

## **Changing Beliefs: Mechanisms for Change in a Whole-Class Problem-Solving Implementation**

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**Abstract:** Changes of beliefs are not made in an arbitrary manner; there are underlying mechanisms that enable the shift from a pre-existing belief to a new belief. This research describes a problem-solving implementation in which we suggest participants experienced shifts in their beliefs. We describe these belief changes and propose a new mechanism for the shift: first-person vicarious. Our results suggest that, despite their initial uncertainties, individuals who agreed to make a change in their practice underwent a change in belief regarding the efficacy of the practice through first-hand experience of its implementation.