

Self-reflection control of mental states during academic activity

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Abstract

© 2015, Mediterranean Center of Social and Educational Research. All rights reserved. The article is devoted to the patterns of self-reflection's influence upon the mental states graded according to various criteria: modality, duration, sign, and level of arousal. It has been fixed that the influence of self-reflection upon the mental states was mediated by the cognitive and controlling components of self-reflection, and also connected both to the academic activity types (a lecture, seminar, exam) and students' field of study.

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Keywords

Academic activity type, Controlling features, Field of study, Mental states, Self-reflection