 25-item Scale of Perceived Social Self-Efficacy (SPSSE) as pretest. The experimental group received 10 ninety-minute sessions of cognitive strategy training. At the end both groups answered the above questionnaire again. Mean, standard deviation and analysis of covariance were used to analyze the data. The results indicated that Cognitive styles training increased students' learning and social self-efficacy significantly ( $P \geq 0.001$ ). Considering the effectiveness of cognitive style training, it is suggested that utilizing this method to improve students' academic status and increase social self-efficacy.

## کلمات کلیدی:

Keywords: cognitive styles, Learning, social self-efficacy

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