

## 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 Course Details

[https://www.osiris.universiteitutrecht.nl/osistu\\_ospr/OnderwijsCatalogusSelect...](https://www.osiris.universiteitutrecht.nl/osistu_ospr/OnderwijsCatalogusSelect...)

## Host Institution Campus

## Host Institution Faculty

Social Sciences

## Host Institution Degree

## Host Institution Department

Psychology

## Course Last Reviewed

2021-2022

[Print](#)