

# Seminar in Advanced Social Psychology:

## Metacognition and Embodiment

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Two separate streams of recent research in social and cognitive psychology have highlighted the importance of metacognitive and embodied processes for judgment and decision making. Metacognitive research focuses on how people think about their own thinking and what they learn from the subjective experiences of ease or difficulty that accompany the thought process. The questions it addresses include how people determine how likely they are to remember something; how they determine whether a claim is true; when and how they recognize a potential bias and how they correct for it; and what determines confidence in one's own thoughts. In contrast, embodiment research focuses on how human thinking is grounded in sensory experience with the world. The questions it addresses include how sensory experience shapes mental representations; how concurrent bodily sensations influence judgment and decision making; and how sensory experience guides abstract thought through conceptual metaphors. To date these two developments have rarely been considered together. This seminar will address their interface by asking how these lines of research can enrich, and challenge, one another. For this purpose, an overview of core theorizing and research in metacognition will be followed by an overview of core theorizing and research in embodiment, leading to the development of research questions that explore their interface.

The syllabus for this Spring 2019 class is a work in progress and will eventually live on Blackboard. To get a sense of the topics we will cover you may want to peruse two recent handbook chapters linked below, which review key lessons from these separate developments without doing much to connect them.

Schwarz, N (2015). Metacognition. In M. Mikulincer, P.R. Shaver, E. Borgida, & J. A. Bargh (Eds.), *APA Handbook of Personality and Social Psychology: Attitudes and Social Cognition* (pp. 203-229). Washington, DC: APA. [[pdf](#)]

Schwarz, N., Lee, S.W.S. (in press). Embodied cognition and the construction of attitudes. In D Albarracín & B. T. Johnson (Eds.), *Handbook of attitudes* (2nd ed.). New York: Taylor & Francis. [[pdf](#)]

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