



Host institution

University G. d'Annunzio of
Chieti-Pescara, Department of
Neuroscience, imaging and clinical
sciences, Master Degree in Psychology

Partners institutions

ISPA (Portugal)

University of Latvia (Latvia)



Self-regulation and wellbeing: an integrated perspective



BLENDED INTENSIVE
PROGRAMME (BIP)
2022



Course (3 ECTS)

Lessons and practical experience will focus on self-regulation skills as a valuable resource for adaptation and learning. These capabilities will be described in relation to the underlying biological processes and neural substrates. They will be linked to development and illustrated in relation to emotional processes and school learning. Finally, the relationship between self-regulation, personality and cognitive processes will be illustrated.



Course structure

- **Session 1 online**

(September 19-23th)

Presentation of the course and online seminars

- **Session 2 in presence**

(October 3-7th)

Lectures and laboratory activities

- **Session 3 online**

(October 24-25th)

Project and review presentations by students, general discussion

Training team

UdA: G. Committeri, S. Di Sano, F. Ferri, F. Lionetti, S. Pagliaro, M. Spinelli, M. Tommasi

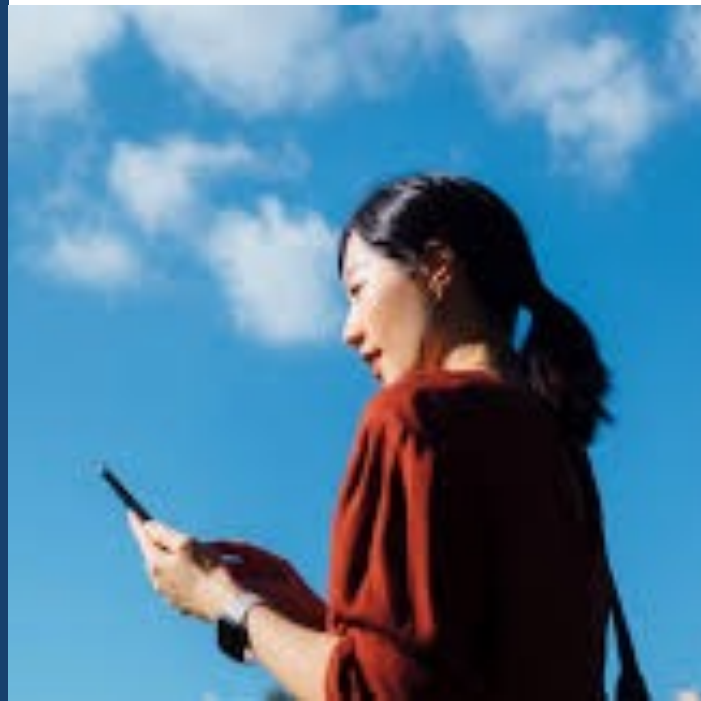
ISPA: M. Verissimo, A.J. Santos

University of Latvia: B. Martinsone, L. Hačatrjana

Invited Speakers

Gino Casale (University of Wuppertal)

Michael Pluess (Queen Mary University of London)



October 7

3 pm – onwards

- Afternoon trip in Abruzzo
- Farewell dinner

Organizers

- Giorgia Committeri
- Sergio Di Sano

Tutors

- Paola D'Elia, Rosanna Pinto, Miriana Giannelli
- E-mail: erasmusbidnisc@gmail.com

[Website Link](#)