

COURSE DETAIL

SELF-REGULATION IN HEALTH BEHAVIOR

Country

Netherlands

Host Institution

Utrecht University

Program(s)

Utrecht University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology Health Sciences

UCEAP Course Number

121

UCEAP Course Suffix**UCEAP Official Title**

SELF-REGULATION IN HEALTH BEHAVIOR

UCEAP Transcript Title

SELF REGULTN HEALTH

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course familiarizes students with fundamental issues in the area of self-regulation, motivation, and emotion. Topics include basic self-regulatory processes such as goal setting and goal striving, self-control, and self-knowledge and facilitating and disruptive factors that influence self-regulatory processes, such as motivation, emotion (regulation), habits, and automatic influences. Strategies for improving self-regulation are also discussed. These topics are focused on four specific themes of interest: health, education, finance, and sustainability. The course consists of lectures and tutorials with assignments.

Language(s) of Instruction

English

Host Institution Course Number

201600023

Host Institution Course Title

SELF-REGULATION IN HEALTH BEHAVIOR

Host Institution Campus

Host Institution Faculty

Social Sciences

Host Institution Degree

Host Institution Department

Psychology

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