

WOOP works!
The Evidence

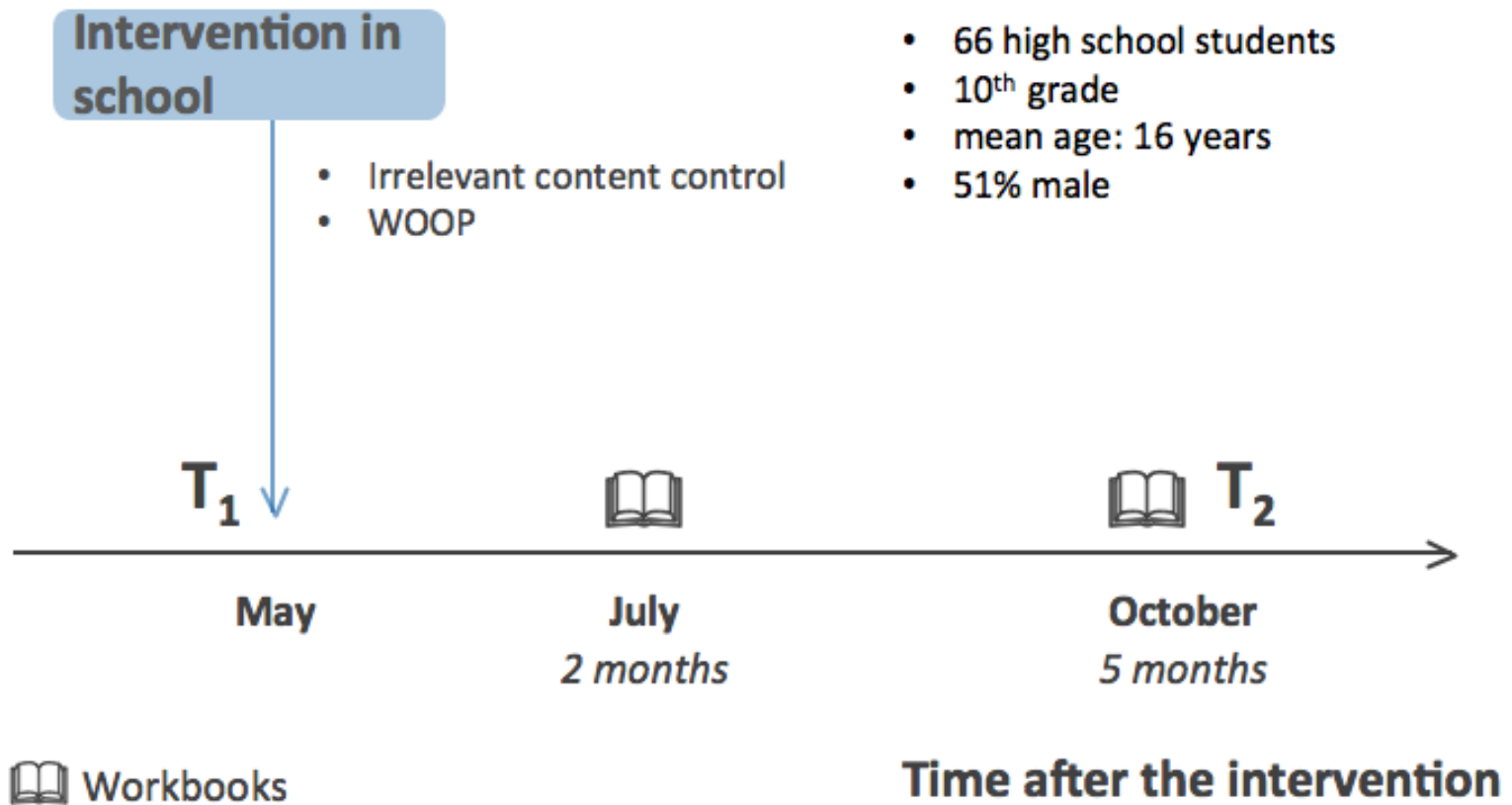
Study 1

Study Effort in High School Students

(PSAT Tasks)

Study 1

Study Effort in High School Students



My PSAT Prep **W**ish

*completing all of the practice tests
in the workbook*



Best Outcome: *I would feel good about myself*



Obstacle: *feeling lazy*



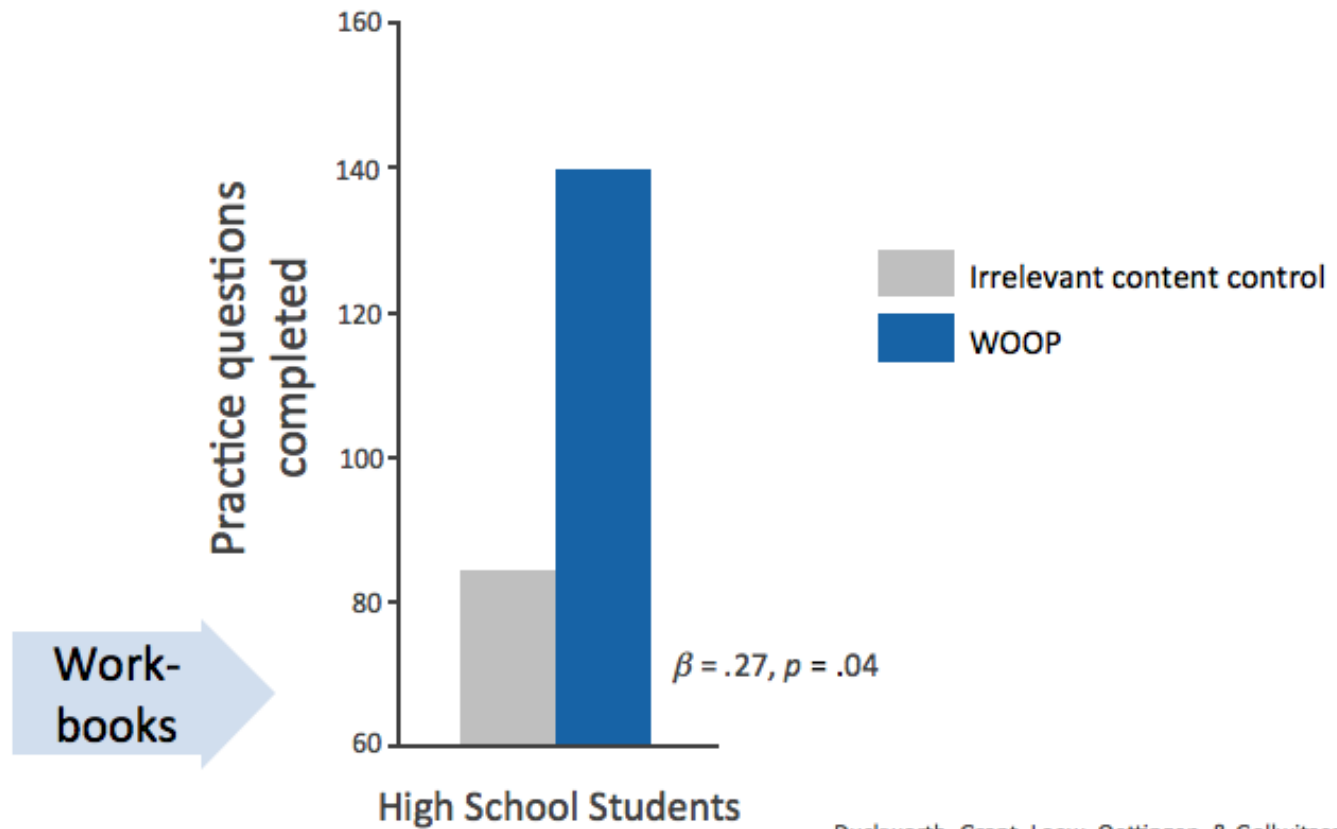
Plan:

If *I feel lazy* **then** *I will get up and do one PSAT question*

situation

behavior

(when and where)



Duckworth, Grant, Loew, Oettingen, & Gollwitzer (2011). *Educational Psychology*, 31, 17-26.

Study 2

Study Effort in Middle School Students

(Homework Completion)

Intervention in the lab

- Learning style control
- Learning style + WOOP

- 116 German middle school students at risk and not at risk for ADHD
- 6th – 7th grade
- mean age: 13 years
- 67% male

T₁

 **T₂**

2 weeks



Parent-rated study effort

Time after the intervention

My School-Related **Wish** more attentive in French class



Best Outcome: more time in the afternoon



Obstacle: I get distracted by Lisa

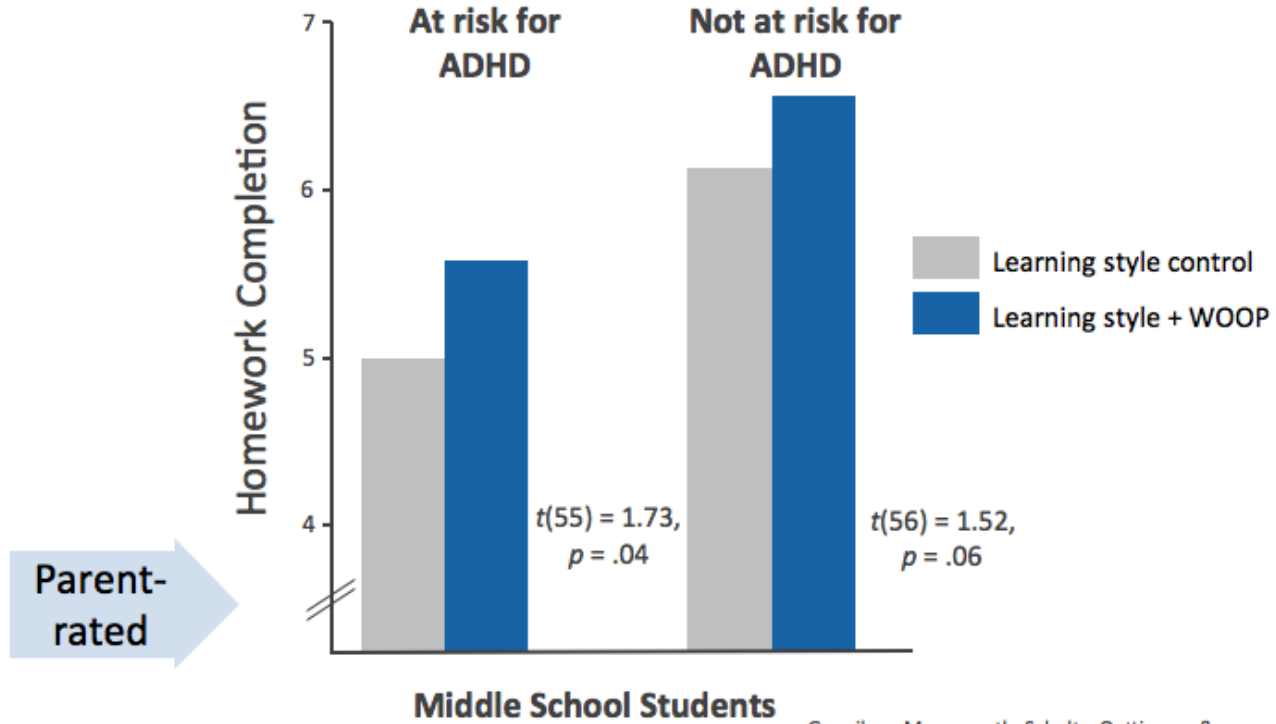


Plan:

If I get distracted by Lisa, then I will say: later

situation (when and where)

behavior

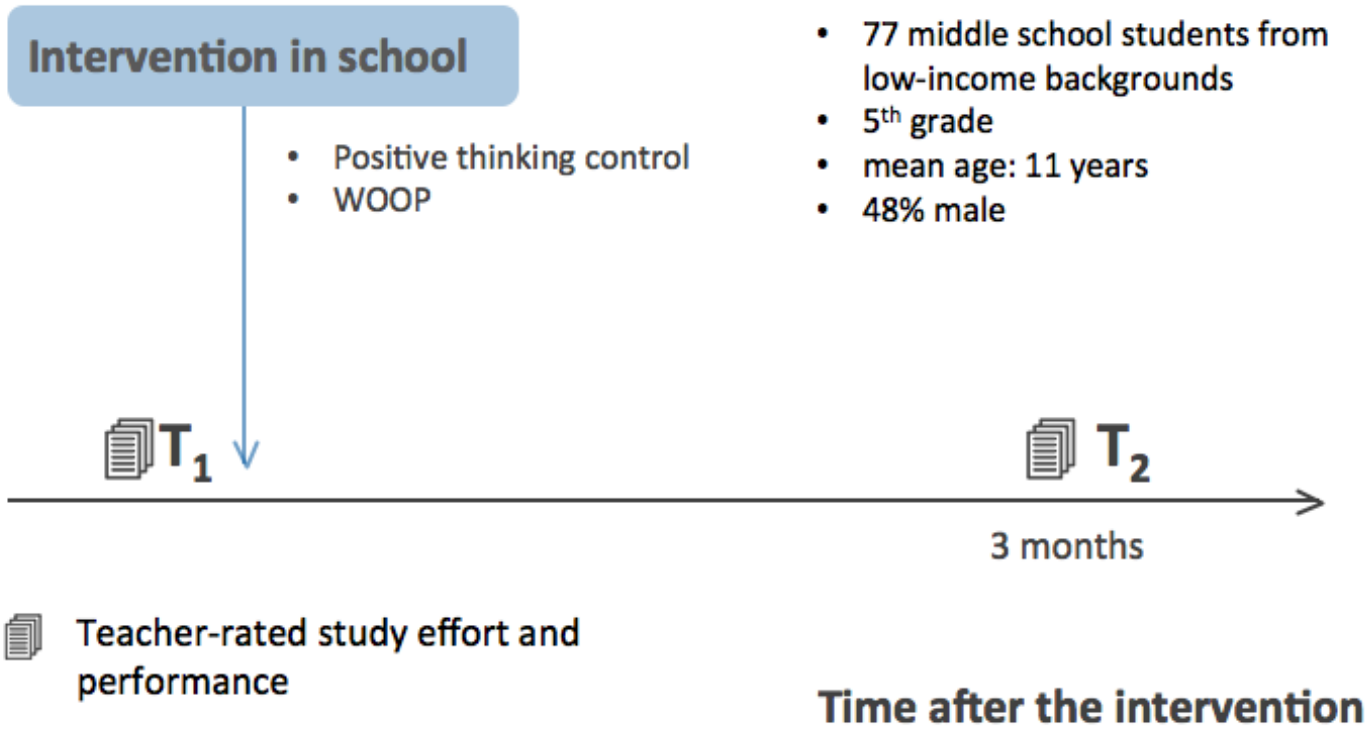


Gawrilow, Morgenroth, Schultz, Oettingen, & Gollwitzer (2013). *Motivation and Emotion*, 37, 134-

Study 3

Study Effort and Performance in Middle School Students

(Attendance and GPA)



W



My study wish: _____

O



Best outcome: _____



O



Obstacle: _____

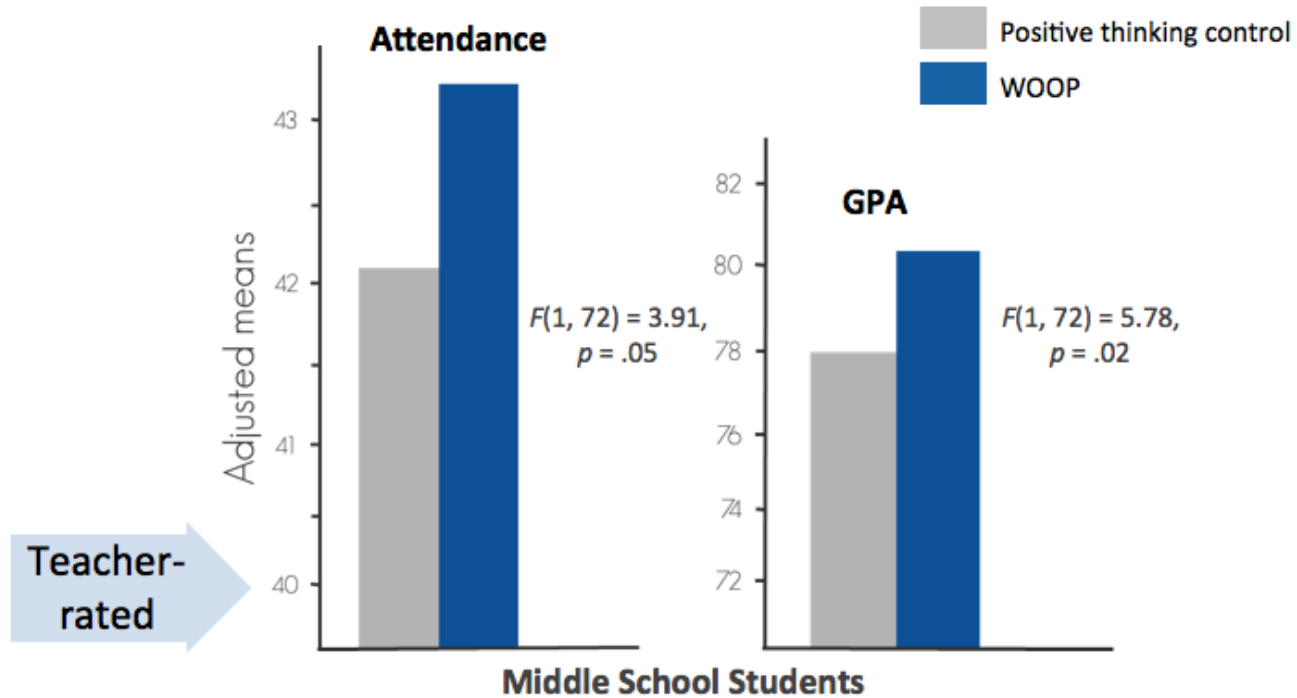


P

If-then plan:

Obstacle
(where and when)

Action
(to overcome obstacle)



Duckworth, Kirby, A. Gollwitzer & Oettingen (2013).
Social Psychological and Personality Science, 4, 745-753.

WOOP works!

Academic + Vocational

- Work engagement
- Mastery of everyday life
- Decision making
- Negotiation performance
- Class attendance
- Course grades
- Time management

Interpersonal relations

- Enhanced integration and fairness
- Enhanced perspective-taking
- Reduced social anxiety

Health

- Exercise
- Burnout
- Healthy diet
- Weight loss
- Self-management

Brought to you by...

