1.	Record Nr.	UNINA9910783849503321
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	Titolo	Self-insight [[electronic resource]] : roadblocks and detours on the path to knowing thyself / / David Dunning
	Pubbl/distr/stampa	New York, : Psychology Press, 2005
	ISBN	1-280-17138-3 0-203-33799-9
	Descrizione fisica	1 online resource (242 p.)
	Collana	Essays in social psychology
	Disciplina	158.1
	Soggetti	Self-perception
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Description based upon print version of record.
	Nota di bibliografia	Includes bibliographical references (p. 185-207) and indexes.
	Nota di contenuto	BOOK COVER; HALF-TITLE; TITLE; COPYRIGHT; CONTENTS; ABOUT THE AUTHOR; PREFACE; CHAPTER 1 Thales's Lament; Evidence of Inaccurate Self-Views; Correlational Evidence; Overconfidence; The Journey Ahead; CHAPTER 2 Ignorance as Bliss; The Anosognosia of Everyday Life; Awareness among the Incompetent: Empirical Studies; Complaints; Evidence for Metacognitive Deficits Among the Incompetent; Assessing Metacognitive Skill; Altering Metacognitive Skill; Further Complaints; When People Recognize Their Incompetence; The Burden of the Highly Competent; Other Processes That Interfere with Self-Insight DenialErrors of Omission; Concluding Remarks; Endnote; CHAPTER 3 Clues for Competence; This Chapter's Agenda; Basing Confidence on Explicit Reasoning; Our Knowledge Is Accurate, but Incomplete; Our Knowledge Is Largely Accurate but Has a Few "Bugs"; Our Knowledge Is Only "Pseudorelevant"; The Problem of Confirmatory Bias; Basing Confidence on Fluency; Problems; Recent Exposure Can Mislead; Repetition Can Mislead; Implications for Learning; Top-Down Confidence: The Use of Pre-Existing Self-Views; Altering Performance Estimates by Playing with Self-Views; Problems with Self-Perceived Expertise Societal ConsequencesConcluding Remarks; CHAPTER 4 The Dearest Teacher; Learning from Experience: Some Data; Why Feedback Fails to Inform; Feedback Is Probabilistic; Feedback Is Incomplete; Feedback Is Hidden; Feedback Is Ambiguous; Feedback Is Absent; Feedback Is

Sommario/riassunto	People base thousands of choices across a lifetime on the views they hold of their skill and moral character, yet a growing body of research in psychology shows that such self-views are often misguided or misinformed. Anyone who has dealt with others in the classroom, in the workplace, in the medical office, or on the therapist's couch has probably experienced people whose opinions of themselves depart from the objectively possible. This book outlines some of the common errors that people make when they evaluate themselves. It also describes the many psychological barriers - some tha