Self-regulation and wellbeing: an integrated perspective

BLENDED INTENSIVE PROGRAMME (BIP) 2022

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.
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. Hačatrijana

Invited Speakers

Gino Casale (University of Wuppertal)

Michael Pluess (Queen Mary University of London)

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

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: erasmusbipdnisc@gmail.com

Website Link