

PST is a type of a cognitive therapy developed to help people to solve their problems in a scientific way. The study investigated the effect of Problem Solving Therapy(PST) on increasing academic hope and mastery beliefs of university students.

Twenty-three students- from the psychology department, college of education -participated in the study. They were trained for (11) sessions weekly. They were trained to accept problems in their life, identify real problem, suggest solutions, choose the best solutions, change plans. After the end of the program they were administered the academic hope and mastery beliefs questionnaires.

It was found that PST has a positive effect on academic hope and mastery beliefs as there were statically significant differences between pre and post-tests of academic hope and mastery beliefs. Moreover, the effect of the program was tested again after one month and it was revealed that there is no significant differences between post and follow up tests. Qualitative analysis revealed that students changed their styles of solving problems. Results were discussed in the light of literature and educational implications were provided.