



# Underachieving to Protect Self-Worth: Theory, Research and Interventions

*Ted Thompson*

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## **Underachieving to Protect Self-Worth: Theory, Research and Interventions** Ted Thompson

This text examines the concept of self-worth protection in achievement behaviour. This term embraces a range of familiar phenomena such as procrastination, last minute study and low goal setting - all strategies aimed to protect the individual against the conclusion that he or she lacks ability, thereby preserving a sense of self-worth. However, the long-term consequence is substantial underachievement. The research identifies the personality variables of students whose achievement is limited by the above behaviour. Early chapters report the findings while late ones offer an account of the ways in which the achievement of such pupils can be enhanced.

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