

Mental approach can cut prejudice

September 12, 2011

Yahoo! UK & Ireland:

Mental simulation can help reduce prejudice and discrimination by promoting tolerance among different social groups, according to psychologists.

Research of mental simulation has found a long tradition of it achieving changes in all sorts of behaviour, such as in athletes who have boosted performances by imagining themselves running faster.

It is also said to be responsible for helping students gain better results in the classroom, by imagining themselves working harder and for longer when they study.

According to psychologists at the University of Kent, mental simulation can also be adopted for use in organisations to promote greater tolerance for social diversity.

In a paper published by *Current Directions in Psychological Science*, experts describe how future policy could include insights from mental simulation research to develop ways of tackling social problems.

Read the whole story: [Yahoo! UK & Ireland](#)